

Enhancing the Wellbeing of Immigrant Women Retirees: Exploring Intersectionality



An intersectional approach is helpful for successfully creating culturally responsive and inclusive programs. Intersectionality is a framework that encourages us to think about the multiple and intersecting identities that shape our lives. We all belong to multiple groups and possess a collection of identities. Sometimes we choose these identities, other times they are attributed to us by those around us. Understanding ourselves and the lens we use to see the world is essential before we can attempt to understand others.

Reflection Questions:

What identities are you most aware of on a day-to-day basis? Why?

**Which ones are visible to others?
Which ones are invisible?**

How might an intersectional approach shape your program design?

