

Asia Oceania perspectives on supporting carers of older people to sustain their caregiving role and optimise their health and wellbeing.

~~Format: 3 hour symposium across 2 x 1.5 hour sessions (with break in the middle)~~

~~Welcome and Introduction: Professor Hidenori Arai and Professor Keith Hill~~

~~2 x ½ hour presentations (Associate Professor Yi-Chen Chiu and Research Coordinator Yumi Shindo)~~

~~15 minute Discussion on key issues~~

~~2 x ½ hour presentations (Associate Professor Siriphan Sasat and Professor Keith Hill)~~

~~40 minutes Panel discussion (all)~~

Session summary:

Many older people who live with chronic illness depend on support from informal carers or paid carers, along with community services, to live independently at home. Many informal carers of older people are over 50 years of age themselves, and so often have their own health problems that might impact on their ability to provide care and sustain the caregiver role longer term. In many parts of the Asia Oceania region, paid caregivers are also an important part of the care system supporting older people to stay living at home. This session will provide multidisciplinary perspectives of caregiving across a number of countries in the Asia Oceania region, highlighting some of the challenges and solutions being implemented to improve outcomes for older people receiving care, and for the carers themselves. This 3 hour symposium will include presentations, participants discussion, and an interdisciplinary panel question and answer session.

Professor Hidenori Arai (National Center for Geriatrics and Gerontology, Japan) and Professor Keith Hill (Monash University) will provide a welcome and instruction for the session. Presentations will include:

Associate Professor Yi-Chen Chiu (Chang Gung University, Taiwan). There are few theoretical-based multi-component interventions with case management format for family caregivers (FCGs) of persons with dementia (PWDs) in early to moderate dementia stages in Taiwan. Based on Pearlin's Caregiving and Stress Process model and self-efficacy, we examined the effectiveness of a case management program for the dyads to reduce PWDs behavioral problems and improve FCG outcomes, including distress, self-efficacy, depression, caregiver burden, and health-promoting behaviors. This randomized, single-blind, parallel-controlled trial recruited 76 dyads who were randomly assigned to the intervention group (IG, n = 39) and control group (CG, n = 37). The intervention provided assessment, education, consultations, support, and referrals to long-term care resources. The CG received routine care and two social phone calls. Data were collected upon enrollment (T0) and at 4-, 6-, and 12-months post-intervention (T1, T2, and T3, respectively).

Research Coordinator Yumi Shindo, M.A. & M.P.A. (National Center for Geriatrics and Gerontology, Japan) will introduce the challenges of how to take care of older people and support their carers while the forms of a family have been dramatically changed. In 2022, the aging rate in Japan reached over 29.0 % and we face many challenges. For example, approximately 70,000 workers quit their jobs to care for their parents, and caregivers are now very diverse from "a single son" to "a grandchild (young carer)." Therefore, municipal governments have been implementing various supports and services for caregivers. Findings associated with research as well as case studies on these challenges and efforts will be presented.

Professor Keith Hill (Monash University, Australia) will provide a focus on improving the health and wellbeing of older carers (age >50 years) of older people (age >65 years) in Australia, drawing on

recent research conducted between Australia and Brazil. The presentation will highlight the unique challenges faced by older carers of older people (relative to those of younger carers of older people), a novel clinic type service to support carers of older people that has been running in Sao Paulo (Brazil), and results of a co-design project to determine a preferred model for a specialist “Carers Clinic” model to support the health and wellbeing of older carers of older people in Australia. The presentation will also describe the set-up phase of this novel co-designed “Carers Clinic” model in Melbourne Australia.

Associate Professor Siriphan Sasat (Chulalongkorn University, Thailand) will provide an overview of the roles of paid carers. In the situation of no availability of family carers or caring activities are beyond the ability of carers, volunteers and paid carers can become a good resource of helping hands. Volunteer carers are often seen in support caring at home in the community in low and middle-income countries. However, in the city where adult children are busy working outside the home, if they could earn enough income, they would hire care assistants to provide care for their older relatives at home rather than resign from work to be full-time carers. Regarding the standard of care for improving the quality of care and quality of life of older persons and their carers, standard curriculum and training are introduced. Regulation and law are also key issues to discussed.

The session will conclude with a Panel (all speakers) to discuss innovations and challenges in supporting informal and paid carers of older people across the region to optimize outcomes for themselves and the people they provide care for.