



## BACKGROUND

### An ageing Population<sup>1</sup>



### Needs for care<sup>1,2</sup>

- The prevalence of chronic diseases in adults is increasing<sup>1</sup>.
- About 9.5 million people are living with dementia in China - 25% of the global population of people living with dementia.
- Family caregivers of older relatives experience distinct, continuous, vicarious, interwoven stressors<sup>2</sup>

### Collectivist Culture<sup>3</sup>

Chinese culture is driven by interdependent self-construal: "One's sense of self is grounded in one's social relationships, and the most meaningful aspects of oneself are those that emerge in relation to others"<sup>3</sup>

### Socio-cultural Model of Stress, Coping and Adaptation.<sup>4</sup>

- Social environment is embedded within individuals' cultural environments
- Individual stress appraisal is contingent on resources in the cultural environment.
- Appraisal of stress has a direct influence on individual coping resources.

## MAIN STUDY RESEARCH AIM

To explore how motivations, meanings, and preparedness could influence caregiving and identify implications for sustaining family caregiving for current and prospective caregivers affected by OCP.

## METHODS

- Adopted a constructivist position using a hermeneutic phenomenology approach.
- Interviewed 8 current and prospective caregivers aged 20-35 years about future caregiving responsibilities.
- Data were obtained through in-depth interviews, analysed using latent level reflective thematic analysis (RTA).
- Adopted purposive sampling techniques. § A Chinese researcher (LY) translated interviews and helped capture cultural nuances.

## FINDINGS

Xiao (filial piety) remains influential. Offspring expect to repay parents' past sacrifices.

Most viewed long-term care settings as unviable.

Tensions between work, personal and caring responsibilities could manifest as inter-generational conflict, as some might decline caregiving to make life manageable.

Despite recognising the inherent stress, participants saw themselves providing or organising future care to fulfil Xiao

There is a dearth of available formal services for caregivers and participants expressed concerns around older peoples' safety.



## CONCLUSIONS & IMPLICATIONS

- Independent and interdependent self-construal can co-exist and have implications for caregiving identity
- The complexity of the concept of Xiao (孝) means it can be a protective factor as well as a risk factor.
- Stressors and coping responses are culturally situated
- Need for culturally attuned services addressing filial discrepancy would have positive implications for achieving the global ambition to promote an inclusive society and improve the quality of life of older people

## REFERENCES

1. United Nations. (2019). World Population Prospects 2019.
2. Bifarin, O., Quinn, C., Breen, L., Wu, C., Ke, M., Yu, L. and Oyeboode, J., 2021. Stressors and coping mechanisms [...] Ageing and Society, pp.1-38.
3. Kunda Z. Social cognition: making sense of people. MIT Press; 1999.
4. Aldwin, C (2007). Stress, coping and development: An integrative perspective (2 nd ed.). New York: Guildford Press