

## **The Health Impacts of Domestic Labor on Women Workers in Massachusetts**

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Domestic workers, including housekeepers, nannies, and home health aides, are critical caregivers in the United States while also being among the most marginalized workers. National studies suggest that domestic workers face health challenges related to their lack of legal protections. This study used a modified community-based participatory action research (CBPAR) approach to characterize the health and well-being of domestic workers in Massachusetts. Focus groups and key informant interviews were conducted with 32 domestic workers from diverse language and racial/ethnic backgrounds, and three employers. The results suggest that domestic workers in Massachusetts face multiple health risks and could benefit from changes in the workplace and policy. Additional research is needed to examine the health of workers over time and to further characterize the role of employers. *[Article copies available for a fee from The Transformative Studies Institute. E-mail address: [journal@transformativestudies.org](mailto:journal@transformativestudies.org) Website: <http://www.transformativestudies.org> ©2017 by The Transformative Studies Institute. All rights reserved.]*

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### **INTRODUCTION**

Domestic workers are simultaneously some of the most critical caregivers and some of the most marginalized workers in the United States. These workers (i.e. housekeepers, nannies, personal care aides, and home health aides) help raise children, care for the elderly and people with disabilities, and free up their employers to engage in other types of productive work (Burnham and Theodore 2012; Theodore,

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