

higher and lower stress, expectation of females to be caregivers, number of times using a traditional healer/traditional medicine person, number of caregiver difficulties, self-perceived health rating, self-perceived changes to eating habits since becoming a caregiver were significant. Average sum resilience score was  $28.7 \pm 6.2$  on the CD-RISC. In linear regression, it was found that with an increase in the resilience score, stress score decreased. Discussion: In these caregivers, resilience acts as a stress buffer. Increasing resilience and countering factors that decrease resilience may reduce stress experienced by caregivers.

## SESSION LB3620 (LATE BREAKING POSTER)

### LATE BREAKING POSTER SESSION IV

#### FILIAL PIETY AND RELATIONSHIP QUALITY AMONG OLDEST-OLD PARENTS AND OLDER-ADULT CHILDREN IN KOREA: A DYADIC APPROACH

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Objectives: Research has consistently reported the importance of adult children's filial piety in maintaining relationship quality with their older-adult parents, especially in Asian countries due in large part to the influence of Confucianism. However, less attention has been paid to its effects in their later relationship—oldest-old parents and older-adult children, and very few studies employed a dyadic approach. Methods: In the current study, we examined the effects of actor- and partner effects of the attitudes toward filial piety on intergenerational relationship quality. Data from 105 dyads of very old parents, 81 to 97 years old ( $M = 87.9$ ,  $SD = 2.8$ ) and their older-adult children, 65 to 72 years old ( $M = 65.9$ ,  $SD = 1.2$ ) were utilized for the analyses. Results: Results showed that children's attitudes toward filial piety were positively related to the relationship quality reported by both old children (i.e., actor-effects,  $\beta = .64$ ,  $p < .001$ ) and oldest-old parents (i.e., partner-effects,  $\beta = .63$ ,  $p = .001$ ). The effect of actor's and partner's attitudes toward filial piety on relationship quality was not significant. Discussion: Findings suggest that children's attitudes toward filial piety, as compared to parents, may play a more important role in the quality of relationships between oldest-old parents and their older-adult children in South Korea.

#### DAILY INTERACTIONS WITH THE VERY OLD PARENTS AND OLD CHILDREN: CONCORDANCE IN REPORTS AND RELATIONSHIP TYPE

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Objectives: Studies have been increased on daily lives of older adults; however, little is known about daily interactions between parents and children, especially both are in their later lives. Utilizing parent-child dyadic data, this study aims to investigate the joint daily interactions of the very old parents and their old children with focus on the relationship type and differences in parent's and child's report. Methods:

A sample of 105 parents (aged  $\geq 80$ ) and 105 children (aged  $\geq 65$ ) were interviewed to assess frequency on daily interactions (e.g., contact by phone or email, talking, eating and going out together). Structural Equation Modeling was used to examine differences in amounts of daily interactions by relationship type (e.g., mother-daughter, mother-son and mother-in-law – daughter-in-law). Results: Both parents and children reported high level of daily interactions; however, frequency of watching TV and going out together were relatively lower, compared to other forms of daily interactions. Parents and children showed high concordance in reports; 84% of dyads had the same reports in interactions (absolute mean discrepancy score  $< 0.1$ ). Mother-daughter relationship reported significantly higher frequency on daily interactions, compared to mother-son relationship. No significant differences were found between the mother-daughter dyads and the mother-in-law and daughter-in-law dyads. Discussion: Findings suggest that very old parents and old children tend to have high levels of daily interactions, with high concordance in reports. It also highlights its importance of considering relationship type in the dynamic of daily lives and experiences between very old parents and old children.

#### HEALTH PROMOTION FOR PEOPLE WITH EARLY-STAGE DEMENTIA: A QUASI-EXPERIMENTAL STUDY

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With the limited advancements in medical treatment, there is a growing emphasis on supporting people with early-stage dementia adjusting to their diagnosis and improve their quality of life. This study aimed to evaluate the effects and experiences of people with early-stage dementia attending a 12-week Health Promotion, consisting of 2-hour sessions at weekly intervals focusing on understanding the progression of dementia, promoting physical activity, nutrition, coping, relationships, home- and travel safety, medication and communication with health care providers. Quantitative and qualitative assessments were conducted at baseline and follow-up 1-2 months post intervention, including cognition, self-rated health and depressive symptoms and individual short interviews. A total of 90 persons with dementia participated in this study. The results demonstrated a stable cognitive function, measured by Mini Mental State Examination, of people with dementia during the 4 month follow-up, and a significant improvement in self-rated health measured by EQ VAS (95% CI 0.2 to 7.6,  $p=0.037$ ). Depressive symptoms measured by Cornell Scale for Depression in Dementia, demonstrated a decline by one point, which is an improvement in depressive symptoms, although not significant. 32 of the 90 qualitative interviews with participants and their carers were included and analyzed with systematic text condensation. The results demonstrated that the intervention was well received by the participants, learning about dementia, practical strategies and focusing on remaining resources was particularly highlighted as well as improved family communication. In conclusion, the intervention had beneficial effects on the cognitive function, self-rated health and depressive symptoms of people with dementia.