

FILIPINO FAMILY CAREGIVERS AND AGING
PATIENTS FOR *KAPWA* (SHARED IDENTITY) AND
PEACEBUILDING:
CONFLICT TRANSFORMATION FOR RACIAL JUSTICE
IN HEALTH CARE SERVICES IN CANADA

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This article examines communication challenges faced by immigrant Filipino family caregivers and senior patients when engaging with health care providers in Winnipeg, Manitoba. Our study revealed that health care providers exhibit judgment, implicit bias, and poor management of chronic illnesses, often leading to expressions of power over patients and low levels of trust on the part of patients and caregivers. Participants' testimonies stress the need for health care providers to seek pathways for *kapwa* and peacebuilding to address racial/ethnic health care disparities, poor health service utilization, and poor health outcomes. The Filipino concept of *kapwa*, an Indigenous philosophy, embodies peace values such as respect, mutual help, compassion, sensitivity, and community, and calls people to navigate relationships collectively rather than alone. While *kapwa* acknowledges personal identities and differences, it encourages a sense of oneness, the unity of the self and others. *Kapwa* can be conceptualized as an Indigenous form of peacebuilding as well as a conflict transformation approach that can be used in health care settings to achieve oneness and racial justice. This research suggests the use of anti-racist education to reduce oppression, a key cause of adverse health-based inequities affecting racial/ethnic minorities in Canada.