



Cultural Profile

LATIN AMERICA & The CARIBBEAN



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INTRODUCTION

Background

Latin America and the Caribbean (LAC) comprises 33 different nations. Most of them (20) share a common heritage as being colonized by the Spanish and the Portuguese in the 15th Century. However, some countries were colonized by the French, English, Dutch and Americans. They do not share the same cultural ways of life and would not be covered in this presentation.

The term LAC covers an extensive region, extending from The Bahamas and Mexico to Argentina and Chile.

LAC has an estimated population of 4.42 million people including non-Spanish and Portuguese speaking countries.

Latin America refers to the Spanish- and Portuguese-speaking countries. Including Spanish speaking countries in the Caribbean.

Spaniards imposed most of the customs and values in Latin America's society upon the indigenous people. Spaniards enforced a patriarchal and authoritarian family structure, pride, dignity and honour within the family, the Catholic beliefs, and sexual morality, among others (Latin America Alan Gilbert 1990).



Cultural Heritage

The people of Latin America are descendants of three main racial groups

Indigenous or Amerindian

African

European

Indigenous is the term used to describe Latin Americans descended from the pre-Colombian civilisations. The UN has not adopted an official definition as Indigenous people has argued against it to respect indigenous people to define themselves.

Latin American population is estimated at 653,962,331 billion people by 2020.

The indigenous population is of 42 billion and the largest indigenous populations are in Mexico, Guatemala, Peru and Bolivia. The indigenous population of Latin America consists of approximately 50 million people, who belong to 500 different ethnic groups with its unique way of life. People characterized by their use of a distinct language, dress, music and religious beliefs. While the indigenous peoples of Latin America represent a rich diversity of cultures, they share some customs and traditions which distinguish them out from the European culture brought by colonizers.



In the 15th and 16th centuries, many people of African origin were brought to the Americas by the Spanish and Portuguese. Today's population is about 150 millions of 540 millions of the total Latin American population.

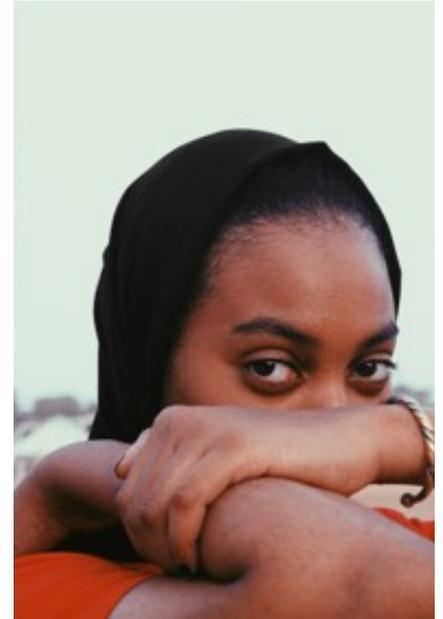
Afro-Latin American or Black Latin American (sometimes Afro-Latino or Afro-Latinx), refers specifically to Latin Americans of significant or mainly African ancestry, not to European ancestry

The indigenous and Afro-Latin American populations continue to be one of the most socio-economic vulnerable groups in Latin American. However, indigenous people are resisting the systems and regaining ownership of their identity transforming it into a symbol of empowerment and pride.

The intermixture of Europeans and indigenous people since the European invasion has created the current mestizo population. Latino/Hispanic, as people from Latin America are referred or are self-referred, is an ethnic group, rather than a racial group, comprising individuals from over 20 unique countries.

Latin Americans are referred to and/self-referred as Latino (a) and Hispanic (s) and Latinx.

The terms Latinos/Latino families will be used in this document. The term indigenous will also be used in this document when refereeing to the indigenous population of Latin America.



MIGRATION AND SETTLEMENT EXPERIENCE

Migration to Australia

There were two major waves of Latin Americans migration in Australia:

1) In the 1970s, through the humanitarian program, people arrived as refugees fleeing torture and persecution, escaping their countries because of the dictatorship regimes.

2) In the 1980s, because of the ongoing political and financial instability in Latin America, people migrated to Australia, particularly people from El Salvador & Central America.



Older Latinos in Australia

Many older Latinos who arrived in Australia in the 70s and 80s were in the middle age and many did not learn to speak English very well. Older Latinos speak little or no English at all.

Many older Latinos who came to Australia in the 70s and 80s escaped from the dictatorships in Latin America and arrived as political refugees. Many underwent torture and trauma for opposing the governments and suffer post-traumatic stressed disorder until today. During the dictatorships, many people disappeared and have never been found.¹

Commonly, Latinos tend to have a social life within the Latin America community rather than the broader community.



