The present research aims to examine the effects of protective measures due to the coronavirus disease (COVID-19) within long-term care (LTC) settings on the residents and their family members. Open-ended qualitative interviews were conducted with 14 family members of older adults who resided in LTC settings during the first wave of the pandemic in Israel. The first theme identified is Rupture, including physical disconnect; the disruption in routine treatment to residents; and decline in the satisfaction with the setting. The second theme is Response, including sharing viewpoints and involvement in decision making, as well as an intense ambivalence shared by family members. Our findings highlight the distress caused to residents and family members by the isolation and restrictions in LTC settings during the pandemic, and underscore values and priorities that are central to them and their family members, including maintaining continuity, transparency, and working in unison with their families.

Session 4085 (Paper)

Family Caregiving III

DEMENTIA CARE-RELATED STRESS AND WORKING MEMORY PERFORMANCE: EXAMINING THE MEDIATING ROLE OF SLEEP

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Dementia Family caregivers often experience significant stress and burden, which has been associated with a myriad of adverse effects on physical and mental health, as well as cognition. The impact of caregiving on health and well-being may have negative implications on the provision of quality and effective care. Specifically, working memory is a key domain of cognition that ultimately underlies logic and decision making processes. Thus, the purpose of the current study is to examine the associations between dementia care-related stress and working memory, as well as potential mediators of this relationship, in a sample of 50 primary caregivers who completed measures examining stress, including burden and overload, and several domains of cognition. Our results showed that higher levels of caregiving overload were associated with worse working memory performance, measured using the N-back task. Additionally, we found that lower sleep quality fully mediated the relationship between overload and working memory performance, such that the negative effects of overload on working memory performance may operate as a result of sleep impairment. By determining the mediating role of sleep while also providing evidence to support the negative relationship between stress and working memory, our results provide support for the development of interventions that target factors such as burden and sleep quality to help mitigate stress in caregivers.

EXAMINING MENTAL AND PHYSICAL HEALTH STATUS AMONG SANDWICH GENERATION CAREGIVERS

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With a sample of 54,076 caregivers, the Behavioral Risk Factor Surveillance System (BRFSS, 2015-2017) provides an opportunity to assess the impact of caregiving on U.S. adults varying in age, gender, and race. We focused on sandwich generation (SG) caregivers, aged 30-59, with childcare and eldercare responsibilities (n=8,805). In multivariate regression models of mental and physical health, we evaluated the association of age, gender, race and caregiving factors controlling for marital status, education, housing status, income, employment status, and self-rated health status. SG caregivers were predominantly female (65.6%), white (69.6%), black (13%) and were caring for a parent/parent-in-law (50%) or another relative (26.4%). Age, gender, and race were associated with mental health outcomes such that SG caregivers who were younger (aged 30-39), female, and white reported poorer mental health during the past month ($p<.05$). Older (aged 50-59), female, and white SG caregivers reported poorer physical health during the past month ($p<.05$). Caregiving factors were not associated with mental health, but SG caregivers who had been providing care for a longer period of time were more likely to report poor physical health in the past month. Finally, education, income, employment, housing status, and self-rated health status were statistically significant covariates in both models ($p<.05$). These findings demonstrate that young caregivers are at risk for poor mental health; older caregivers for poor physical health. Being female, white, with lower socioeconomic status is associated with poor mental and physical health. Future research should address the unique needs of SG caregivers with dual caregiving responsibilities.

EXPLORING THE SUBJECTIVE CAREGIVING EXPERIENCE AMONG CHINESE, KOREAN, AND SOUTHEAST ASIAN COMMUNITIES

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Although the Asian American community is one of the fastest growing racial groups in the US, members of this group continue to be underserved and understudied, especially when it comes to the needs of family caregivers. Therefore, through a national initiative to understand the lived experiences of diverse family and friend caregivers, survey data was collected from a variety of Asian American ethnic subgroups including Chinese (n=148), Korean (n=131), and Southeast Asian (i.e., Vietnamese, Hmong, Cambodian, Laotian; n=161). Surveys were distributed in-person and online, and also offered in the translated native languages of the abovementioned groups. Caregivers had to be 18 years and older and providing care to a person aged 55 and older who needed assistance because of ongoing health problems or disabilities. For the overall sample of Asian American caregivers (n=440), participants were on average 51.68 years of age (SD=15.98), identified as female (n=336), were not born in the US (n=348), lived with the care receiver (n=247), and reported less than $10,000 in income per year (n=199). As guided by the Stress Process Model and through a series of ANOVA tests, when compared on all major outcomes, Southeast Asian caregivers significantly reported: 1) more difficulty with care related tasks (e.g., financial/legal decisions), 2) a stronger cultural commitment to caregiving, 3) higher work strain, and 4) more depressive symptomology. Discussion will focus on opportunities for professionals to meet the needs of Asian American caregivers through the use of available trainings and programs aimed to support diverse caregivers.

