

FACTORS INFLUENCING CAREGIVERS' PERCEIVED LONELINESS OF OLDEST-OLD CARE-RECIPIENTS

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The purpose of this study was to find factors that influence the perceptions of caregivers' loneliness of their care recipients. Based on the Georgia adaptation model (Poon et al., 1992), we assessed the influence of individual characteristics, behavioral skills, environmental support, family loss, and current activities on perceived loneliness of oldest-old adults. Data of 321 oldest-old adults from the Georgia Centenarian Study (Poon et al., 2007) were used for analyses. The results from the six sets of multiple regression analyses show that the caregivers' perception of their family members' neuroticism, ability in activities of daily living (ADL), social provisions, perceived economic status, and decrease in activity significantly predicted the perceived loneliness level of oldest-old adults. Finally, the regression outcome with all the predictors that were significant from previous analyses show that neuroticism, social provision, and decreased activities were the strongest predictors. Our findings suggest that care-recipients' perceived loneliness, an important factor for caregiving burden, is dependent on a number of adaptation components.

RCI REACH: SCORING A HOME RUN WITH DESIRED OUTCOMES

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Purpose: This study explored the impact of the implementation of the RCI REACH (Resources Enhancing Alzheimer's Caregiver Health) a multicomponent, evidence-based, tailored Intervention for family caregivers, in community based organizations in four states: Nevada, New York, Hawaii, and Texas. **Methods:** Utilizing up to nine face-to-face (in the home) and three telephone sessions, tailored education and support was provided to 110 family caregivers over a six month period. A pre-post research design was utilized to measure the impact of the intervention. Data was collected on burden, depression, health and healthy behaviors, caregiving frustrations, self-efficacy for respite, plans for institutionalization. Paired sample T-tests were used to analyze the data. **Results:** From baseline to six months, caregivers reported significant ($p < 0.05$) decreased depression, decreased burden, improved caregiver health, and increased self-efficacy to obtain respite. Caregivers expressed feeling empowered and more capable of addressing the needs of the care recipient. **Conclusions:** Findings in this study indicate that the RCI REACH caregiver support program can sustain the rural caregiver and improve the care environment for the care recipient. Hope for the current overburdened health care system includes the incorporation of caregiver support programs and referral to such programs by nursing and other health care providers, especially as the need for family caregivers will increase along with the number of older adults.

LIFE SATISFACTION AND POSITIVE ASPECTS OF CAREGIVING AMONG CENTENARIANS PROXIES: THE MORE DEPENDENT THE BETTER?

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Taking care of a centenarian is becoming a more common situation due to the longevity phenomenon. Nevertheless, there is lack of information on the specific dynamics related to the demands and potentialities of this specific caregiving experience. This study aims to analyze caregivers well-being and positive aspects related to the caregiving experience. Data came from the PT100 Centenarian Study and considers information gathered through face-to-face interviews with centenarians and their proxies. The sample comprises 53 dyads (centenarians: Mage 100.9, SD 1.2, 84.9% female; informal caregivers: Mage 66.0, SD 8.8, 92.5% female). Instruments included the Global Deterioration Scale (GDS), Satisfaction with Life Scale (SWLS) and selected items from the Positive Aspects of Caregiving (PAC). Results demonstrated that 71.7% ($n=38$) of the caregivers were satisfied with their life. Life satisfaction was higher when the centenarian presented higher cognitive constrains (GDS=5-7; $p \leq 0.05$). Additionally, 63.6% ($n=7$) of the dissatisfied caregivers were taking care of a centenarian without cognitive deficits (GDS=1-2). Caregivers life satisfaction was also associated with positive aspects of the caregiving experience: of those satisfied with their life, 81.8% ($n=27$) reported to appreciate life more due the caregiving experience ($p \leq 0.05$). Higher dependence of the centenarian may be related with a higher sense of providing care and this should be further explored. Positive aspects of caregiving are of particular relevance and should be addressed within oldest-old family care interventions.

A RANDOMIZED CONTROLLED TRIAL OF A BENEFIT-FINDING INTERVENTION FOR CHINESE ALZHEIMER CAREGIVERS

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ObjectivesTo describe the key elements of a benefit-finding (i.e., constructing positive gains) intervention for Alzheimer caregivers using cognitive-behavioral methods and to report data on the short-term effectiveness of a randomized controlled trial testing the effects of the intervention in reducing caregiver depression and burden. **Methods**102 Hong Kong Chinese primary caregivers for relatives with mild-to-moderate Alzheimer's disease were randomized into three groups: (a) benefit-finding, (b) psychoeducation, and (c) a simplified version of psychoeducation serving as active control. All groups had eight weekly sessions lasting 90 min each. The primary outcome was the Hamilton depression scale, whereas measures of burden and role overload were secondary outcomes. Outcome measures were obtained prior to and immediately after the intervention. **Results**Controlling for pretest, the benefit-finding group had lower depressive symptoms than the other two groups, and this treatment effect was mediated by perceptions of positive gains. No group difference in depressive symptoms was observed between