



The Emotional and Social Impact of Migration on Elderly Parents in Western Societies

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Abstract. This review analyses migration's psychological and social effects on elderly parents in the Western world. With the change in the pattern of migration across the globe, more and more families are on the move and a large number of elderly people are moving to another country to join their families or in search of a better standard of living. These demographic changes therefore call for a closer look at how migration impacts older persons who may be challenged by acculturation due to predetermined cultural beliefs and practices inherited from their countries of origin. Senior migrants may experience different problems such as emotional transformation and social adaptation issues, which may arise due to the differences in generations, cultural differences, and loss of social contacts. These challenges are further compounded by the fact that culturally appropriate support structures are hard to come by in host societies thus compounding feelings of alienation. This research uses secondary data and a qualitative approach to analyze themes including acculturation stress, social isolation, and support. Thematic analysis reveals that elderly migrants suffer from high levels of loneliness and depression and points to social integration as a major area of difficulty because of language barriers and cultural differences. These outcomes pinpoint the requirement for policy intercession and supportive services for older migrants to address their particular requirements. Some of the suggestions made include increasing social support, encouraging programs involving people of different ages, and offering culturally appropriate education to people who work with the elderly. According to these areas, the study will enhance the emotional health of elderly migrants and ensure that they are integrated into new communities hence helping them adapt well in the western societies and enrich the multicultural society.

Index Terms- Elderly migrants, Western societies, cultural dislocation, social integration, generational gaps, emotional impact, acculturation, support systems, thematic analysis, migration policy.

I. Introduction

1. Background and Context

Migration is a global phenomenon that has rapidly increased over the years as families migrate from one country to another seeking improved quality of life, better living conditions, family reunification, escape from adversity or for other socio-economic reasons (Caidi et al., 2020; Walters, 2002; Warnes, 2009). Previous studies on migration have mainly targeted young people and the working population with little or no attention given to late-life migrants especially those who migrate to



Western societies in their old age in what is known as international retirement migration (Karl & Torres, 2016). Such people move to join their children or other relatives as a result of family reunification policy or to give or receive care within the family circle (Caidi et al., 2020). Migrants who are elderly are different from young migrants in that they have different challenges that they are bound to experience (Tan, 2011). This is because elderly migrants tend to live in a certain cultural and social setting for many of the years of their lives and, therefore, are unable to accept the cultural, social, and economic practices of the new country. It can be seen that these people undergo not only physical but also psychological and even emotional migration. This transition is marked by a feeling of displacement since elderly migrants lose their homes, friends, and culturally prescribed ways of living that defined their existence for many years (Montayre et al., 2017; Savas et al., 2023).

This is because the process of migration presents numerous challenges especially to older migrants, as their adaptive capacities are quite different from their children who may have already adopted the Western culture (Slade & Borovnik, 2018). In most cases, this generational gap is in the form of language, culture, and attitude and this creates conflict and misunderstanding between the elderly and the young. There are times when elderly migrants will find it difficult to identify with the experiences and the lifestyle of the young people in their families thus leading to a feeling of emotional and social loneliness (Ten Kate et al., 2020). Moreover, the social and cultural norms in most of the developed societies of the West are individualistic while the elderly migrants come from collectivist societies where they depend on the support of their immediate families and the larger society (Bhattacharya & Shibusawa, 2009). With the elderly migrant population rising, it becomes imperative to assess the emotional and social needs that they experience when relocating. This review seeks to understand the emotional and social consequences of late-life migration on elderly migrants in Western societies with an emphasis on cultural displacement and generational differences. In this respect, the research aims to provide a better insight into late-life migration, as well as identify the main policy and practical implications that would promote the emotional and social wellbeing of elderly migrants.

2. Research Problem

Late-life migrants are faced with several challenges that impact their social and emotional wellbeing as they settle and integrate into their new environments (Wilmoth, 2012). Some of the challenges that elderly migrants experience in the course of relocation and acculturation are psychologically and emotionally draining and may lead to several mental health issues such as depression, anxiety, (Wrobel et al., 2009) and loneliness (Guo et al., 2019; Wu & Penning, 2015). Another issue of concern regarding elderly migrants is social exclusion; this is because they can easily and frequently become socially isolated in the host country and thus be unable to make new friends. Language differences, cultural disparities, and the absence of prior social interaction also exacerbate such issues (Schröer, 2024). Moreover, because of the disparity in the acculturation level between elderly migrants and their children, there is likely to be poor relations between them and the elderly migrants may feel isolated from their families. There is also a lack of culturally appropriate support structures in Western societies which poses even more difficulties to elderly migrants



(Garrett, 2024). Late-life migrants are therefore denied the social services they need because of language, lack of information, or cultural insensitivity of the provider. Lack of such support may lead to poor mental health, poor quality of life, and poor adjustment to the host country (Ciobanu et al., 2017).

Despite the growing rates of late-life migration into Western societies, little research has been done concerning the issues that elderly migrants experience during their resettlement process and its impact to their social and emotional wellbeing. Existing review studies have hugely centred around the experiences of early-life and mid-life migrants in resettlement spaces, neglecting the complex interplay between aging, migration and wellbeing of late-life migrants (Brance et al., 2024; Bastia et al., 2022; Wilmoth, 2012). Furthermore, available review studies on international retirement migration are mainly centred around migratory patterns (Pickering et al., 2019) and age-based experiences of late-life migration (Savas et al., 2023; Oliver, 2008). It is become more imperative to recognise the diversity among late-life migrants with regards to the social and emotional impact of their migration experiences into Western societies, especially those from collectivist cultures. Thus, this review is required to examine the challenges elderly migrants experience and the social and economic impacts of these experiences to their wellbeing. This review attempts to address this research gap by summarising the findings from empirical research on the psychological and social consequences of late-life migration on elderly individuals in Western societies. In the case of the refugees, it will try to find out all the reasons for the emotional problems, and loneliness that the refugees may have, and how they can be fitted into the society of the country that is hosting them.

3. Research Objectives

The primary objectives of this research are:

- To explore the emotional impact of migration on elderly parents.
- To analyze the social challenges elderly parents face in adapting to Western societies.
- To examine the role of cultural dislocation and generational gaps in the adaptation process.
- To identify potential support mechanisms that can ease the transition and improve the quality of life for elderly migrants.

4. Research Questions

To achieve the research objectives, the following research questions will be addressed by the study:

- What are the primary emotional challenges faced by elderly immigrants in Western societies?
- How do social networks (or the lack thereof) affect their ability to integrate?
- In what ways does cultural dislocation influence their sense of belonging and well-being?
- What role do generational differences play in their adaptation process?

5. Research Significance

International retirement migration and its social and economic impacts is an important domain of scientific inquiry because individuals migrating at old age



experience the compounding challenges of migration and aging, especially for those moving from collectivist cultures to individualistic Western societies (Burholt et al., 2018). Findings from this review will guide policy and practice regarding migration, aging, and social work. There is an increasing number of elderly migrants, which is why there is need for developing policies and structures to meet their particular demands and expectations. This study will contribute to the discovery of the key problems related to the emotional and social lives of elderly migrants and the critical need to reflect on their needs within migration policies and programs. Healthcare professionals, social workers, and policymakers working with elderly migrants will find this research to be useful. Understanding both the primary emotions and social implications associated with migration for elderly parents enables these workers to generate better solutions that will benefit the elderly parents. Culturally relevant services can be produced to enable the cultural integration, and well-being of elderly migrants (Montayre et al., 2017). Besides, this study will have implications for the family model and relations between generations at the present stage. As a result, the findings of this review on the generational differences and consequences on the elderly migrants' migration and acculturation experience will assist the families to gain insight on how to effectively support their elderly relatives in the course of migration. It is also crucial for creating interventions aimed at improving social relations among co-migrants of different age groups because their wellbeing hugely depends on it (Silveira & Allebeck, 2001).