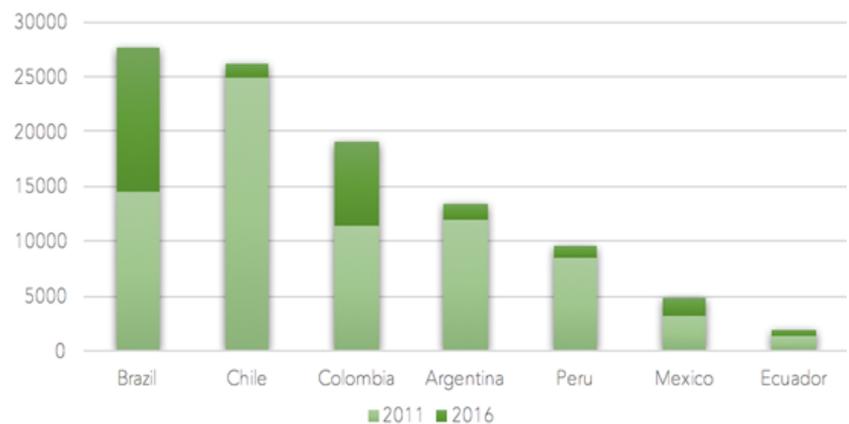
Australian Statistics

At the 2016 Census, 114 599 people declared that they were born in Latin America.

Most Latinos coming to Australia today arrive by plane as skills migrants, student or with a working holiday's visa—given to professionals from Latin America.

The population is younger than immigrants from the 80s and 90s, most people are in their early 30s and well-educated.²

Birthplace of Australian born overseas (Usual Residence), ABS.



¹ Manzon, Robert (2014) *Incorporating Injustice: Immigrant Vulnerability and Latin Americans in Multicultural Australia*. *Journal of Intercultural Studies*, Vol 35, Pages 549-562, 2014. Issue 5 *Imaging Latin American*
<https://doi-org.elibrary.jcu.edu.au/10.1080/07256868.2014.944112>

² *Border Protection: Migration and settlement research and statistical information 1966-2012*.
<https://www.australiance.com/latin-america-australia-a-migration-story/>

COMMUNICATION

Language

Spanish is the predominant language across the Latin America region. However, Portuguese is spoken in Brazil.

Spanish in Latin America differ from Spanish from Spain, however, people can communicate. Pronunciations vary from country to country and from region to region.

According to The World Bank's 2015 study, there are about 560 Indigenous languages spoken in the region today reminding of about over 2000 spoken before pre-colonization times.

Communication style

Latinos tend to communicate in a high context style and are indirect communicators. Most Latinos share the value of personalism (personalismo), meaning the importance to build relationships that are warm and personal.³

Interdependence: Decisions are often made in relation to obligations to their family rather than personal.

Space: Physical distance tends to be less than in Western cultures.

Many Latinos experience distance from Westerners as cold, unfriendly, or a way to show superiority.

Touch: Closer physical contact and touch is acceptable. Friends can kiss, hug, shake hands or pat each other on the back and/or shoulders.

Animation/Emotion: A high level of emotional expression is acceptable.

Eye contact: Direct eye contact might be viewed as disrespectful. Latinos might tend to look away or down as a sign of respect to the person speaking, especially if talking with someone older than themselves or the person is in a position of authority as health care professionals.

Gestures: Latinos tend to use gestures and express emotions when talking.

Pacing & pause time: Latinos tend to used fewer pauses and speak fast. Rural and remote people tend to speak slower.

Volume: In private interactions, Latinos tend to speak louder and overlapping each other.⁴

COMMUNICATION STYLE/CONVERSATIONAL RULES

TURN TAKING:

- Western patterns tend to be **alternating**:



- Eastern patterns tend to have **silent periods**:



- Latin American patterns tend to **overlap**:



³ Houben, L. M., Houben, L. M., & Ligia, M. H. M. C. (2011). *Counseling hispanics through loss, grief, and bereavemen: A guide for mental health professionals*. Retrieved from <https://ebookcentral.proquest.com>

⁴ Adapted from: *Communication Patterns and Assumptions of Differing Cultural Groups in the United States* https://www.lpi.usra.edu/education/lpsc_wksp_2007/resources/elliott.pdf

Greetings

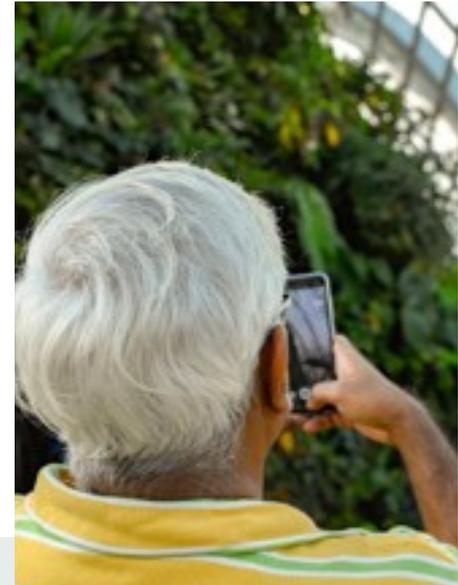
Latinos are generally warm but formal in the way they address people, as respect is highly valued.

Using a formal title, especially when communicating with older people, is a sign of respect. It is inappropriate to call older people by their first name or you. Latinos used the term Ud. (formal of you).

