

Long Term Care 2

Practical research beyond multi-disciplinary family care: upcoming perspectives of junior researchers

Family care has been approached from multi-disciplinary perspectives. It is an issue for aged societies and a gerontological, psychological, social work, or public health challenge internationally. This symposium aims to discuss practical research on family care through the upcoming perspectives of international junior researchers focusing on a variety of aspects, including looking into its future. Based on practical research of 4 promising researchers, we discuss on family care from the perspectives of both care recipients and caregivers; we focus on the possibility to use new technology for long-term care.

Research from Ms. Riko Nakayama, based on a qualitative analysis of 14 family caregivers, attempted to understand dementia-related behaviors of persons with dementia and explored how to communicate with them from the family's perspective by describing what family caregivers face resulting from changes in their loved ones due to dementia and how families try to understand their behaviors. Her research revealed eight components of family caregivers' understanding of dementia-related behaviors.

Ms. Akiko Sekino discusses the keys to aging in place among solitary older adults, even after they require long-term care with their family providing distance care. She analyzed the interview data of 15 family caregivers and clarified the process of continuing separate care from the family. Family caregivers experience continuous anxiety about what is happening to their older adults with care needs without physically checking. At the same time, the family positively evaluates their situation by maintaining a distance between caregiving and their own lives. The family juggles the balance between positive and negative stressors and feelings.

Yi Jiao Tian introduced the geron-technological solution based on a qualitative analysis of 25 informal caregivers living in Europe. She focused on transnational caregiving by investigating the possibility of additional ways that distance caregivers could provide care for aging parents using smart home health technologies (SHHTs). Monitoring technologies are proposed to detect and alert caregivers promptly when there are deviations from the normal health states of the older person, allowing caregivers to access health information remotely and remain active in caregiving despite being at a distance. She will discuss whether the physical absence of family caregivers to provide hands-on care could be resolved by SHHTs for distance caregivers to provide care to their older parents.

Ms. Mayuko Ono provided the perspectives of older adults, focusing on their gratitude through support exchanges with their family members. Her research, which was based on semi-structured interviews with 20 older adults, revealed the components of gratitude. The gratitude of older adults consisted of "Noticing things of value," "Positive feelings," and "Desire to give back." Gratitude can be generated through revaluing what they already have or realizing positive feelings of their own. In addition, gratitude leads to a desire to giving back to the providers of benefits, as well as to pass on their life experiences to the next generation.