This research will also hold considerable importance for those policymakers engaged in formulating immigration and social services policies. Identifying the obstacles faced by senior migrants makes this research useful for policy development aimed at better social integration for seniors who migrate. This is particularly key considering an older global population, where the welfare of elderly migrants has emerged as a major social problem (Guo et al., 2019). As a consequence, this study further extends the understanding of migration, aging, and social work by presenting a rich description of the emotional and social effects of migration on elderly parents in the West. The research findings permit the conclusion that they can contribute to policy and program development that guarantees good care for elderly migrants, supporting their easy assimilation into society, and advancing their quality of life.

II. Literature Review

1. Emotional Impact of Migration

Emotional issues that accompany migration are a foremost concern, especially for elderly parents who always have strong cultural and social ties with their community. Research has revealed that migration causes a great loss in the physical, social, and cultural realities of the migrants' lives. The loss of social contacts, cultural activities, and social surroundings may lead to grieving and mourning since elderly migrants have to accept the fact that the life they used to have is no longer possible (Schoenmakers et al., 2017). Cultural alienation in particular has a very influential role in determining the emotional state of the elderly migrant. Cultural bereavement is a process in which an individual loses his/her cultural identity and the cultural and social patterns in which he/she used to live. Displacement for older people can be very painful, since they are uprooted from one culture to another,



and from one system of belief to another. Such sensations could cause loneliness, isolation, or depression because it is tough for elderly migrants to fit into the new culture (Jaeger, 2024). In conjunction with cultural transition, language affects substantially the creation of emotional problems for elderly migrants. Older migrants find difficulty with the language in their new environment, which results in both frustration and a sense of isolation as well as a feeling of helplessness. Also, it is hard for them to obtain the services they require or to join social activities, which amplifies their emotional distress.

The literature indicates that social networks affect the psychological health of elderly migrants. Through social networks, seniors access emotional support, feel companioned, and understand the necessity of fitting into their wellness image. Considering this, the transformation within social networks as a result of migration leads senior migrants to feel loneliness and depression. Findings show that senior migrants without social support will inevitably suffer emotional difficulties and struggle to adjust to their fresh environment (Schoenmakers et al., 2017). In addition, aging migrants get to navigate the emotional side of migration alongside the stressors that come from the aging process. Migrants. There's a chance they have physical health issues, might be suffering from dementia, or may have a weak tolerance to any changes. The challenges related to age can further impede the emotional difficulties that elderly migrants deal with and stop them from effectively contending with the stresses of the new situation (Serafica & Reyes, 2019). Consequently, the social and emotional consequences of migration for elderly parents form a multifaceted challenge influenced by culture and social situation, language, and social contacts.

2. Social Integration Challenges

Social inclusion is an important factor that represents the participation capacity of the migrants in the host country's social, economic, and cultural aspects (Lui & Rook, 2013). In most cases, the problem of social integration is particularly pronounced for elderly migrants, who have to deal with new social structures that may be quite different from those they're accustomed to. This part of the literature review addresses the social problems that elderly migrants encounter during their integration into Western societies (Yeoh, 2021). About their social integration, the new formation of social networks is recognized as one of the most important challenges facing elderly migrants. Friends are useful in giving comradeship, cheerfulness, and a sense of community through social media. Nevertheless, being migrants of an advanced age leads to social isolation because they do not engage with other people and cannot form new friendships in their new surroundings. Language, culture, and social position create difficulties that hinder one from being close to other people (Guo et al., 2019). Language barriers are a consideration that seems to be a strong factor limiting the integration of elderly migrants within society. People are in such a situation because to lack the capability to communicate in the language of their new environment makes them susceptible to social rejection. Those old migrants who cannot communicate in the language might find it hard to socialize, secure services, and even engage with society. They conclude with poor general health and also find that their social engagements suffer in their new environment (Serafica & Reyes, 2019).



Culture is also another consideration that is evident in the social reorganization of the elderly migrants. They may have dissimilar cultural norms as those of the people in the new country and therefore will not know how to relate to other people. Another problem that can be faced by elderly migrants is the clash regarding cultural values and the culture of the new country. This cultural dislocation may lead to such feelings as loneliness and affect the process of their integration into the new society (Ten Kate et al., 2020). The literature also refers to the fact that elderly migrants' social inclusion is determined by the social environment of the receiving country. Assimilation into mainstream society in most Western societies is considered a civil responsibility with the culture of individualism. However, some of the elderly migrants may have lived in cultures that consider integration as a cooperative process where everyone in the society is supposed to contribute and rely on other people's support. As such, the elderly migrants may face challenges in their social roles since such roles do not fit a society that lacks social and cultural needs that could accommodate the elderly migrants (Guo et al., 2019).

Furthermore, the literature reveals how social class affects the integration of elderly migrants into society. Aging is honoured in most cultures where elderly people occupy important positions within their societies including political, religious, or as heads of large families. But upon the change of environment, for instance, moving to another country, they may feel socially powerless and that they are not as important as before. This loss of social status and feelings of powerlessness can impact their self-esteem and therefore they struggle to find their place in the new environment (Liou & Shenk, 2016). Thus, the process of social integration of the elderly migrants is a very intricate and diverse one that depends on such factors as language, culture, status, and networks. Being knowledgeable about these situations is vital when designing and carrying out the interventions that would cultivate the social involvement of older migrants and support their settlement in a new society.

3. Cultural Dislocation and Generational Gaps

Another issue that elderly migrants have to deal with is cultural alienation which is a major problem in the process of migration (Gaudet & Kligler, 2019). Culture shock is therefore defined as the experience of feeling lost and confused when one is separated from his/her cultural background. It is worse when the elderly migrants are faced with cultural shock because they have spent most of their prime age in one cultural environment. Research indicates that elderly migrants suffer from dislocation and this results in loneliness, depression, and isolation. This results in elderly migrants feeling isolated, and not being able to fit into the new environment, as they lose the familiar cultural practices, norms, and behaviours (Bhattacharya & Shibusawa, 2009). This is also evident from the literature concerning the generational differences in influencing the adaptation of elderly migrants. Generational differences are therefore the cultural and behavioural patterns of a given group of people especially in the family. Old age can make it difficult for migrant elders to cope with their relationships with young generations who have different perceptions and norms in the new society. Those variations might generate tensions in families because elderly migrants do not identify with the evolving lives of their children and grandchildren (Park & Kim, 2013).



Family relationships have a major influence on the emotional health of migrants, especially in older people who commonly sense they are out of touch with family dynamics and decisions because of generational gaps. Insufficient communication with younger relatives can generate feelings of loneliness and isolation, which might worsen the adaptation issues for elderly migrants (Wu & Penning, 2015). The available literature suggests that acculturation problems for elderly migrants tend to accumulate and deepen over the generations. To illustrate, older migrants may believe children should exhibit cultural patriotism and follow the beliefs and cultural practices of their native land, in contrast to the youngsters who may have taken on the cultural values of their adopted home. The strain may arise in family dynamics, especially for elderly migrants who might think they're apart from their families (Wu & Penning, 2015). Therefore, it follows that the principal issues elderly migrants encounter in their transition are cultural alienation and the generation gap. In view of this, one needs to grasp these difficulties to design meaningful approaches that can foster the emotional and social health of elderly migrants and enhance their engagement with the complex dynamics of migration.

