

caregivers includes utilization of cognitive-behavioral therapy and psychoeducation. More recently, intriguing research has emerged regarding the efficacy of narrative therapy for couples where one partner experiences memory loss. However, treating the anticipatory grief component specifically for caregivers has been largely overlooked in these studies. Narrative therapy revolves around identifying the current story that caregivers utilize as their cognitive framework, helping to find alternative plotlines and to process their newly-built cognitive framework. It involves externalizing the problem (in this case, dementia) and locating strengths that the caregiver and their care receiver share to “fight” the problem. Insights from both the current literature and the field have demonstrated a promising outlook on the use of narrative therapy. Such insights imply a need for more research regarding this modality specifically for caregivers, as its core ideas can be easily disseminated to gerontologists, mental health professionals and caregivers.

USER PERCEPTIONS OF A TECHNOLOGY-BASED SOCIAL MEMORY AID FOR PERSONS WITH MEMORY CONCERNS

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People with memory concerns (PWMC) are likely to experience social withdrawal and isolation. Although assistive technologies and memory aids are available to support PWMC and their family caregivers, few have been shown to improve social engagement. This study aimed to gain perspectives of PWMC and their family caregivers on the feasibility and utility of a technology-based social memory aid. We recruited 20 dyads of people with mild to moderate memory concerns and family caregivers to evaluate Smartwatch Reminder (SR), a notification system that provides a name, relationship, and photograph of nearby social contacts to aid in recognition. Dyads viewed a demonstration of the SR prototype, and then participated in semi-structured interviews over Zoom video conferencing from June to August, 2020. Interview transcripts were analyzed using thematic analysis, with analyses completed in August 2021. Our findings indicate that participants anticipated important benefits from using the technology, and thought the technology would be easy to use. Participants perceived that the memory aid could benefit them now and in the future by alleviating socialization-related stress for both members of the care dyad; however, certain features of SR restricted the potential benefits, such as the requirement that social contacts have the SR application, and that prompts are only provided during social encounters. Our findings will inform future technology-enabled memory aid development to improve social engagement for PWMC and support family caregivers.

WITHIN-PERSON VARIATION IN EMOTIONAL EXHAUSTION AMONG CAREGIVERS FOR OLDER ADULTS

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Caregiving is everyday life for family members of older adults. Care recipients' care requirements, service usage, and caregivers' physical and emotional conditions differ day by day. Little is known how the differences and variances relate to informal caregivers' mental health. This study aimed to examine informal caregivers' day-to-day fluctuation in emotional exhaustion and discuss the within-person effects on mental health among informal caregivers. We developed the Caregiving Visualization Project toolkit (Care VIP), a software program for tracking on daily basis components of care experiences such as care task of Activity of Daily Living (ADL) and Instrumental Activity of Daily Living, service usages, and caregiving burden, as well as eight items of caregivers' emotional exhaustion. We recruited study participants between May 2018 to March 2019 who provided instrumental help to community-dwelling older adults. A total of 75 participants, who accessed the Care VIP every day by using tablets or computers and completed a one-month study, were analyzed in this study. Females comprised 80.0%, and the average age of caregivers was 52.7 years (SD=9.1). The majority were those who provided care to parents (69.3%), and those who provided to parents-in-law and spouses were 16.0% and 5.3%, respectively. The average score of the eight items on the emotional exhaustion scale, with a 4-point Likert scale, was 23.4 (SD=4.9); however, each question showed different variations. Within-person effects on mental health among informal caregivers will be discussed.

YOUR SUFFERING IS ALSO MINE: OLDER AND YOUNGER COUPLES' RESPONSES TO THE PARTNER'S UPSETTING MEMORY

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Aging theories posit that older adults maximize their well-being by regulating their emotions and investing in their closest relationships. Most research has examined these mechanisms using study confederates rather than close dyads. The existing work on couples has focused on marital conflict; none has examined responses to the spouse's emotional suffering. To address this, 107 married couples ages 40-86 listened to their partner disclose an upsetting personal memory. Afterward, listeners rated their own and their partner's emotions and perspective-taking; observers reliably coded listeners' engagement and disclosers' emotional intensity. Aging theories offer competing predictions: older listeners may disengage from their partner's disclosure to avoid experiencing negative emotions. Alternatively, older adults may be more engaged and thus more reactive, given the increased investment in their close relationships. Findings showed that older listeners rated their disclosing partner as less sad compared to younger counterparts ($p < .05$). However, this effect was attenuated ($p = .077$) by observed

emotional intensity, as older disclosers exhibited less intense emotions. There were no age differences in listeners' own reactivity, perspective-taking, or observed engagement. Taken together, older adults disclosed with less emotional intensity, consistent with theory. By contrast, older listeners' ratings were validated by external coders, not driven by positivity

biases. Further, older listeners were no more or less engaged or reactive to their spouse's disclosure than younger listeners. This study highlights a context wherein social and emotional motivations are at odds. Teasing these motivations apart will help us to better understand how social-emotional processes develop across adulthood.