In Latin America, generally, one air kiss on the cheek, a hug, eye contact, and a warm smile are appropriate to almost all settings, professionally and personally, in greetings and farewells.

Close physical contact, kisses and hugs, a pat on the shoulders and/or back is natural and is a way of showing respect and closeness even though you are not close friends.

On initial contact, a shake of hands and a warm smile will work well if feeling uncomfortable to kiss and hug.⁵



Naming customs

Typical Latin America's name comprises four parts: First name, second first name, father's last name, and mother's last name.

Portuguese-speaking countries in Latin America (Brazil) also use two family names, but for them, the mother's surname comes first.

When a woman marries a man, she does not lose her maiden surname. Her family name is carried by her children just as her husband's family name is carried forward.

Sometimes, when Latinos immigrate and married, they merge their family names,

creating compound surnames for their children.

Traditionally names were after Saints. However, nowadays it is not very common.

In the past, when women become a widow, the husband's surname was stated in the public records. It is not common in today's society but older people might prefer to continue this tradition.

Eg. Matilde's late husband (Mr. Cevallos. Matilde Perez Sanchez de Cevallos). Using nicknames is culturally considered inappropriate, and it is not possible to record it in official documents. Nicknames are only to be used by family and very close friends.⁶

⁵ To Kiss or Not to Kiss: How Culture Affects Business in Latin America (2004) <https://mashable.com/2014/08/28/greetings-business-latin-america-brandspeak/>

⁶ https://en.wikipedia.org/wiki/Spanish_naming_customs

Manners/Customs

Making a good impression is very important to Latinos. Looking good give them a sense of honour, dignity, and pride. Stylish, formal and conservative attire is commonly worn to all occasions, such as going to church, parties, social gatherings, and even to work.

Punctuality might not be as rigid for Latinos as for some Australians. In Latin America, it is normal to be at least 30 minutes late for social gatherings and even for work commitments.

It is considered rude to give the back to someone, and it is expected to excuse yourself if doing it.

Hats and sunglasses should not be used indoors.⁷

Shoes are normally worn indoor and walking barefoot inside the house is considered inappropriate. Walking barefoot on the street is not acceptable.



Gestures



The “Okay” hand signal used in the Western World has a vulgar meaning in some parts of South America.

The gesture used to call a person to come closer, using the index finger, is insulting in some Latin America countries.

In Latin America, using two fingers to show the length of something can be considered an obscene gesture.

A man stands with his hands on his hips might suggest hostility. The Heavy metal sign, the so-called “sign of the horns” or “devil horns,” made by extending the index finger and pinky can be interpreted as obscenity in many South American countries.⁸

⁷ https://www.kcba.org/kcba/streaming/Documents/COLLABORATIVE-Handout_1.pdf

⁸ <https://cncn.uncg.edu/wp-content/uploads/2012/08/latinoshispanics.pdf>

Cultural Stereotypes

Latinos tend to be portrayed as a homogenous group. Even though many countries in Latin America share a similar history, language, religion and ethnicity, Latin America is a very diverse continent.

Latinos tend to be expected to have dark skin. However, many Latinos are mestizos and share a European heritage. Latinos come in all colours and shapes.

Latino men are often portrayed as the “macho” type. Associating with man’s responsibility to provide for, protect and defend his family.

Since the 1920s Latinos men have been portrayed in the media as “Latin lover”. Latin lover is someone skilled at getting women to have sex.



Cultural Taboos

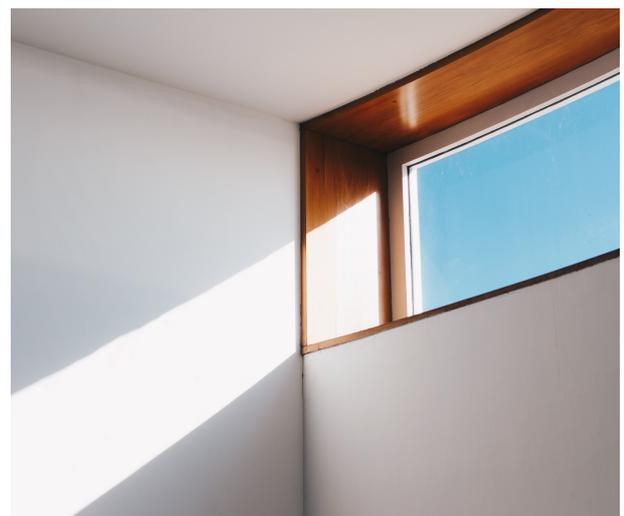
Avoid talking about a subject related to sex because it is considered offensive to some people’s religious background or beliefs.

Abortion continues to be a taboo for many conservatives, even though abortions are largely practised illegally in many countries in Latin America.

Avoid joking about drugs.

It is considered an insult to call the natives "Indio" (Indian).

