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The Ulysses syndrome: Migrants with chronic and multiple stress symptoms and the impact of social cohesion versus social isolation in older adults

Alba Lucia Diaz-Cuellar

National University, USA

The Ulysses Syndrome is a series of symptoms experienced by migrants facing chronic and multiple stressors. The identification and reduction of complications of the symptoms associated with the Ulysses Syndrome, pertains entirely to the areas of prevention and psychosocial wellbeing, not to the medical one. In other words, Ulysses Syndrome is immersed in the mental health scope not in the scope of mental disorders.

Socially healthy environments have a deep effect on older people, changes in living conditions, where people experience a sense of stronger social cohesion and social belonging, have demonstrated to improve their health and well-being.

Cultural and social support to elder migrants experiencing chronic and multiple stress symptoms associated with the Ulysses Syndrome, have a significant effect for migrants' psychosocial wellbeing, which may be affected by events and conditions in the place of origin, the migratory journey, and or the adaptation processes, especially considering the challenges of their older age psychosocial challenges, including varied forms of recurring and protracted stress experienced by

immigrants in their departure from the home country, and the adaptation to a different environment.

The key contribution of this concept to the discipline of cultural psychology is the elucidation of the direct correlation between the extreme levels of stress and the onset of psychosomatic symptoms, which belong to the area of mental health, but not necessarily to that of psychopathology.

Key Words: Ulysses Syndrome –Elder care - Community Care & Resource Integrators.

Biography

Dr. Alba Lucia Diaz-Cuellar is Associate Professor of Health Promotion in the School of Health and Human Services - Department of Community Health at National University (NU). She has more than 25 years of experience in public health and education fields, working with diverse communities of all ages and ethnic backgrounds. She earned her Ed.D in International Multicultural Education, with emphasis on bilingual education and health advocacy from University of San Francisco in 2007.

adiaz@nu.edu