

longitudinal study. Two measurement bursts were separated by ten years, with each containing daily measures of stress and affect across eight consecutive days. Functional health was measured by basic and instrumental activities of daily living at three measurement waves spanning 20 years. Three-level structural equation models were fit to simultaneously model short-term within-person associations between stress and affect (i.e., stress reactivity) and long-term changes in these associations over the ten year period. Individual differences in long-term changes of the short-term dynamic association predicted both basic and instrumental activities of daily living at 20 year follow-up (estimate = 5.26, SE = 2.54, $p < .01$; and estimate = 5.48, SE = 2.81, $p < .01$, respectively). These effects were present after adjusting for mean levels of both stress and affect. We highlight how characterizing individuals based on the strength of their within-person associations across multiple time scales can be informative in predicting distal health outcomes.

SESSION 3012 (PAPER)

INTERGENERATIONAL CAREGIVING AND RELATIONSHIPS

GENDER AND THE GRANDFATHER CAREGIVER EXPERIENCE

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In the United States, 2.7 million grandparents are responsible for a grandchild in their home. Grandfathers are present in the majority of grandparent caregiver households, but their contributions and voices are often overlooked. The aim of this study was to explore how grandfathers experience caregiving as men. Twelve grandfathers from the age of 50-76 years participated in the study. Two face-to-face, semi-structured interviews were conducted with eleven grandfather caregivers while a telephone interview was conducted with one grandfather. Interviews focused on their life story, experiences as grandfather caregivers, and views on male caregiving. Data were analyzed using coding and thematic analysis. Gender was important throughout grandfather's caregiving experiences. Grandfathers discussed their attitudes towards caregiving using language that reflected traditional gender norms. To them, women were nurturing caregivers while men were supposed to provide for their families as caregivers. Grandfathers appeared to stay connected to notions of traditional masculinities through participation in sports and physical play with their grandchildren and through their emphasis on men as responsible and providers. Grandfathers were aware that others may view them as incompetent caregivers, but they did not allow these stereotypes to affect how they viewed themselves as caregivers. These findings can improve the understanding of this population for service providers who work with grandparent caregivers. Providing better outreach for grandfather caregivers, strengthening programs and supports for them, and confronting attitudes or views towards male caregiving are important practice implications.

GRANDPARENT RESILIENCE: IMPROVING SELF-EFFICACY IN GRANDPARENTS RAISING GRANDCHILDREN

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Grandparents often protect against childhood trauma and promote resilience through their nurturance, love, and support when raising grandchildren. Despite the beneficial role grandparents have on their grandchildren, grandparents may experience challenges of their own, including physical, mental, and emotional health issues, lack of resources, and social isolation. Few interventions exist to help grandparents successfully adapt to the challenges they face as primary parenting figures. The purpose of this study was to test preliminary efficacy of a strengths-based intervention for grandparents raising grandchildren aimed at increasing self-care behaviors, managing emotions, and connecting to community resources. Grandparents (N = 137) providing primary care to grandchildren were recruited to participate in a single-group, pre- and post-test design, 6-week intervention. Self-efficacy was assessed at baseline, post-intervention, and at a 6-month follow-up. To evaluate who the intervention might be most beneficial for, grandparents' service knowledge, perceived support from others, and length of care provided, measured at baseline, were analyzed for moderating effects. Results of paired-samples t-tests reveal significant increases in self-efficacy ($p = .013$) from baseline to post-test, which were maintained at the 6-month follow-up ($p = .010$). Hierarchical multiple regression showed interaction effects of the hypothesized moderators were not significant, indicating improvements in self-efficacy regardless of individual variability at baseline. As demonstrated, interventions can be effective at increasing self-efficacy in grandparents raising grandchildren and strengths-based approaches have the potential to provide universal benefits to grandparents, thus improving functioning in grandfamilies and promoting the health and well-being of grandparents and their grandchildren.

INTERGENERATIONAL CAREGIVING PATTERNS, BMI, AND GENDER GAPS AMONG THE SANDWICH GENERATION IN CHINA

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Existing literatures yield established evidence about the heightened stress brought by multiple roles and potential role overload across work-family context, but little is known about the BMI levels of the "sandwich" caregivers within families and the associated gender inequalities. Indeed, the Chinese pivotal generations are exposed to unshared stress and higher health risks considering that intergenerational support still predominates the caregiving patterns for the oldest old and dependent children under current socioeconomic backgrounds. Using 2011 and 2013 waves of China Health and Retirement Longitudinal Study (CHARLS, N = 12186),