4. Support Systems

Senior social networks help greatly in the process of migration and acculturation for elderly migrants (Schoenmakers et al., 2017). For the elderly migrants, the support system considers social services to be an important facet. These services provide vital needs to the elder migrants, including health, food, and companionship which can help them navigate the migration journey. The investigation showed that because of difficulties with language, inadequate information, and cultural mismatches, elderly migrants do not make optimal use of social services. This literature review will highlight the barriers to using social services and demonstrate how to remove these obstacles to promote the good health of elderly migrants (Serafica & Reyes, 2019). Community programs are vital to the elderly, offering an alternative form of support in addition to that directed at elderly migrants. Activities offered include contact with a diverse spectrum of individuals, cultural interchange, and volunteer opportunities that may assist older migrants in forming relationships and integrating into society. Programs within the community that may help elderly migrants are not always suitable culturally, readily accessible, or culturally representative. The examination of the literature will additionally specify the array of issues affecting the performance of community programs and the optimum strategies for aiding elderly Migrants (Klein & Amis, 2021).

The family, among other things, remains a key factor in providing social and emotional support to elderly migrants. This occurs because the family members support the old migrants as they deal with the usual shocks triggered by migration and acculturation to the new society. This situation exists as the elderly migrants along with their children may be part of different generations, which could become challenging for family care. This review of the literature will also discuss the function of family support during the adaptation phase of elderly migrants, along with the factors that affect its effectiveness (Serafica & Reyes, 2019). There is also a necessity for culturally tailored services for elderly migrants because of their particular needs. The vast majority of support services currently available were designed primarily concerning culture, and they may not be able to adequately address the needs of



elderly migrants. One can provide services that are culturally appropriate to improve the quality of life for older migrants in the host nation and deal with these problems (Yeoh, 2021).

5. Theoretical Review

This section reviews important theoretical backgrounds relevant to international retirement migration.

Acculturation Theory

According to John W. Berry's acculturation theory, introduced in 1997, this theory well describes how individuals change as they pass from one cultural setting to another. As a result of this, this theory functions better for older migrants since it stresses the psychological and social aspects of the acclimatization process, in distinction to the prior theory. Berry's model identifies four acculturation strategies: These terms express assimilation, integration, and marginalization. This situation holds special importance for elderly migrants who often find it hard to fit into a new cultural atmosphere in their sunset years, as they extensively identify with their initial culture (Cornelissen, 2017). In the course of taking on the cultural elements of the host country, migrants are also rejecting aspects of their culture from home. In this situation, those principally affected are older migrants, significantly those who have spent the majority of their lives within a single cultural environment that is monochronic. According to Van Riper et al. (2017), psychologically speaking, assimilation brings about losses, confusion, and is associated with an identity crisis.

While assimilation is the process of adopting a new culture, separation is the process of maintaining one's own culture but not accepting the new culture. Those elderly migrants who opt for this strategy can comfortably settle for cultural enclaves which in turn results in social exclusion from the general society (Lapresta-Rey et al., 2019). Integration is perhaps the most moderate form of assimilation because the migrants retain their cultural characteristics but assimilate some characteristics of the host culture. This strategy is the most appropriate but depends on the availability of support systems that acknowledge cultural differences (Cornelissen, 2017). Marginalisation is the situation whereby the migrants do not adapt to their home culture and do not assimilate into the host culture hence feeling like they do not belong and suffer from a lot of emotional problems (Du, & Xu, 2020). This is usually the worst impact experienced by elderly migrants (Maleku et al., 2021). This is in line with Berry's Acculturation Theory which focuses on the need to offer support to the elderly migrants to enable them to live a fulfilled life and be fully assimilated in the host country.

Social Identity Theory

Social Identity Theory formulated by Henri Tajfel and John Turner in 1979 provides an important understanding of self-categorization from group affiliations. This theory is especially relevant to the study of elderly migrants who may undergo a major loss of social role after migrating. Tajfel and Turner (1979) defined social identity as the part of the individual's self-identity derived from the various social categorizations, including family, community, ethnic, and national affiliations. They afford people identification, recognition, and appreciation by the members of the



respective groups (Serafica & Reyes, 2019). Older migrants are forced to migrate out of the social circles that for many years have offered them a clear and firm sense of self. This disrupts their social relationship, and they are left with no social identity; they feel insecure, have low self-esteem, and are confused as they try to fit into the new social structure of society (Guo et al., 2019). The theory also recognizes between in-group and out-group where elderly migrants are likely to be in an out-group in the host society. This status can result in feelings of perceived exclusion and perceived stigma, especially if elderly migrants are discriminated against or treated prejudicially (Serafica & Reyes, 2019). From the conceptual framework of Social Identity Theory, it is imperative to create social identity views that will enable elderly migrants to embrace new social identities that positively embrace both the source and host societies.

Life Course Theory

The Life Course Theory backs the idea that historical and social happenings organize people's lives. This theory performs admirably for older migrants because it attempts to clarify the connection between important life events, such as migration, and aging. According to the theory of Life Course, individuals' behaviour and choices depend on age-related transitions and their timing alongside the social and historical landscapes of these transitions (Elder & Johnson, 2003). Such a setting increasingly affects individuals who move later in life, as migration marks a major transition in their lives, and, for the most part, they have grown up in one specific cultural environment. The theory indicates that the timing of migration during the life course is exceptionally important. The challenge of migrating becomes harder with age since the health problems related to aging intensify, which affects health and wellbeing (Litwin & Leshem, 2008).

Life Course Theory devotes attention to another feature: the transition and variations in social roles in people's lives. In the context of elderly migrants, the transition involves a modify social roles, and hence they often bear feelings of aimlessness and only dependence outcomes. The point made in the theory is that the accumulation of negative life events is of great importance to elderly migrants who deal with a range of stressors (Hutchison, 2017). Using Life Course Theory, we better understand the long-term consequences of migration for elderly people, who require specialized care-giving structures because they migrated at an advanced age.

Ecological Systems Theory

Bronfenbrenner's ecological systems theory suggests that human development is an environmental reliant process involving the different levels named micro-system, meso-system, exo-system, and macro-system. Due to its environmental multiple factor assumption, this theory provides better insights into the experience of elderly migrants during their adaptation to a new environment (Teater, 2021). The quality of family and community relations is vital to the welfare of elderly migrants at the micro-system level in the social ecology (Maggino, 2023). The meso-system situated at the second level illustrates the relationships among two or more micro-systems, including those linking family and services (Tanhan & Strack, 2020). The exo-system includes environments that indirectly influence elderly migrants by establishing health care systems and policies that regulate their access and cultural



responsiveness (Bronfenbrenner, 1979). The perception society holds towards older individuals and the degree of cultural diversity have a major effect on the experiences of older migrants (Matas & Donelli, 2020). Ecological Systems Theory illustrates the difficulties in formulating an appropriate support approach that needs tailoring to fulfil the requirements of elderly migrants as well as enhance the quality of their residential spaces (Hutchison, 2017).

6. Hypotheses

Guided by the Acculturation, Social Identity and Life-course theories, this research gathers and summarises the current state of scientific inquiry concerning social and emotional impacts of migration on elderly people in Western societies. Specifically, the research hypothesises that;

- Elderly migrants in Western societies experience a substantially higher level of loneliness and depression compared to their non-migrant counterparts as a result of acculturation stress and social isolation.
- Providing culturally healthy supporting services frequently enhances seniors, including migrants' emotional welfare and integration into friendly community systems.

III. Methodology

The study employed a systematic literature review (SLR) to effectively meet the research aims and objectives as well as address the research hypotheses. The choice of SLR was due to its suitability for summarising evidence from available high-quality academic papers on social and emotional impacts of migration on late-life migrants in Western societies. In addition, SLR accommodates a comprehensive set of published and non-published body of international retirement migration research across disciplines and many areas of knowledge (Fink, 2005). The systematic literature review was guided by the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (Moher et al., 2015).

