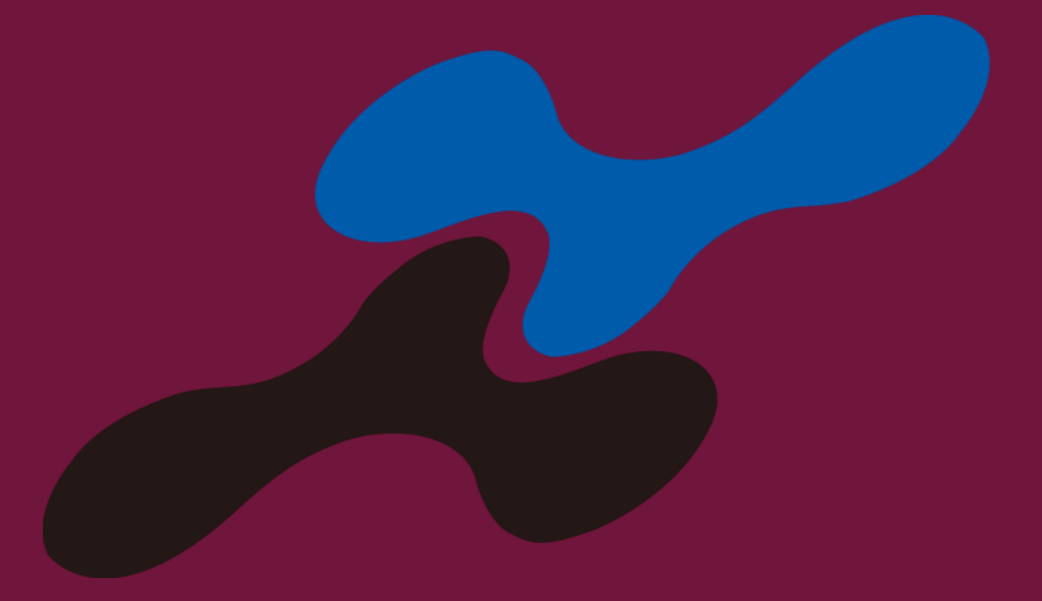


# THE IMPORTANCE OF HEALTH EDUCATION FOR MIGRANT DOMESTIC WORKERS

## 家庭看護工健康教育的重要性

實習單位：新事社會服務中心

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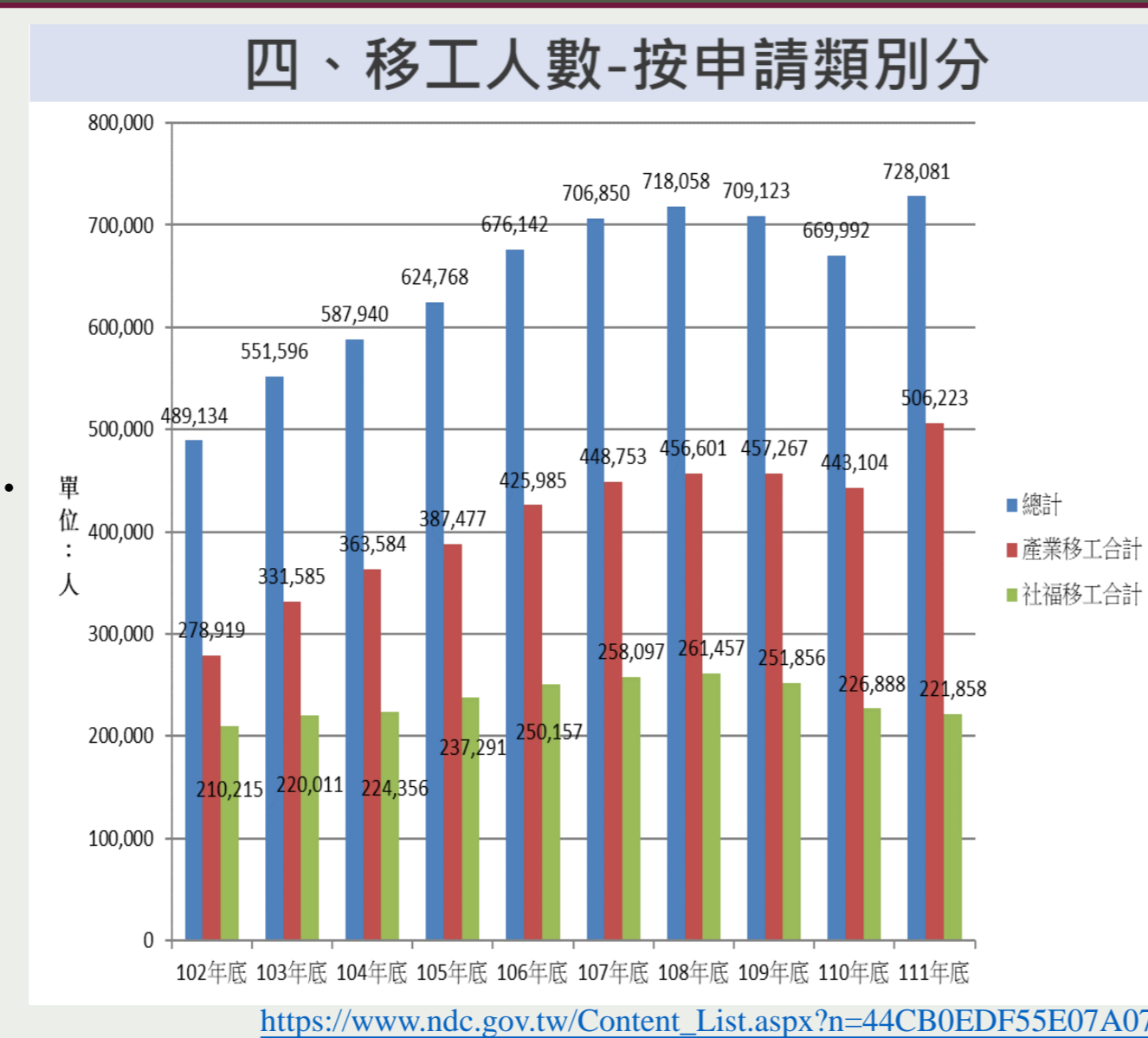