Homosexuality continues to be taboo.⁹



⁹ Enesco, Ileana (2005). "Stereotypes and beliefs about different ethnic groups in Spain. A study with Spanish and Latin American children living in Madrid". *Journal of applied developmental psychology* (0193-3973), 26 (6), p. 638.
<https://doi-org.elibrary.jcu.edu.au/10.1016/j.appdev.2005.08.009>

Menéndez Alarcón, Antonio V. (2014) *Latin American Culture: A Deconstruction of Stereotypes*. *Studies in Latin American Popular Culture* 2014, Vol. 32, p72-25p.

Religion

Latin America is home to nearly 40% of the world's total Catholic population.

The Roman Catholic Church now has a Latin American pope for the first time in its history.

84% of the Latin American population is Catholic. Other religions practised are Protestant, Baptists, Seventh-day Adventists, Methodists, Lutherans and Presbyterian.

Nowadays, all countries in the region are separate from the Catholic Church and declared laic states, which guarantees freedom of religion. The last country to approve the freedom of religion was Bolivia.

Many Latinos believe that God is an active force in everyday life and praying is an important part of their life. Latinos tend to display a religious object/picture of a saint in their home and attend a religious service at least once a month.

Faith and church are often central to family and community life.¹¹



Family Values

Latin America culture is collectivistic and holds a set of values emphasizing familism (familismo). Latinos do not believe in individualism within the family and stress the value of taking care of the closed and extended family.¹¹

The extended family is considered a collective support network with strong ties of solidarity, interdependence, and loyalty. Having a close relationship with significant others is the most important goal in life for most Latinos.¹²

Traditionally, Latino families are patriarchal and have a generational hierarchy. Men often follow the ideal of machismo, especially older generations, people in rural and remote locations or among less-educated people. Men are often expected to provide for their family and maintain the integrity of the family unit.

¹⁰ Clutter, Ann W. & Zubieta, Anna C. (2009) *Understanding the Latino Cultures*
<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.183.6912&rep=rep1&type=pdf>

¹¹ Houben, L. M., Houben, L. M., & Ligia, M. H. M. C. (2011). *Counseling hispanics through loss, grief, and bereavement : A guide for mental health professionals*. Retrieved from <https://ebookcentral.proquest.com>

¹² Jaime A. Ruiz-Gutierrez, Edward F. Murphy Jr, Regina A. Greenwood, Silvia Ines Monserrat, Miguel R. Olivas-Luján, Sergio Madero, Neusa Maria Bastos F. Santos, Arnel Onesimo O. Uy (2012). *Work, family and values in four Latin-American countries*, Management Research ISSN: 1536-5433. <https://www.emerald-com.ejournal.jcu.edu.au/insight/content/doi/10.1108/1536-541211228513/full/html>

However, family structures are transforming rapidly as women are gaining more power through education and entering the workforce. Moreover, the increased legalization and acceptance of divorce in many countries in Latin America, have lead many people divorced and remarried changing the family structure.



Many Latino families living outside Latin America adopt a less patriarchal approach to family structure, and generally, both partners work, look after the children and share the cost of living. Same sex-couple marriage and the Lesbian, gay, bisexual, and transgender (LGBT) rights are complex in Latin America.

Homosexuality is hardly accepted by the general population. Even though the same-sex union has been legalised in some countries in Latin America, the older generations might not have experienced the freedom to marry their same-sex partner.^{13 14 15}



¹³ Australian Institute of Family Studies (1996) Chapter 8. Families and cultural diversity in Australia

¹⁴ Carteret, M (2011) Cultural Values of Latino Patients and Familie. Retrieved from <http://www.dimensionsocultures.com>.

¹⁵ Clutter, Ann W. & Zubieta, Anna C. (2009) Understanding the Latino Cultures
<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.183.6912&rep=rep1&type=pdf>

HEALTH AND WELLBEING

Day to day routines

Most Latinos eat breakfast and drink black short coffee. Breakfast can vary from eating a cheese sandwich to eating rice and beans or corn arepas in the Caribbean countries.

La siesta, which is a rest period taken after lunch, is known to be a common practice among adult older Latinos.

In the early evening, la merienda (afternoon tea), a light snack or coffee and rolls or sandwiches, is served

In the evening for dinner, often as late as 9:00 p.m. a small supper, concludes the day's meals. Midday and evening meals are important family or social events.

The meal may be followed by the sobremesa, a time to linger and talk over coffee or perhaps an after-dinner drink

Usually, when food or additional servings are offered to Latinos, they tend to accept only after it is offered a second or third time.^{16 17 18}



Personal Care



For most Latinos – men and women, older and younger - making a good impression and looking good is a way to go ahead in life. Looking good is a way to establishes one's place in the social hierarchy and social status.¹⁹

Maintaining good care of self can involve showering twice a day – morning and night after work as well as brushing the teeth three times a day – morning, lunch and night.