1. Inclusion and Exclusion Criteria

To ensure the relevance of the studies, the review systematically prioritised and included relevant scholarly peer-reviewed journal articles reporting the social and emotional impacts of late-life migration on elderly individuals in Western societies. This included concepts such as resilience, life satisfaction, or happiness, wellbeing, quality of life as well as loneliness and social isolation. Western societies include countries in Europe, United Kingdom, United States, Australia and New Zealand. Priority was also given to studies that focused on cultural transition, parent-child relationships, and integration since these are the principal themes of the study (Teater, 2021). Studies were also eligible for review if: they were published in English language; reported qualitative, quantitative or mixed-methods research; and other relevant non-published grey literature articles. Cross-sectional and comparative studies were included in the review. This review was limited to studies of late-life migration to new countries, especially Western societies. This does not include studies of elderly migrants who returned to their countries of origin. Furthermore, the review included studies that focused on populations of elderly migrants who moved to new countries in their old age, from 50 years and above. The age criteria was set at 50



years and above to make sure that there is consistency across socio-cultural and contextual definitions of old age (Zittoun, & Baucal, 2021). Articles that are systematic reviews, literature reviews or scoping reviews as well as other articles non-related to the research questions were excluded from the review.

2. Search Strategy

Peer-reviewed and grey literature articles exploring the social and emotional impacts of migration on elderly individuals in Western societies were sourced from a systematic search of five electronic databases: Google Scholar, Web of Science, ProQuest, PsycINFO, and Australian Public Affairs Fulltext (APAFT) (via Informit). First, a collocated keyword search on “late-life migration” was conducted using keywords, such as “social and emotional wellbeing” “international retirement migration”, “elderly migrants” and “Western societies” to select relevant articles for the review of late-life migration literature. Thereafter, relevant articles were systematically searched using a combination of key search terms presented in Table 1. The last and final search was completed on 15th December 2024. There was no restriction applied to publication date during the database search so as to holistically identify relevant both historical and current-day migration contexts and obtain an exhaustive knowledge of the subject matter. Although, review studies were not included in the study, the search strategy involved progeny searches whereby the reference lists of review articles were manually searched to identify additional relevant papers. Furthermore, grey literature sources were searched for articles that are relevant to the social and emotional impact of international retirement migration into Western cultures. Eldis, and websites of government and non-governmental organisations were searched for case studies, migration reports, demographic surveys, conference papers, etc related to the subject of interest.

Table 1: Example of key search terms used in database search

	Keyword	Search Term
1	Western societies	“First World Country” OR “individualistic society” OR “developed country” OR “Europe” OR “individualistic cultur*” OR “United States of America” OR “United Kingdom” OR “Australia” OR “New Zealand”
2	Social and emotional wellbeing	“wellbeing” OR “quality of life” OR SEWB” OR “social care” OR “wellness” OR “well-being” OR “HR-QOL” OR “life quality” OR “health related quality of life” OR “health-related quality of life” OR “cultur*”
3	Elderly migrants	“Late-life migrant*” OR “Elderly migrant” OR “older migrant” OR “international retirement migrant” OR “older refugee” OR “late-life immigrant” OR “older foreign-born immigrant”
4		1 AND 2 AND 3

3. Screening

A total of 1,085 potentially eligible papers (934 peer-reviewed articles and 151 papers from grey literature sources) were identified using the systematic search



strategy. Potentially eligible peer-reviewed papers were screened for inclusion using the Covidence Software, where 195 duplicate were automatically removed. The titles/abstracts and full-texts of potentially eligible papers were screened against the eligibility criteria for final inclusion. Reference checking and citation tracking were carried out to ensure that no relevant study was missed. Two further items were identified through this process, resulting in 18 eligible papers included for the final review. The PRISMA flow diagram for the screening and final selection process is shown in Figure 1.

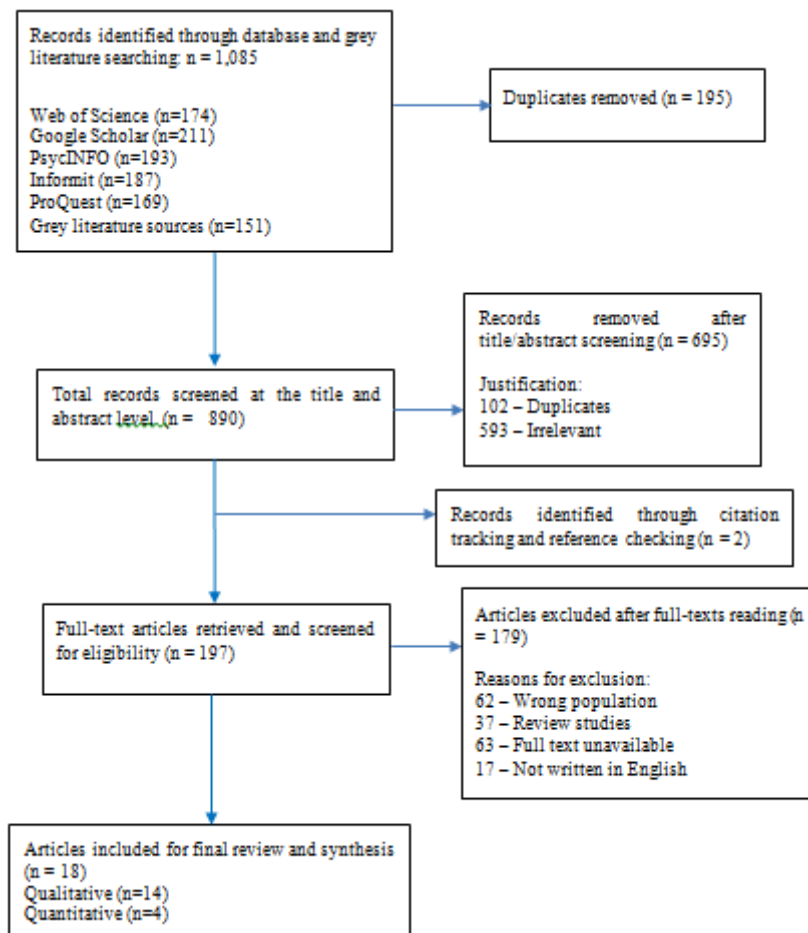


Figure 1: Flowchart for the search and selection process

4. Quality Assessment, Data Extraction and Analysis

The study included a rigorous appraisal process to assess the quality of included papers as well as the accuracy and reliability of their findings. All included studies were assessed for their quality based on the rationale behind each study, relevance to the research questions, strength of methodological design and analyses, and reliability of the article in terms of its accuracy, coverage, and authority of the author(s)..



Data extraction was conducted using a Microsoft Excel data extraction tool. This involved the extraction of data relevant to the study characteristics, including author(s) and year of publication, study aims, research designs and methods, key findings related to social and emotional impacts of migration and study's conclusions/recommendations.

The extracted data were analysed using the thematic analysis technique to summarise the several forms of research evidence that emerged from the studies and synthesize tailor-made interventions suited for improving the social and emotional wellbeing of late-life migrants across different societies. First, an initial coding of the extracted data was conducted inductively in order to have a complete understanding of the data devoid of any theoretical influences.

Consequently, themes and patterns are each identified and put into categories. The thematic analysis was mainly focused on the concepts shared between various studies and not necessarily the methodologies in order to effectively integrate diverse research methodologies into the synthesis. Being aware of these themes is fundamental to achieving the research goals and answering questions about the ways they shape the emotional and social issues of elderly migrants (Braun & Clarke, 2019). The thematic analysis revealed several factors that influence the social and emotional wellbeing of late-life migrants in Western societies. To make discussions easier, the themes were situated within the study's review questions which were themselves, influenced by the three theoretical frameworks that guided the review. Thus, the findings were grouped into four main categories (themes) which include the emotional impact of cultural dislocation, challenges in social integration, influence of generational gaps, and the role of support systems.

