

“sandwich” position between older parents and children and include multiple transfer directions and types over time to assess the links between social inequality and intergenerational solidarity in Europe’s ageing societies. The impact of Covid 19 on this issue will also be considered.

THE COSTS OF CONCERN: HEALTH IMPLICATIONS OF WORRIES ABOUT AGING PARENTS AND ADULT CHILDREN

Kelly Cichy,¹ and Athena Koumoutzis,² 1. *Kent State University, Kent, Ohio, United States*, 2. *Miami University, Oxford, Ohio, United States*

As their parents age and their children enter adulthood, midlife adults need to manage their worries and concerns about both generations. In midlife, worries about aging parents’ health and emerging needs for support co-occur alongside worries about adult children’s relationships and prolonged need for support. Research reveals links between midlife adults’ worry and sleep quality, underscoring how worries compromise health and well-being. In addition to compromising sleep, worries may also contribute to poor health behaviors, such as emotional eating. Emotional eating, where individuals eat in response to stressors and negative emotions, is a significant risk factor for overeating and obesity. Less is known; however, about how midlife adults’ worries contribute to poor health behaviors. To address this gap, the current study considers how midlife adults’ concurrent and previous day’s daily worries about aging parents and adult children are associated with daily well-being and health behaviors. Respondents are midlife adults (40-60 years) from Wave II of the Family Exchanges Study (Fingerman et al., 2009). During 7 days of daily telephone interviews, respondents indicated if they worried about their adult children and their aging parent(s), if they ate food for comfort, and their daily negative mood. Controlling for demographics, on days when midlife adults worried about their adult child(ren), they reported more negative emotions than on days without these worries ($p < .05$). Respondents engaged in more eating for comfort the day after they reported worrying about their mother ($p < .05$). Implications for aging families will be discussed.

THE EFFECTS OF SOCIAL SUPPORT ON THE PSYCHOLOGICAL WELL-BEING OF OLDER PARENTS: A LONGITUDINAL STUDY

Erik Blanco, *University of Southern California, Leonard Davis School of Gerontology, Los Angeles, California, United States*

This study examines whether parental support (the provision of social support by older parents to adult children) and filial support (older parents’ receipt of social support from adult children) influence two orthogonal dimensions of older adults’ psychological wellbeing: positive feelings and negative feelings. This study also highlights the importance of accounting for parental need as a mediator of social support. A longitudinal design is used to examine the effects of social support on the psychological wellbeing of older adults at Wave 6 (1998) and Wave 8 (2004) of the Longitudinal Study of Generations. Parental support significantly increases parents’ positive feelings, which suggests that, when it comes to positive feelings, it is better to give support than to receive it. Filial support findings indicate that older adults

with greater level of disability demonstrate a decrease in negative feelings when they received filial support. However, this effect does not hold for older adults with lesser levels of disability, suggesting that, when it comes to older adults’ negative feelings, it is better to receive support (rather than to give it) when parents are in need. Although parental and filial support have the potential to buffer stressful life transitions in old age, most parents wish to remain independent, even in later life, making them reluctant to accept filial support. The parent-adult child relationship is crucial for psychological wellbeing, especially because of increased life expectancy.

THE IMPACT OF LIVING ARRANGEMENTS AND INTERGENERATIONAL SUPPORT ON THE HEALTH STATUS OF OLDER PEOPLE IN CHINA

Yazhen Yang, Maria Evandrou, and Athina Vlachantoni, *University of Southampton, Southampton, England, United Kingdom*

Research to-date has examined the impact of intergenerational support in terms of isolated types of support, or at one point in time, failing to provide strong evidence of the complex effect of support on older persons’ wellbeing. Using the Harmonised China Health and Retirement Longitudinal Study (2011, 2013 and 2015), this paper investigates the impact of older people’s living arrangements and intergenerational support provision/ receipt on their physical and psychological wellbeing, focusing on rural/ urban differences. The results show that receiving economic support from one’s adult children was a stronger predictor for higher life satisfaction among older rural residents compared to those in urban areas, while grandchild care provision was an important determinant for poor life satisfaction only for older urban residents. Receiving informal care from one’s adult children was associated with a poor (I) ADL functional status and with depressive symptoms among older rural people. Meanwhile, having weekly in-person and distant contact reduced the risk of depression among older people in both rural and urban areas. The paper shows that it is important to improve the level of public economic transfers and public social care towards vulnerable older people in rural areas, and more emphasis should be placed on improving the psychological well-being of urban older residents, such as with the early diagnosis of depression.

Session 9265 (Poster)

Family Caregivers' Perceptions and Experiences

A QUALITATIVE ANALYSIS OF FAMILY CAREGIVER PERSPECTIVES FROM THE CAREGIVING TRANSITIONS STUDY

Marcela Blinka,¹ Chelsea Liu,² Orla Sheehan,³ J. David Rhodes,⁴ and David Roth,¹ 1. *Johns Hopkins University, Baltimore, Maryland, United States*, 2. *Harvard School of Public Health, Allston, Massachusetts, United States*, 3. *Johns Hopkins University School of Medicine, Johns Hopkins University, Maryland, United States*, 4. *University of Alabama at Birmingham, University of Alabama at Birmingham, Alabama, United States*