It is common for Latinos to use grooming products and to be fashionable and well-dressed for all occasions.²⁰

¹⁶ Clutter, Ann W. & Zubieta, Anna C. (2009) *Understanding the Latino Cultures*
<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.183.6912&rep=rep1&type=pdf>

¹⁷ <https://passionateaboutfood.net/latin-american-food-health-history-and-culture>

¹⁸ <https://oldwayspt.org/traditional-diets/latin-american-diet/latin-american-diet-health>

¹⁹ https://www.aarp.org/content/dam/aarp/research/surveys_statistics/life-leisure/2019/latinos-and-beauty-report.doi.10.26419-2Fres.00345.001.pdf

²⁰ <http://hispanicad.com/blog/news-article/had/research/latinos%E2%80%99personal-care-rituals-go-beyond-basics-look-culturally>

Food/diet

Latin America is a highly diverse area of land as its cuisine. For Latin Americans, mealtime is about connecting and emphasizing family life as well as eating.

Diet



Traditionally, Latin American diet is filled with whole grain corn, vegetables, fruits, beans, rice, herbs and spices.

Some traditional maize-based dishes are arepas, pupusas, tacos, tamales and tortillas.

Flour based are sopaipillas, empanadas filled with meat, chicken or seafood. Soups and Stews are also in the Latinos menu.

Activities

Latinos are generally social beings and like to spend time with family and friends.

Older Latinos might enjoy visiting Latin American clubs, playing cards, dancing tango or salsa and speaking Spanish

Many Latinas might enjoy watching “Telenovelas”, time-limited Latin American drama soap operas, as it is a way to keep in touch with their family and friends in their home countries.²¹

Telenovelas also allow them to feel connected to their culture as it brings them great memories.²²

Older Latino men and women might enjoy watching “football” (Soccer). Football has long been a part of the heritage and history of Latin American countries. It plays an important part in the Latinos’ daily life and culture. Normally, friends will meet to watch a football match on TV or go to the stadium or even play in a club.²³



²¹ <https://www.pbs.org/newshour/arts/the-power-of-the-telenovela>

²² <https://www.americamagazine.org/arts-culture/2018/04/06/why-telenovelas-are-powerful-and-problematic-part-latino-culture>

²³ File:///C:/Users/mfischer/Downloads/Football_in_Latin_America_Origins_Cultur.pdf

Cultural days of significance

Most countries celebrate their Independence day as most Latin American countries become independent from the colonial rule in the 1800s. These celebrations might last for days and it might be public holidays. The celebrations can include festivals, dances, food and a time to spend with family and friends.

Latin America is rich at festivals and carnivals. Some of the most popular festivals are:

Carnival of Rio, Brazil in February. It is one of the most anticipated carnivals in Latin America.

Festival de la Candelaria, Bolivia & Peru in February. The Our Lady of Candle (Peru) or Patron Saint of Copacabana (Bolivia) is one of the most respected saints in Peru and Bolivia. The festival lasts for 18 days and is the most important event in these counties.²⁴ It brings the whole community together throughout the proceeding with music and dancers, and the church is decorated with fireworks.

Easter and the Holy Week is one of the highest holy days of the year throughout Latin America. It celebrates Christ's last days. The week leading up to Easter involves solemn processions, prayer, masses and other preparation for Jesus' rebirth.

Inti Raymi, Cusco - Peru in Jun. Also known as Inca the Festival of the Sun.

Day of the death, Mexico in November. It is closely linked to the Catholic tradition of All Saints and All Souls Days (November 1st and 2nd respectively). Most colourful festival in Mexico gathering family and friends to pray for and remember those that had died by offering their favourite foods, bread, fruits, pumpkins, and Mexican cempasúchitl (marigold) a traditional flower to honour the dead.

Christmas Eve and Christmas in December. Most Catholics in Latin America attend midnight mass on Christmas Eve.²⁵



²⁴ no link is there

²⁵ <https://www.chimuadventures.com/blog/2015/12/south-americas-top-5-most-inspiring-cultural-festivals/>

Latin American Associations in Australia

VIC

Hispanics Society of Victoria
<https://www.hispanicsocietyinc.org/>

QLD

Latin American Community Of Australia (Qld) Inc.
<https://www.lacaql.org.au/>

NSW

The NSW Spanish and Latin American Association
for Social Assistance Inc. (NSW SLASA)
<https://www.nswslasa.com.au/>

SA

Latin America Society of South of Australia
(LASSA)
<http://www.lassa.com.au/en/>

NT

Latino NT Association Inc.
www.facebook.com



Latin American Media

Music

Older Latinos might enjoy listening to Boleros, Salsa and Tango

TV and radio

Latin American News SBS Radio
<https://www.sbs.com.au/language/spanish>

Newspapers in Spanish

Semanario El Español
Published every Tuesday by email
correo@elespanol.info

The Spanish in Australia (El Español in Australia)

Published every Tuesday
info@elespanolenaustralia.com

Extra Informativo

Published every Wednesday
Extrainformativo@gmail.com

News and Sports: the Hispanoamerican newspaper (Noticias y Deportes)