IV. Findings

1. Study Characteristics

A total of 18 studies were included in the review, comprising of 14 qualitative and 4 quantitative studies. The qualitative studies utilised qualitative data collection and analysis techniques such as semi-structured interviews, focus group discussions, participant observations, narrative and thematic analysis (Hamilton et al., 2021; Maleku et al., 2021; Caidi et al., 2020; Dhillon & Humble, 2020; Sarafica & Reyes, 2019; Slade & Borovnik, 2018; Alvi & Zaidi, 2017; Cela & Fokkema, 2017; Montayre et al., 2017; Schoenmakers et al., 2017; Da & Garcia, 2015; Park & Kim, 2013; Bhattacharya & Shibusawa, 2009; Silveira & Allebeck, 2001). Only four articles were quantitative research studies, utilising survey questionnaires and various statistical techniques for data collection and analysis respectively (Ten Kate et al., 2020; Guo et al., 2019; Fokkema & Nadri, 2013; Wrobel et al., 2009). This indicates that the available research evidence provide in-depth and complete understanding of late-life migration to Western societies and its impacts on the social and emotional wellbeing of elderly migrants. However, it also points to generalisation challenges due to the paucity of quantitative research studies included in the review. Furthermore, the samples in the studies comprised of diverse ethnicities, nationalities, and gender. Studies were conducted in various Western societies, with majority of the studies carried out in the United States of America, European countries (Italy,



Germany, and Netherlands), and Canada (n=13). The remaining studies were conducted in other Western societies such as United Kingdom, Australia and New Zealand. The review also included three comparative studies, one comparing the levels of emotional and social loneliness compared to their native Dutch counterparts (Ten Kate et al., 2020), the second study comparing levels of depression and quality of life among Chinese immigrants who migrated to the US at several life course stages (Guo et al., 2019) and the other comparing differences in degree of loneliness between older Turkish immigrants and native-born older Turkish adults in Germany (Fokkema & Naderi, 2013).

In order to examine the social and emotional impacts of late-life migration, study samples included late-life immigrants, human service providers, community leaders and family members.

Table 2 presents an overview of the studies included in the review

S/N	Author(s) and Year	Study Location	Study Aims	Study Design and Methodology	Participants	Key Findings	Recommendations
1	Alvi & Zaidi, (2017)	Canada	To explore through an intersectional lens, the quality of life experiences and wellbeing of older South Asian immigrant women in Canada	Qualitative primary data: semi-structured interviews	10 older South Asian immigrant women	Older South Asian immigrant women experienced language barriers, fewer social networks, financial dependence on their children, loss of autonomy, and cultural differences, which resulted in social isolation and loneliness. Gender, ethnicity and migration status were significant factors that shaped their quality of life	Focus policy-level interventions on social integration, and economic empowerment to improve the quality of life of older immigrant women.
2	Bhattacharya & Shibusawa, (2009)	United States	To examine the diversity of aging dynamics among Indian immigrants	Qualitative primary data: semi-structured interviews	Late-life and early-life Indian immigrants	Late-life Indian immigrants reported experiencing social isolation, intergenerational conflicts, financial insecurity, and difficulties maintaining cultural identity. Coping	Embed cultural identity and intergenerational support systems in social interventions when working with older immigrants



S/N	Author(s) and Year	Study Location	Study Aims	Study Design and Methodology	Participants	Key Findings	Recommendations
						strategies included engagement with cultural and faith-based practices	
3	Caidi et al., (2020)	Australia and Canada	To explore information practices and transnational dimension of the settlement experience among older Chinese migrants who immigrated to Canada and Australia after age 60.	Qualitative primary data: semi-structured interviews	16 older Chinese immigrants	Older Chinese immigrants experienced psychological distress resulting from loss of autonomy, language barriers, digital illiteracy, declining health and social networks, and difficulties in navigating healthcare and social services. Coping mechanisms included daily routines geared towards widening their local networks by seeking out co-ethnic aged peers	Implement culturally and linguistically appropriate information support services in community and government organisations to facilitate social inclusion of older immigrants
4	Cela & Fokkema, (2017)	Italy	To explore loneliness and social wellbeing among older Albanian and Moroccan migrants	Qualitative primary data: In-depth semi-structured interviews	34 older Albanian and Moroccan migrants	Discrimination, language barriers, and limited social networks, especially the lack of meaningful relationships with non-related peers contributed to feelings of loneliness among older Albanian and Moroccan immigrants	Implement public loneliness interventions that promote social inclusion and strengthen support networks/social relationships beyond the family circle
5	Da & Garcia, (2015)	Canada	To understand the settlement experiences of older Chinese immigrants in Canada, focusing on	Qualitative primary data: face to face semi-structured interview	31 older Chinese immigrants (both women and men)	Older Chinese immigrants experienced loss of agency, autonomy and status, and diminishing social support networks. Participants socialised	Implement programs, policies and support services such as language classes, community integration programs tailored to the needs of elderly immigrants



S/N	Author(s) and Year	Study Location	Study Aims	Study Design and Methodology	Participants	Key Findings	Recommendations
			their socio-cultural adaptation and self-perceived quality of life			through engagement in faith-based, ESL class and physical activities. However, housekeeping and care-giving roles limited full participation in these socialisation activities. Overall self-perceived quality of life were impacted by individual-level factors such as support networks, language barriers, economic status, intergenerational relationships	to improve their quality of life and socio-cultural adaptation
6	Dhillon & Humble, (2020)	Nov a Scotia, Canada	To understand the socio-cultural relationships among older immigrant Punjabi women and its relationship with their mental health and wellbeing	Qualitative study using semi-structured interviews	5 older immigrant Punjabi women	Over-reliance on familial support, language barriers and fewer local networks led to feelings of loneliness. Family reunification was positively associated with good mental health.	Incorporate language and cultural integration initiatives in support programs to promote connections to culture and community
7	Fokkem a & Naderi, (2013)	Ger many	To investigate differences in degree of loneliness between older Turkish immigrants and native-born older Turkish adults in Germany as	Quantitative primary data: survey questionnaire using standardized measures of degree of loneliness (six-item Loneliness Scale of de	3,248 older Turkish adults born in Germany and 494 older Turkish immigrants	Older Turkish immigrants reported greater feelings of loneliness compared to their native-born peers on account of cultural differences, language barriers, fewer social networks poorer physical health and lower socio-economic status.	Implement targeted loneliness interventions that promote the quality of social relationships and social integration at familial, community, and societal levels



S/N	Author(s) and Year	Study Location	Study Aims	Study Design and Methodology	Participants	Key Findings	Recommendations
			well as establish the factors contributing to differences in degree of loneliness between the two population groups	Jong Gierveld) and a series of multivariate regression analyses		Individual level protective factors such as care-giving, emotional support exchange, living with spouses or offspring, and intergenerational relationships did not buffer against the prevalence of loneliness among older Turkish immigrants	
8	Guo et al., (2019)	United States	To investigate the relationship between late-life migration and psychological well-being among older Chinese immigrants in the United States.	Quantitative secondary data using the baseline Population Study of Chinese Elderly (PINE)	3,138 Chinese elderly immigrants	Late-life migration was found to be associated with poorer psychological wellbeing. Factors such as poor health, language barriers, financial insecurity, weak social ties and difficulty accessing health care contributed to differences in poorer psychological wellbeing among older migrants compared to those who migrated at earlier life stages. Family support and social relations mitigated some negative impacts of age at migration on depression.	Tailor community-based programs, social and mental health services to older immigrants to ensure culturally safe care and improved psychological well-being..
9	Hamilton et al., (2021)	Australia	To explore how the interactions between Australian	Qualitative primary data: semi-structured interviews	12 migrant grandparents living in Australia	Migrant grandparents in Australia experienced difficulty in accessing health care, financial	Align migration and work/care regimes with identity work with migrants' socio-cultural