FAMILY CAREGIVING FOR PERSONS WITH EMOTIONAL, DEVELOPMENTAL, AND BEHAVIORAL DISORDERS DURING COVID-19

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COVID-19 has the potential to exacerbate stresses of family caregiving. While studies during COVID-19 have focused on caregivers of those with memory / cognitive issues like Alzheimer's Disease, less attention has been paid to those caring for persons with emotional / developmental / behavioral disorders. This paper compares family caregivers of persons with emotional / developmental / behavioral disorders (EDB); physical conditions (PH); and memory / cognitive problems (MC) during the early phase of the pandemic. We focus on demographics, caregiving context, COVID-related caregiver stressors, and validated physical, psychosocial, and financial well-being outcomes. We conducted a cross-sectional national online survey during April-May, 2020 (n = 556). The sample included 274 PH (50%), 141 MC (25%), and 141 EDB (25%) caregivers. EDB caregivers were younger, with younger care recipients who were more likely to be their child. EDB caregivers reported more COVID-related caregiver stressors than MC or PH caregivers, including increased caregiving duties (p<.01); more family disagreements about care provision (p=.05); and worsened mental health of the care recipient (p<.01). In multivariate regression models, EDB caregivers had significantly higher anxiety; depression; and fatigue (all p<.01); more sleep disturbance (p=.05); less social participation (p<.05); and poorer overall financial well-being (p<.05). MC caregivers also reported more negative outcomes, but effects were consistently strongest for EDB caregivers. This study shows that EDB caregivers are at significantly elevated risk for negative impacts due to COVID-19 and should receive increased support and attention during this public health crisis.

PSYCHOLOGICAL CORRELATES OF (NON)USE OF FORMAL RESOURCES BY FAMILY CAREGIVERS OF PEOPLE WITH DEMENTIA

Laura Gallego-Alberto,[1] Isabel Cabrera,[1] María Márquez-González,[1] María del Sequeros Pedroso Chaparro,[1] Laura Mérida-Herrera,[1] Cristina Huertas,[2] and Andrés Losada-Baltar,[2] *1. Universidad Autónoma de Madrid, Madrid, Madrid, Spain, 2. Universidad Rey Juan Carlos, Madrid, Madrid, Spain*

Caring for a relative with dementia is a stressful task characterized by a high number of demands extended in time. Therefore, caregivers frequently report the need for assistance to cope with the situation. However, formal resources use is low among that population. The objective of this study was to explore the correlates of (non)use of formal resources (day care center and home care) by family caregivers of people with dementia. Participants were 225 dementia family caregivers that were individually assessed in a) use of formal resources, b) sociodemographic variables, c) stressors (frequency and reaction to behavioral problems), and d) psychological variables (depression, anxiety, and dysfunctional thoughts about caregiving). A logistic regression was done comparing those who used formal resources with those who did not use them. Caregivers who did not use formal resources were younger (OR = .95; 95% CI [.92 - .98]), devoted more daily hours to caring (OR = 1.07; 95% CI [1.02 - 1.11]), reported higher levels of dysfunctional thoughts about caregiving (OR = 1.07; 95% CI [1.04 – 1.10]) and higher anxiety levels (OR = 1.07; 95% CI [1.00- 1.13]), and their care-recipient had a higher functional autonomy (OR = 1.04; 95% CI [1.02 – 1.05]). Higher levels of anxiety and dysfunctional thoughts in caregivers may be act as barriers to seek for formal support. Targeting these variables may help to increase the use of formal resources by family caregivers of people with dementia.

Session 4090 (Symposium)

ISOLATION IN OLDER ADULTS IN THE UNITED STATES AND JAPAN: AN EARLY EXAMINATION OF IOT POSSIBILITIES

Chair: Dana Bradley
Co-Chair: Carmen Sceppa
Discussant: Carmen Sceppa

Isolation in older adults is a growing problem in both the US and Japan. This symposium showcases work funded by NSF and JST (Japan Science Technology Committee) to develop smart technology to create caring, connected communities by integrating gerontology and technology research. The U.S. and Japan are experiencing dramatic population aging and share several similarities: Populous (U.S. 327 million at #3 and Japan 127 million at #11) and economically developed (GDP: the U.S. #1 and Japan #3) and isolation was increasing even before the pandemic. This multi-year project addresses the challenges of isolation by using smart technologies in culturally appropriate ways to support older adults and suggests ways that isolation and loneliness may be managed by older persons, local governments, and NGOs. The first paper examines the experiences of loneliness as characterized by early retirees in both countries. The interdisciplinary research team has used this qualitative set of case studies to identify promising technology support points. Our second paper explores these issues surrounding isolation using data from Study on the Lifestyle and Values of Senior Citizens (Japan). This analysis focuses on longitudinal data from both countries and helps situate our work outside the Covid-19 Pandemic. The third presentation focuses on the intersection between culture and technology and proposes a continued research collaboration model. Our discussion will highlight how community stakeholders in U.S. and Japan have a role in creating evidence-based adaptive environments to detect and mitigate isolation by developing and using gero-centric approaches.