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This presentation shares preliminary fieldwork insights from an ongoing doctoral study that explores how older Indian migrants in Aotearoa New Zealand perceive and experience healthy ageing and wellbeing, with a focus on the sociocultural factors that shape and influence these experiences. Although older adults make up 12% of Auckland's population and older Asians represent 16.1% of this group, older Indians comprise nearly one-third of older Asians (Roberts, 2020). Despite their significant presence, the needs of older Indian adults remain underrepresented in ageing-related research and policy. Broad ethnic classifications often overlook the unique cultural, linguistic, and religious contexts that shape their experiences.

Adopting a qualitative interpretive descriptive methodology, the study involves semi-structured interviews with two key groups- older Indian migrants aged 60 and above, and representatives from government and non-government organisations involved in policy development or service provision for older adults. Approximately 10-15 older Indians and 10 organisational representatives will be interviewed. Fieldwork is iterative, with initial findings informing ongoing data collection to enhance cultural responsiveness.

This presentation focuses on early fieldwork learnings. Two pilot interviews helped refine the interview guide and inform culturally appropriate engagement strategies. Early insights from actual interviews underscore the importance of relational engagement, trust-building, and culturally sensitive communication, particularly when exploring sensitive topics such as ageing, health, and family dynamics.

Key challenges and opportunities encountered in the early stages of data collection, such as navigating language nuances, establishing trust, and maintaining cultural sensitivity, will be discussed. The presentation will also highlight the role of community engagement and cultural advisors in supporting ethical and respectful research practices.

Ultimately, this presentation aims to share insights into effective and inclusive approaches for engaging with older migrant ethnic communities, offering reflections on best practices for culturally informed research in a diverse, multicultural context of Auckland.

Keywords

Children's Media, Emotion Words, Emotion Behaviours, Screen Time, Co-viewing, Socio-Emotional Development

References

Roberts, L. (2020). *Older Aucklanders: results from the 2018 Census*. Auckland Council technical report, TR2020/023.