Published every Thursday
news@hispanoamerican.com.au

The Spanish Herald

Published every Tuesday and Friday
Spanish@foreignlanguage.com.au ²⁶

²⁶ <https://csidn.cancilleria.gob.ar/en/content/spanish-news-australia>

Literature

Jorge Luis Borges, Argentina

Gabriel Garcia Marquez, Colombia

Alejo Carpentier, Cuba

Pablo Neruda, Chile

Gabriela Mistral, Chile

Octavio Paz, Mexico

Carlos Fuentes, Panama

Isabel Allende, Chile



ATTITUDES TO AGED CARE

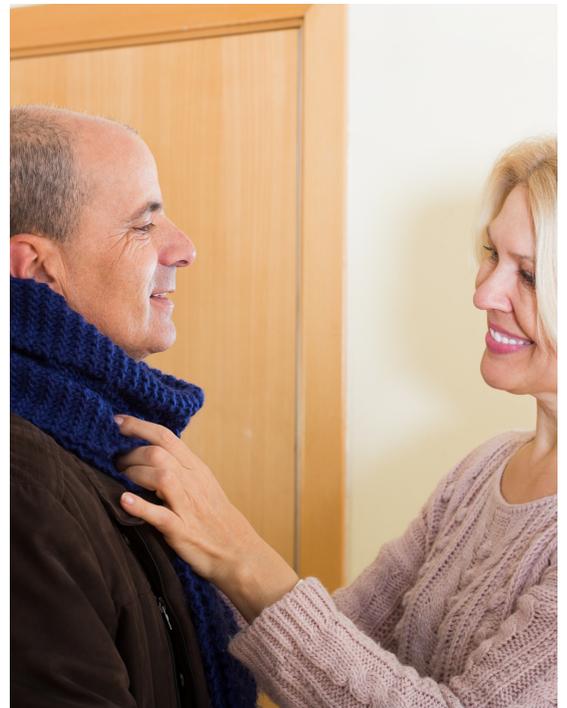
Attitude to Care

The elderly tend to be very important in Latino families and the elderly are taken care of by and live with the nuclear or extended family. The children are expected to contribute to the care and support the elderly financially as well as emotionally.

Grandparents become a resource as they look after their grandchildren and are responsible for sharing and passing on traditional cultural values to their grandchildren.

Generally the elderly are seen as a source of knowledge and are respected by their families and the wider community.

Latinos elderly is normally social and likes to gather with family, relatives and friends.²⁷



²⁷ Grandparents Important to Hispanic Families Structure by Susan Adcox 2019.
<https://www.verywellfamily.com/grandparents-important-to-hispanic-families-1695864>

Medical care

Latinos tend to delay medical care as many self-diagnose and self-treat the initial symptoms.

Latinos tend to have greater trust in relatives and friends on diagnoses and treatment.

Often the spouse or mother of a family decides what medical care the patient will access.

Buying over-the-counter medication, as many pharmaceuticals are available without prescription in their home countries, is very common among Latinos.

Attitudes to illness

Latinos tend to give a spiritual explanation to their illnesses. Many see illness as God's will or divine punishment for previous or current sinful behaviours.

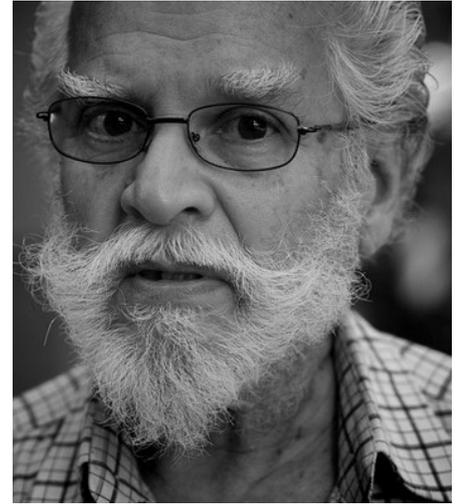
It is common for many Latinos to pray to various saints to help cure different illnesses.

Latinos might combine traditional health care practices with Western medicine. Traditional practices include using home remedies (e.g., drinking herbal or spiced teas). Other healing specialties might include herbalists and bone setters. Traditionally healers or wizards or witches might be called upon to heal the sick.²⁸

Health Care Provider Relationship

Latinos related to personalism (personalismo) and might expect SP's or Health Professionals to be caring and to build a close relationship with them.

Latinos need first to build trusting relationships with health care professionals before trusting to share their concerns.²⁹



²⁸ Medina, C. Beliefs and Traditions that Impact the Latino Health Care (Presentation) LSU School of Public Health
https://www.medschool.lsuhsu.edu/physiology/docs/Belief%20and%20Traditions%20that%20impact%20the%20Latino%20Healthcare.pdf?TB_iframe=true&width=370.8&height=658.8

²⁹ Medina, C. Beliefs and Traditions that Impact the Latino Health Care (Presentation) LSU School of Public Health
https://www.medschool.lsuhsu.edu/physiology/docs/Belief%20and%20Traditions%20that%20impact%20the%20Latino%20Healthcare.pdf?TB_iframe=true&width=370.8&height=658.8

Doctors can be seen by Latinos as GOD and are sometimes expected to take a leading role in their care.