S/N	Author(s) and Year	Study Location	Study Aims	Study Design and Methodology	Participants	Key Findings	Recommendations
			immigration and work/care regimes and idealised norms of care provision produce configurations of care and support arrangements among Chinese, Vietnamese, and Nepalese migrant families	and focus group meetings		insecurity, cultural differences in childrearing norms, and language barriers due to poor alignment between migration and work/care regimes. Community engagement significantly improved emotional wellbeing	perspectives to promote their wellbeing and economic security
10	Maleku et al., (2021)	United States	To explore the social impact of late-life migration as well as patterns of human service provision among older immigrants in the Midwestern U.S	Qualitative primary data: In-depth interviews and focus group discussions	48 Late-life immigrants and 23 local human service providers	Language barriers, transportation barriers, poor knowledge of existing laws and policies, over-reliance on their children and the built environment caused social isolation, economic insecurity and gaps with respect access and utilisation of human services; affecting their wellbeing. Local efforts from community networks helped build resilience	Implement inclusive and culturally appropriate policies and interventions that strengthen socialisation, access to healthcare and integration of older immigrants
11	Montayre et al., (2017)	New Zealand	To explore the adaptation experiences of older Filipino migrant to life in New Zealand	Qualitative primary data: Face to face semi-structured interviews	Older Filipino migrants in New Zealand	Participants experienced cultural differences, language barriers, and difficulties engaging with New Zealand's healthcare system and services. Establishing a Filipino identity in their host country, and	Prioritise culturally responsive policies and community support for older migrants in social services, especially in Aged care to ease adjustment to life in their host countries



S/N	Author(s) and Year	Study Location	Study Aims	Study Design and Methodology	Participants	Key Findings	Recommendations
						social connections facilitated adjustment to life in New Zealand	
12	Park & Kim, (2013)	Christchurch and Auckland, New Zealand	To explore the experiences of older Korean immigrants and their intergenerational family relationships within the New Zealand setting	Qualitative primary data: Multi-stepped phenomenological interview and semi-structured interviews	10 Older Korean immigrants and 20 key informants (community leaders and professionals)	Older Korean immigrants in New Zealand experienced social isolation and depression on account of limited access to social welfare, language barriers, and lack of social support. While most older Korean immigrants encountered difficulties managing their lives and their multigenerational family relationships, gender served as a protective factor for women	Focus policy-level interventions on promoting social interactions and inclusion at familial, community, societal, and transnational levels
13	Schoenmakers et al., (2017)	Netherlands	To understand the role social networks play in the access to psychosocial care among older migrants in the Netherlands	Qualitative primary data: semi-structured group and individual interviews	30 Turkish, 13 Moroccan, 13 Surinamese, and 9 Dutch elderly immigrants	Support from social networks, mostly familial support is essential to accessing psychosocial care. However, elderly migrants often have limited social networks which are unable to meet their elderly needs due to the cultural stigma associated with mental ill-health, and mental health illiteracy of the social network	Develop community-based interventions to improve mental health literacy among elderly migrants and their social networks and increase awareness to reduce cultural stigma around mental health issues
14	Serafica & Reyes, (2019)	United States	To explore the determinants of	Qualitative primary data: focus	49 older Filipino immigrants	Language barriers, loss of agency and autonomy, weak	Prioritize culturally appropriate interventions and



S/N	Author(s) and Year	Study Location	Study Aims	Study Design and Methodology	Participants	Key Findings	Recommendations
			acculturative stress among older Filipino immigrants residing with their children in the US.	group discussions		social ties, cultural differences in care-giving practices, and reliance on children for mobility all contributed to acculturative stress and negatively impacted their quality of life	support systems that strengthen social and emotional wellbeing of older immigrants in aged care
15	Silveira & Allebeck, (2001)	East London, UK	To explore older Somali migrants' perceptions on mental health and wellbeing and determine sources of stress and support during resettlement in East London	Qualitative ethnographic study: face to face semi-structured interviews and participant observation	28 older Somali male immigrants	Loss of autonomy, perceived discrimination, cultural dislocation, loneliness, limited access to culturally appropriate community services, limited family support despite declining physical health, social isolation, and helplessness led to reduced life satisfaction and increased vulnerability to anxiety and depression Family support, social interactions with co-ethnic peers, and engagement with faith-based practices mitigated against depression	Prioritize culturally appropriate community health and social services and community support systems that strengthen informal support networks to improve the social and emotional wellbeing of older immigrants
16	Slade & Borovnik, (2018)	New Zealand	To explore resettlement experiences and belonging among older Bhutanese refugees in Palmerston	Qualitative primary data: In-depth interviews and thematic analysis	Older Bhutanese refugees	Experiences include language barriers, cultural adjustment, and feelings of displacement. Culture, religion and social connections was	Focus policies on promoting social inclusion and culturally appropriate support for older refugees.



S/N	Author(s) and Year	Study Location	Study Aims	Study Design and Methodology	Participants	Key Findings	Recommendations
			North			crucial to emotional and social wellbeing	
17	Ten Kate et al., (2020)	Netherlands	To examine late-life migrants experience greater levels of emotional and social loneliness compared to their native Dutch counterparts.	Quantitative primary data: survey questionnaire	7,920 first-generation migrants and native Dutch individuals.	Older first-generation migrants experience greater levels of social and emotional loneliness compared to the native Dutch counterparts, less perceived support and less satisfaction with their social relationships	Implement targeted interventions and policies that promote satisfying social interactions and broaden social networks to address loneliness among late-life migrants
18	Wrobel, et al., (2009)	United States of America	To investigate the association between acculturative stress and depression in elderly Arabic immigrants.	Quantitative primary data: survey questionnaire using standardized measures of acculturative stress (Multi-dimensional Acculturative Stress Inventory) and depression (Geriatric Depression Scale)	A sample of Elderly Arabic immigrants	Higher degrees of acculturative stress was significantly associated with greater levels of depression, particularly among refugees or older migrants on temporary residency status.	Implement culturally appropriate interventions to address acculturation stress and depression among elderly Arabic immigrants.

2. Themes

Four key themes emerged from the thematic analysis of the extracted data, namely: the emotional impact of cultural dislocation; challenges in social integration, influence of generational gaps, and the role of support systems.

Emotional Impact of Cultural Dislocation



In Western settings, migrants of older generations experience loneliness and loss primarily since they do not adapt to the cultures of their host environment.

Several studies showed that such disconnection creates feelings of loneliness, depression, and anxiety in elderly migrants, because they struggle to adjust to their new environment (Guo et al., 2019; Dhillon & Humble, 2020; Cela & Fokkema, 2017; Bhattacharya & Shibusawa, 2009; Silveira & Allebeck, 2001). Another insight from the study shows that elderly migrants who blend into the cultures and societies of their home countries find it hard to deal with cultural and practice loss. In these circumstances, migration serves as a cultural change as well as a physical act, resulting in the experiences of cultural loss (Da & Garcia, 2015). In addition, it is shown that the social isolation experienced by older migrants in their host societies intensifies the price they pay for cultural migration (Da & Garcia, 2015).

