

# Barriers to Healthcare

## FOR MIGRANT WORKERS

### BARRIER

### SUGGESTION

#### AWARENESS/ADVERTISING

Many migrants are outside the reach of such typical methods of communication and promotions as local media or independent mailings.

If providers hold special clinics for migrant workers, these should be advertised through existing migrant worker support groups or specialized outreach efforts.

#### LANGUAGE AND LITERACY

For many migrant workers, English is a second language leading to literacy limitations.

All services provided to migrant workers should be offered in the language that workers understand using basic messaging.

#### HOURS/TIMING

Migrant workers often work long hours, sometimes six or seven days a week.

It is important to determine in advance the limited hours which migrant workers have available, and offer services to them within these timeframes. This may involve service provision on evenings and/or weekends.

#### AFFORDABILITY/COST

Generally the migrant workers' primary motivation to work in Canada is to earn money needed to support their families; therefore services which necessitate a cost may be prohibitive.

Wherever possible, services should be offered free of charge.

#### LOCATION/TRANSPORTATION

Most migrant workers are employed in rural areas and have limited transportation options.

It is essential to find a location that is accessible to them (i.e. within biking distance) and/or to provide free or low-cost transportation options.

#### ADAPTABILITY/FLEXIBILITY

Migrant workers have very little control over their work schedules, and sometimes their schedules change without notice. Furthermore, many workers do not have regular access to a telephone. They can also be transferred or repatriated to their home country at any time, sometimes with only a day's notice.

It is therefore essential to have back-up plans for follow-up communication and to be adaptable to workers' varying needs, schedules and circumstances. It is important, for example, to ask workers if they have a cell phone or a friend/advocate with a phone, as well as their contact information in their countries of origin.

TO LEARN MORE, PLEASE VISIT [WWW.MIGRANTEALBERTA.CA](http://WWW.MIGRANTEALBERTA.CA)

RESOURCES:

[HTTP://WWW.MIGRANTWORKERHEALTH.CA/HEALTHCAREGENERAL.HTML](http://WWW.MIGRANTWORKERHEALTH.CA/HEALTHCAREGENERAL.HTML)