Doctors and health professionals are expected to tell patients what to do and patients will comply. Latinos would not normally question the doctor knowledge and would not ask questions.

Latinos might expect SP and health professionals to take into account the needs of the family members as well.³⁰

Family is included in the decision making and family members generally accompanied the patient to the doctor's appointment.

END OF LIFE

Attitudes to death and dying



In Latin America, physicians often do not disclose bad news or poor prognosis with their patients and are expected to keep up the patients' hope. Fatalism is a belief in fate—that one's future is preordained or not under one's control may deter Latinos from telling the truth.

Evidence suggests that Latinos expect physicians to take a more directive role in decisions regarding life-sustaining treatment.

As the family is the pole of the society and the family is seeing as a collectivistic network of support, Clinicians should be prepared for large families to be present at the bedside and to be involved in care.

Despite a strong male predominance in society, women are more responsible for health issues in a family. Although machismo is a term with negative connotations of male oppression, it also refers to the need men feel to serve as the family provider and protector. Machismo can have an overwhelming influence on decision making for Latina women when male family members assert their



³⁰ Houben, L. M., Houben, L. M., & Ligia, M. H. M. C. (2011). *Counseling hispanics through loss, grief, and bereavement : A guide for mental health professionals*. Retrieved from <https://ebookcentral.proquest.com>

Religion and spirituality have a powerful influence on many Latinos and many might influence the way people express the loss of a loved one.³¹

Many Latinos have the belief that religiosity and spirituality are essential aspects that lead to a good death. Many believe that God is the only one who has control over birth and death and, hence, death should not be fought against with life-extending measures.³²

Palliative Care

Advance care directive



Latinos are less likely to have a living will, medical durable power of attorney (MDPOA), or a Do Not Resuscitate (DNR).

Only Argentina, Brazil, Colombia, Mexico, Panama and Uruguay have specific federal or regional laws and legislations regarding the Advance care directive and the requirements to create one.

Palliative care services are provided generally in hospitals where multidisciplinary support teams of physicians and nurses are available.

End of life care and advance care planning decisions are generally done by the participation of the family and extended family. Patients tend to prefer to take a more passive stand and prefer to share the decisions-making with their families and their physicians.

Families are less likely to disclose a serious prognosis and are more likely to withhold information from the patient at the family's request, which in turn may lead to late referrals to palliative care services.^{33 34 35}

³¹ Houben, L. M., Houben, L. M., & Ligia, M. H. M. C. (2011). *Counseling hispanics through loss, grief, and bereavement : A guide for mental health professionals*. Retrieved from <https://ebookcentral.proquest.com>

³² Enrique Soto-Perez-de-Celis, Yanin Chavarri-Guerra, Tania Pastrana, Rossana Ruiz-Mendoza, Alexandra Bukowski, and Paul E. Goss (2017). End-of-Life Care in Latin America. *Journal of Global Oncology* 3, no. 3 (June 2017) 261-270. 10.1200/JGO.2016.005579

³³ Stacy M. Fischer, Sung-Joon Min, Adam Atherly, Danielle M. Kline, Wendolyn S. Gozansky, John Himberger, Joseph Lopez, Kathleen Lester, Regina M. Fink (2018). Apoyo con Cariño (support with caring): RCT protocol to improve palliative care outcomes for Latinos with advanced medical illness, Research protocol, (May 2018) DOI: 10.1002/nur.21915. <https://onlinelibrary-wiley-com.elibrary.jcu.edu.au/doi/abs/10.1002/nur.21915>

³⁴ Amy S. Kelley, Neil S. Wenger & Catherine A. (2010) Sarkisian Opinions: End-of-Life Care Preferences and Planning of Older Latinos, *Journal of the American Geriatrics Society*, Vol 58, 2010. Issue 6. <https://onlinelibrary-wiley-com.elibrary.jcu.edu.au/doi/full/10.1111/j.1532-5415.2010.02853.x>

³⁵ Hong, M., Yi, E., Johnson, K.J. et al. Facilitators and Barriers for Advance Care Planning Among Ethnic and Racial Minorities in the U.S.: A Systematic Review of the Current Literature. *Journal of Immigrant Minority Health* 20, 1277-1287 (2018). <https://link-springer-com.elibrary.jcu.edu.au/article/10.1007/s10903-017-0670-9>

Religion and Rituals

Religion and spirituality have a powerful influence on many Latinos and it may have influenced the way people express the loss of a loved one.

Many believe that God is the only one who has control over birth and death and, hence, death should not be fought against with life-extending measures.

Funerals

Traditionally in Latin America, the funerals were carried out in the house and used to last for days. However, due to the changes in society's traditional customs. In the Latin American culture, dominated by Catholicism, mourning will generally begin with open-casket wakes and rosary recited, a mass held in a church following with a church service and interment in a cemetery.