Studies reported that many late-life migrants coming from collectivist cultures experienced disconnected and emotionally distressed due to the inability of their offspring to fulfil the cultural obligations associated with collectivist care-giving practices, family routines and traditions (Serafica & Reyes, 2019; Da & Garcia, 2015). Such cultural disconnection and loss of cultural identity negatively impacted the social and emotional wellbeing of older migrants in their host environments (Caidi et al., 2020; Ten Kate et al., 2020; Serafica & Reyes, 2019; Bhattacharya & Shibusawa, 2009). The host country's social support networks which are built on individualistic principles had negative impacts on the social and emotional wellbeing of the elderly migrants. The study by Alvi and Zaidi (2017) revealed that the dislocation from their home country's collectivist culture's family ethos led to poor social and emotional wellbeing among late-life migrants, particularly those who migrated to reunite with their families.

The challenges of social network breakdown, isolation, and incapacity to communicate in the host country's language could also be a contributing factor to the decrease in emotional well-being among elderly migrants (Schoenmakers et al., 2017). The individuals who cannot engage in community events or receive services mainly experience this isolation, largely due to their lack of understanding or coming from a different cultural background (Slade & Borovnik, 2018; Montayre et al., 2017; Wrobel et al., 2009). The work has fundamental effects on the relationship between past life experiences and the emotional responses of elderly migrants to cultural changes. Persons who have experienced displacement or migration in their lives probably have the right approaches for addressing cultural differences. Those coming from a longstanding culture at the beginning of their lives often find culture shock to be a much more severe and demanding problem to deal with (Slade & Borovnik, 2018).

Challenges in Social Integration

Several studies highlighted various factors that affect the social and emotional wellbeing of older migrants in Western societies. One of the most prominent determinants identified across studies that contribute to challenges in social integration and acculturative stress among late-life migrants is language barriers (Maleku et al., 2021; Caidi et al., 2020; Hamilton et al., 2020; Alvi & Zaidi, 2017;



Cela & Fokkema, 2017; Montayre et al., 2017; Da & Garcia, 2015). This is a substantial challenge that elderly migrants usually deal with, particularly those who become residents in places where the language differs from their own. Studies revealed how language barriers contributed to difficulties in engaging with social and health services, completing daily tasks or activities for older immigrants (Maleku et al., 2021; Wrobel et al., 2009). The study by Park and Kim (2013) revealed that the prerequisite for successful integration into the host country is the mastery of the local language. As a result, the inability to communicate effectively in the local language resulted in social isolation, unsatisfying relationships, loneliness and depression, negatively affecting the social and emotional wellbeing of late-life migrants (Caidi et al., 2020; Dhillon & Humble, 2020; Serafica & Reyes, 2019; Schoenmakers et al., 2017). Also, study results reveal elderly migrants experience challenges in building new social ties with the people in receiving societies hence leading to social exclusion (Ten Kate et al., 2020; Cela & Fokkema, 2017; Fokkema & Nader, 2013; Park & Kim, 2013). This finds particular application among the latter as many elderly migrants are confined by the language of the new country and, as a consequence, are trapped in silence where they cannot interact with others, access services, or join in social events. The situation is aggravated by cultural discrepancies; elderly migrants might feel alienated when trying to adapt to the culture or practices of the destination country (Bhattacharya & Shibusawa, 2009). As a supplementary viewpoint, it is commonly understood that old people feel a loss of social status amid a move to another environment, and this is likely to exacerbate their social integration tasks.

Elders enjoy an important position in society across most cultures as leaders, elders, or household leaders. However, when they transfer to another environment, they are most probably going to lose their social power and thus feel powerless and left out. Such a loss of social status may affect their self-image and therefore may struggle to fit in the new environment (Caidi et al., 2020). This is also evident from the findings that indicate that the host society's social structures are vital in determining the social integration of elderly migrants. Thus, in many countries of the West, social integration is regarded as a personal duty, with an emphasis on individualism and autonomy. However, the elderly migrants could have grown up in societies that regarded integration as everybody's business and not just that of the migrants themselves. This misfit in the social systems can pose some problems to elderly migrants as they may not easily fit into the society especially where their cultural and social requirements are not well met (Hamilton et al., 2021).

Influence of Generational Gaps

The study reveals that generation differences play a very important role in the adjustment of elderly migrants. Evidence for these gaps exists in cultural attitudes, beliefs, and practices among elderly migrants and their children that may lead to family conflicts (Bhattacharya & Shibusawa, 2009). As an example, the old migrants could hold expectations about cultural practices to be maintained by their offspring, while their kids may have adopted the cultural norms of the host country. Such variations can provoke tensions and miscommunication in families, which causes elderly migrants to experience social isolation (Park & Kim, 2013). The study additionally demonstrates that age-related discrepancies affect the emotional health of elderly migrants, who frequently suffer from social isolation from their families and



are excluded from the making of decisions. This makes it difficult for the elderly migrants to connect with the younger ones, leading to feelings of loneliness, and isolation making adaptation even more strenuous (Park & Kim, 2013).

The study also demonstrates that the divide between generations plays a role in establishing the social inclusion of elderly migrants. Migrants who are elderly along with those who have kinship with their children or grandchildren can typically fit in well in the new community because they will always enjoy help from their relatives. In contrast, those who maintain a poor connection with their children may find themselves feeling alone and misplaced, and often struggle to seamlessly integrate with the family or the broader society (Bukhari et al., 2019).

The Role of Support Systems

Social support systems are very important in assisting elderly migrants in coping with the migration processes and assimilation into a new society. However, the analysis reveals that most elderly migrants experience major impediments to the help they require such as language, lack of information, and cultural sensitivity of the service providers (Silveira & Allebeck, 2001). Study findings shows that culturally appropriate services are crucial for elderly migrant care (Maleku et al., 2021; Hamilton et al., 2021; Ten Kate et al., 2020; Guo et al., 2019). Most of the existing support services are not shaped to effectively meet the cultural needs of elderly migrants. The challenges mentioned above can be solved by culturally appropriate services that are required to meet the needs of the elderly migrants in the host society (Guo et al., 2019; Slade & Borovnik, 2018). The work also indicates that community-based programs can be most helpful to elderly migrants. These programs have social interaction, cultural exchange, and community programs whereby the elderly migrants can build friendships and be part of society. However, several community programs that aim to support elderly migrants are useful depending on their cultural competence, accessibility, and integration (Maleku et al., 2021; Slade & Borovnik, 2018).

Furthermore, the study establishes that family support plays a tremendous role in the migration adjustment of elderly persons. It is quite common that elderly migrants are supported by their family members when it comes to coping with the migration processes and the stress connected with the new living conditions. However, it must be mentioned that elderly migrants often have their children who may not always be available or willing to help their parents which may cause difficulties in organizing family support. According to study findings, the general family cohesion that enables intergenerational relations may help families assist the elderly in the adaptation process (Dhillon & Humble, 2020; Silveira & Allebeck, 2001).

V. Discussion

1. Interpretation of Findings

This review offers important information to understand the emotional and social problems of elderly migrants in Western countries. It is also seen in the thematic analysis that cultural transition, social incorporation, intergenerational



differences, and accessibility of resources significantly impact the elderly migrants' experience. Cultural uprooting is thus likely to elicit strong emotions, especially for elderly people who have lived most of their lives in a stable environment. The fact is that such people lose their cultural identity, and also the opportunity to communicate with friends and relatives, which can result in loneliness and depression of elderly migrants. Such research findings underscore the need to ensure that elderly migrants receive culturally appropriate services that can enable them to deal with the implications of culture loss and retain their cultural integrity in their new home (Fuse & Bergen, 2018). The problems of social integration are also severe for elderly migrants especially those who have language barriers and cultural differences. The study reveals that failure to converse in the language of the country of settlement and the loss of social status that comes with migration may result in elderly migrants suffering from social exclusion and exclusion hence isolating them socially. These results suggest that elderly migrants would benefit from community activities that enable them to engage in social interactions, cultural and community participation; and policies that would enhance their social inclusion, given the challenges they experience in social integration (Bentley et al., 2016).

