

gerontological researchers can present a more balanced public narrative about how stressful experiences such as caregiving can produce not only negative affect, but also potentially positive health benefits, resilience to stress, and personal growth.

#### DESIGNING FAMILY CAREGIVER STUDIES THAT BALANCE STRESS PROCESS AND HELPING RELATIONSHIP PERSPECTIVES

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Family caregiving is often characterized as a chronically stressful situation, and stress process models have been the dominant conceptual foundation underlying caregiving studies for decades. Recently, this perspective has been augmented with more positive views that emphasize potentially healthy and prosocial aspects of caregiving. Replicated findings from population-based studies show that caregivers have lower mortality rates than noncaregivers, consistent with the more balanced conceptual approach. The Caregiving Transitions Study is investigating 251 participants who transitioned into a caregiving role at some point between two blood samples taken 10 years apart in a national epidemiological study and 251 matched controls. Preliminary analyses confirm that caregiving leads to increased psychological distress. Ongoing analyses are examining changes in inflammatory biomarkers, health status, and positive aspects of caregiving. Findings will be examined alongside our recent meta-analysis of convenience samples that found caregiving to have small and inconsistent relationships with biomarkers of inflammation and immunity.

#### EFFECT OF ADVERSE CHILDHOOD EXPERIENCES ON DAILY SUPPORT TO FAMILY AND EMOTIONAL WELL-BEING IN ADULTHOOD

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Extensive evidence suggests that adverse childhood experiences (ACEs) can lead to negative health effects across a lifetime. This study examines the impact of ACEs on the frequency of providing daily support (i.e., unpaid assistance, emotional support, and disability-related assistance) to family members and the moderating effects of ACEs in the association between providing daily support to family and daily negative affect. Using the National Study of Daily Experiences II, we analyzed a total of 14,912 daily interviews from 2,022 respondents aged 56 on average. Key results showed that a greater number of ACEs were associated with providing more frequent emotional support to family. We also found the significant interaction effect that adults with more ACEs showed greater negative affect on the days when they provided assistance to family members with disabilities. The findings underscore the long-term negative impact of ACEs on daily well-being in the context of family relationships.

#### HELPING OTHERS IS A MIXED BLESSING: IMPLICATIONS FOR DAILY WELL-BEING

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The literature documents mixed findings regarding how helping others influences individuals' mental and physical health. We assessed various types of support that older adults offered (e.g., emotional, practical, advice) and examined how helping others was associated with older adults' daily mood and physical activity. This study utilized data from the Daily Experiences and Well-being Study, where 293 participants aged 65+ reported on their helping behaviors and mood at the end of each day across 5 days. Participants also wore Actical accelerometers to track physical activity. Multilevel models revealed that older adults reported greater negative mood and less physical activity on days when they provided emotional support. Yet, giving advice was associated with increased positive mood that day. Moreover, older adults spent less time being sedentary on days when they offered practical help. This study offers insights into psychological and health consequences of helping others by examining older adults' everyday lives.

#### STRESS-BUFFERING EFFECTS OF VOLUNTEERING ON DAILY WELL-BEING: RESULTS FROM THE NATIONAL STUDY OF DAILY EXPERIENCES

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Based on theory and empirical evidence linking volunteering and health, we investigated the associations between daily engagements in formal volunteering, stressors, and negative affective well-being, focusing on the stress-buffering effect of volunteering. Using eight days of daily diary data from the second wave of the National Study of Daily Experiences (participants,  $N = 1,320$ ; participant-day observations,  $N = 8,277$ ), we estimated a series of multilevel models to assess the within-person associations between daily volunteering, stressors, and affect. Results indicated there were no direct associations between daily volunteering and negative affect. However, we found the association between daily stressors and negative affect (but not positive affect) was weaker on days when volunteering was performed compared to days volunteering was not performed. Taken together, our findings suggested that short-term health benefits associated with daily volunteering were largely based on the stress-buffering effects of helping others, rather than through a direct effect.

### SESSION 1255 (SYMPOSIUM)

#### THE ASSISTED LIVING SETTING: CLINICAL CARE AND OUTCOMES

Chair: Barbara Resnick<sup>1</sup>, 1. *University of Maryland School of Nursing, Baltimore, Maryland, United States*

Although the description of assisted living (AL) varies by state this term generally refers to residences that provide housing and supportive services, 24-hour supervision, and at