During the burial family and friends throw flowers or handfuls of dirt on the coffin as the last goodbye. It is appropriate to wear black or dark colours at funerals.³⁶



Attending the funeral tends to be a family obligation. It is expected to hold funerals with many people to demonstrate how loved the individuals were.

Many Latinos living outside Latin America have to grieve the isolation when losing a loved one as many relatives cannot make it to the funerals. It is common practice to photograph the deceased in the casket. Photographs are used as a tribute to the rite of passage, preserving death as an important event in a family's heritage. Funerals not only provide comfort for the living but ensure that traditional rites take place with attention, honour and respect for the deceased.

Children are socialised early to accept death and are usually included in all the funeral rites. In most Latin American cultures death is intricately entwined with life and many people seem to embrace death.

³⁶ Broten, D., Youngblut, J. M., Charles, D., Roche, R., Hidalgo, I., & Malkawi, F. (2016). Death Rituals Reported by White, Black, and Hispanic Parents Following the ICU Death of an Infant or Child. *Journal of pediatric nursing*, 31(2), 132-140. <https://doi.org/10.1016/j.pedn.2015.10.017>

The family (except for pregnant women) is often significantly involved in caring for a family member who is dying.

Public expression of grief is expected under some circumstances, especially among women. Men are less likely to grieve openly due to a culture of 'machismo'

Latino families may not discuss organ donation openly even though the Catholic Church supports organ donation ³⁷

Cremation has become largely accepted and available at a high cost in most Latin American countries. However, most Latinos will follow the Catholic belief even though they do not practice Catholicism, that burial allows the person's body to return to dust and will ensure their resurrection in the afterlife. ^{38 39}



³⁷ Breitkopf C. R. (2009). Attitudes, beliefs and behaviors surrounding organ donation among Hispanic women. *Current opinion in organ transplantation*, 14(2), 191-195. <https://doi.org/10.1097/mot.0b013e328329255c>

³⁸ <https://www.inelda.org/the-hispanic-way-of-death-and-dying/>

³⁹ <https://www.chausa.org/docs/default-source/health-progress/communication-strategies---boosting-organ-donation-among-hispanics-pdf.pdf?sfvrsn=2>

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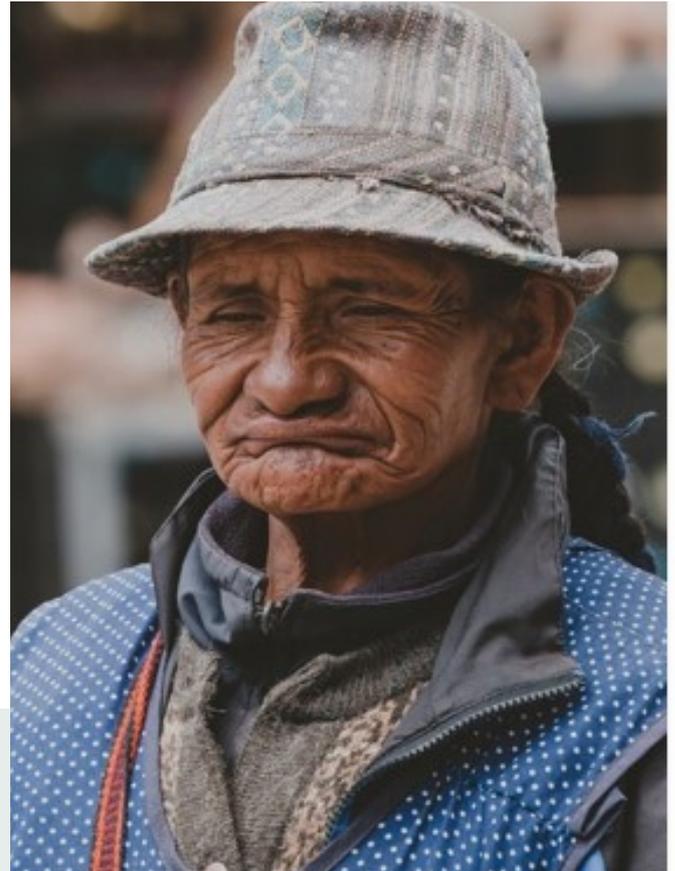
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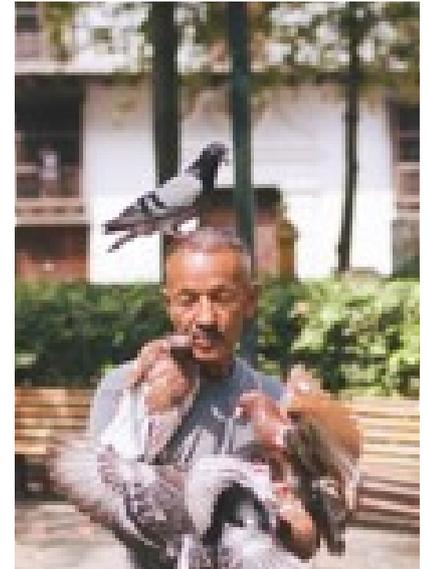
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