Another important outcome of this study is that generational differences affect the process of adaptation of elderly migrants. The role of generational differences is also to complicate the process of adaptation to the new culture and integration into society since the elderly migrants and their children may have different cultural values and experiences that may cause conflict within the families. These findings stress the need to encourage intergenerational exchange and appreciation in the family and the availability of services that target elderly migrants and their families (Maleku et al., 2021). This study also points to the significance of support systems on the adaptation of elderly migrants. Cultural appropriate service, community support, and family involvement are some of the factors that help migrants in old age to manage migration stress and to assimilate into the new environment. However, these studies also indicate that a large number of elderly migrants have limited access to the support required by them due to language problems, lack of information, and, sometimes, even due to the cultural sensitivity of service providers. Thus, advancing policies and programs that will ensure elderly migrants have access to support services.

2. Comparison with Existing Literature

In line with the literature, this research also reveals that migration has an emotional and social cost to elderly parents. Research done in this area has pointed out issues such as cultural adjustment, social assimilation, and intergenerational conflicts among elderly migrants and; the role of social networks in the context of migration adjustment. This research contributes to this literature by developing a more detailed understanding of the particular difficulties experienced by elderly migrants in Western society and by stressing the need for culture-sensitive services and programs (Seabra et al., 2020). However, the results also indicate some research areas that appear to be less explored and would, therefore, benefit from further research. For example, although there are papers that deal with the emotional and social issues of elderly migrants, there is no paper that provides a detailed description of the experiences of elderly migrants in the different societies of the West. When



comparing the experiences of elderly migrants in different countries and the impact of migration on the elderly parents then, it is possible to conclude that the social and emotional impacts of migration vary depending on different factors which include the host country's culture, availability of service for elderly, and the host community structure (Klein & Amis, 2021). This is also in agreement with the study's suggestion that more research needs to be done about the family factors that shape the process of adaptation of elderly migrants. In previous studies, the source of support for elderly migrants is mainly family-oriented but this study shows that there are hindrances to the use of this support because of the gap that exists between the elderly migrants and their children. This warrants more research into the experience that families can support their elderly members in migration and how policies and programs can improve intergenerational relations within families (Seabra et al., 2020).

3. Implications for Practice

The below discusses the implications of this research for those in the social work and healthcare fields, along with policymakers who work with elderly migrants. These outcomes are believed to assist these professionals in designing appropriate interventions to address the social and emotional requirements of elderly migrants. The research results point to an important finding for social workers and health care staff: elderly migrants need service delivery that is attuned to their cultural specificities. This might lead to the integration of features, including the translation of services, cultural beliefs and practices, and the cultural competence of the service providers. This study stresses that participation in social and cultural activities and community programs may help improve the quality of life of elderly migrants and aide in their integration (Klein & Amis, 2021). The study, in turn, introduces implications for policy makers to create policies that will improve accessibility to support services for elderly migrants. This may comprise the development of policies aimed at doing away with the factors of social exclusion such as language barriers and a decrease in social status when an individual is required to move to another nation. Moreover, the results of the study show that policies aimed at advancing generational relationships in families may serve to reduce the gap among the generations and improve the integration of elderly migrants (Park & Kim., 2013).

4. Policy Recommendations

Based on the findings, this research provides several policy recommendations for improving the support systems available to elderly migrants in Western societies:

- **Enhancing Social Support Networks:** There should be programs that are meant for Elderly migrants by offering them social-related activities such as language classes, cultural exchange and fellowships, and other social-related activities that will assemble the elderly migrants with other members of the society.
- **Promoting Intergenerational Programs:** Design family therapy, cultural and generational mediation, and other related activities that will promote intergenerational communication among immigrant families and organizations especially the elderly parents and young descendants.
- **Providing Cultural Sensitivity Training:** Increase awareness of the individual needs of elderly migrants among social workers, health care providers, and community mobilisers by equipping them with materials that will enable them to



identify the needs of elderly migrants. This may involve educating this group of people on cultural, communication, and emotional and social aspects.

- **Developing Inclusive Policies:** Demand for policies that would help the elderly migrants to access services such as medical, counselling, and legal services. This may involve translating information into different languages and providing services that are culturally appropriate to elderly migrants. Moreover, the study also indicates that support services should help the elderly migrants overcome and manage some of the challenges that may be experienced in the new countries of residence such as legal issues, pensions, and rights among others.

5. Limitations of the Study

The discussion highlights several limitations of the study that may have impacted the transferability of the findings. A limitation of the study is that the research relied on secondary data only which may not provide a true and real picture of the suffering elderly migrants in various western countries. A third weakness is the bias that may be made in the process of identifying the secondary data sources. The information used in this study is derived from several sources such as journals, books, and government publications. To some extent, the data may be distorted and some sources may contain bias or inadequate information relative to the study. This may lead to an undesirable compromise on the validity and reliability of the findings. Last, the targeting of elderly migrants in Western societies may limit the generalizability of the findings of the study to other groups/ populations. Therefore, old migrants in non-Western societies may not have similar experiences as the old migrants in Western societies, and further research is needed to establish the emotional and social problems that may affect elderly migrants in different societies.

6. Suggestions for Future Research

Based on the findings and limitations of this study, several suggestions for future research are proposed:

- **Conducting Primary Research:** Further studies could entail quantitative research that incorporates interviews with elderly migrants to get more elaborate information. This could include the following; analysing the experience of elderly migrants in various Western countries and how these experiences are impacted by factors such as cultural and social settings, and family systems.
- **Longitudinal Studies:** More longitudinal studies that focus on the elderly migrants and the process of adaptation could be beneficial as they would capture how the elderly migrants' experience evolves with time as they become more acclimatized to the new country. This could include analysing how they are influenced by aspects like their age, health, and family dynamics for their emotional status and integration.
- **Comparative Studies:** Cross-cultural research that compares the experiences of elderly migrants in other cultural societies could give clues on how cultural factors shape the emotional and social effect of migration on elderly parents. It may entail a comparison of the experience of elderly migrants in Western societies with that of other societies and how the cultural practices, beliefs, and social relationships affect the adaptation process of the elderly migrants.



VI. Conclusion

In this paper, the focus has been to explore the emotional and social aspects of migration among elderly parents belonging to the Asian culture living in Western societies concerning cultural displacement, social integration problems, intergenerational differences, and support. It also shows that elderly migrants experience more emotional problems like isolation, loneliness, and depression and social problems like acculturation and intergenerational conflicts in the family. The thematic analysis reveals that cultural adaptation and social isolation are two antecedents of the emotional health of elderly migrants and generation difference and social supports are two moderators of their adaptation. The findings also increase the awareness of culturally appropriate support services and community services that are required by the elderly migrants and other vulnerable elderly people, thus enhancing their quality of life and social integration. Considering the increasing numbers of elderly migrants, it becomes important to discuss the problems of emotional and social adaptation. Therefore, this study has provided a clear understanding of the general and particular challenges that elderly migrants face in Western societies, and the need to have good policies and programs that may assist the elderly to come out of the challenges and embrace the societies they find themselves. The study has significant implications for social workers, health care practitioners, and policymakers who come into contact with elderly migrants and for families that are directly involved in the care of elderly migrants. Consequently, based on the results of this research, it is possible to develop proper policies and practices that will enable elderly parents to seek emotional and social support and socialize within a new environment and thus improve their quality of life.

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