### INTRODUCTION

#### BACKGROUND

Taiwan's economy relies significantly on the contributions of migrant workers and their numbers has been growing over the years. In Taiwan, migrant workers primarily categorized into two groups: those in industries and those in social welfare sector. Migrant domestic workers are those involved in social welfare. They hold a crucial role in providing essential caregiving services to households.

However, they often face unique challenges that make it difficult for them to obtain health information, such as language barriers and unfamiliarity with the local healthcare system. Additionally, their demanding work schedules and living conditions can impact their physical and mental well-being. Therefore, this project aims to emphasize the importance of health education as a tool that bridges migrant workers towards achieving a better health quality.



#### INTERNSHIP UNIT

新事社會服務中心, also known as Rerum Novarum Center is a NGO that focuses on improving the welfare of the society, especially minority groups. There are four minority groups they take care of: (1) Injured workers (職業災害), (2) foreign fisherman (外籍漁工), (3) migrant workers (移工), and (4) Taiwanese Aborigines (原住民). This center has been assigned by the Taipei City Bureau of Labor to provide a "shelter" for female migrant domestic workers who have experienced mistreatment from their employers. During the temporary stay, the center not only provides services like dispute assistance, counseling, and medical assistance, but also offers education, rights advocacy, leisure activities and the chance to form supportive relationships with fellow migrant workers. Through these services, the aim is to assist migrant workers healing, adapting, and making a fresh start.



#### HEALTH EDUCATION CLASS

During my internship, my primary focus was conducting health education classes for female migrant workers residing in the shelter. The classes were held over four meetings, once a week, and each meeting lasted for 2 hours. The topics covered in these classes were based on the specific needs of the migrant workers at that time. Through the organization's observations and direct interviews with the migrant workers, these are the topics that are discussed in the class: healthy diet, physical activity, mental health, and contraception. The class structure was divided into two main parts. In the first session, I provided basic information to introduce the topic of the week. This included explaining the definition, the correct and incorrect information about the topic, the importance of the topic, and so on. The second session talked about the core messages of that week's topic, which were intended to be applicable to the daily lives of migrant workers. For example, on the topic of healthy diets, I explained the concept of the "Healthy Plate", which consists of food groups that should be included in a meal to ensure a balanced diet. The aim was for them to understand what portions of food are actually beneficial for maintaining their body's health. Besides providing health information, the classes also engage in fun activities to conclude each session. These activities were intended to make the information enjoyable and easily memorable, as well as, fostered stronger communication and relationships among the migrant workers.

#### Session 1

Activity

#### Session 2

Activity



### WHY HEALTH EDUCATION IS IMPORTANT?



#### 1. ENHANCE HEALTH KNOWLEDGE AND AWARENESS

Through the health education classes, migrant workers were exposed to new insights into various health topics that might have been unfamiliar to them previously. For instance, they learned stress management techniques from the mental health class and discovered types of birth control methods and their accessibility from the contraception class. This health education not only introduced them to novel health-related information but also served as a timely reminder about the importance of maintaining their health. As an example, during discussions in the physical activity class, migrant workers learned the benefits of incorporating regular physical activity into their daily routines. Furthermore, they directly experienced the positive outcomes of exercise by participating in group exercise sessions held during the class.



#### 2. IMPROVE SELF-CARE

Migrant workers were empowered to adopt proactive measures to better care for their well-being by understanding health practices. For instance, they began engaging in regular physical activity routines, which have a positive impact on their heart and physical strength. Additionally, they acquired skills to manage stress effectively, enabling them to navigate the challenges of their demanding work environment. This means they know how to keep their emotions in balance and feel more resilient. Furthermore, their understanding of contraception methods through the class empowers them to make wiser decisions in preventing unplanned pregnancies and protecting against infections during sexual activities.



#### 3. KNOWLEDGE TRANSFER

Participating migrant workers not only gained knowledge for themselves but also had the potential to make a broader impact. They could share what they learned with their families and communities, leading to a lasting positive effect on the health of the entire community. This transfer of knowledge from the class extends the benefits beyond the individual migrant workers, aligning with the goal of improving the overall health and well-being of the larger community.

### CONCLUSION

In essence, the importance of health education for migrant domestic workers lies in its ability to bridge existing gaps in health knowledge. By providing migrant workers with knowledge and skills, this initiative enables them to make wiser choices and take charge of their own well-being. Moreover, this knowledge does not just benefit the migrant workers themselves but extends its positive impact to the broader society, creating a healthier and stronger community.

With this in mind, it's crucial to ensure the continuation of these health education classes for migrant domestic workers continue in the future. Thus, let's keep the door of knowledge open to the migrant workers! This way, we can keep the lasting positive effects on both their well-being and the broader community's health.

