

2021 CIFA The 6th Regional Symposium

Family First: Supporting Asian Families in the Era of Inclusive Growth

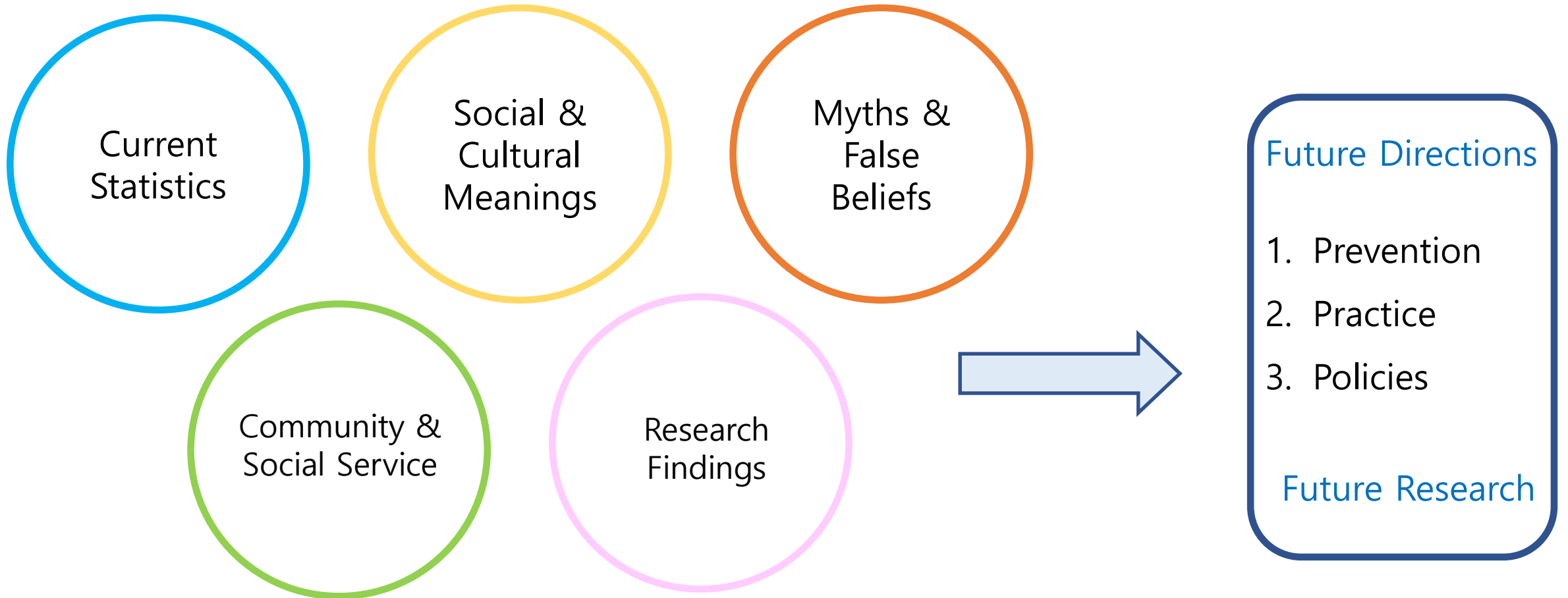
**Caregiver Burden of Adult Children from the Inter-
generational
Family Perspective**

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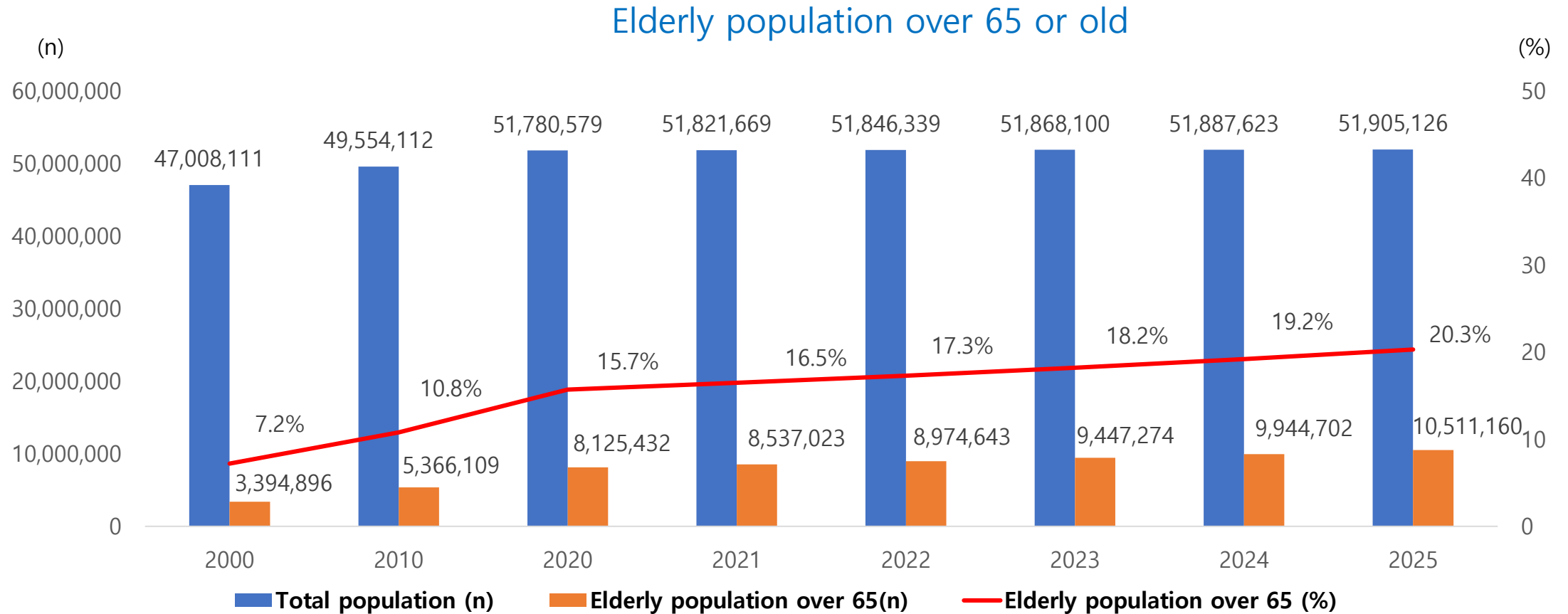
Overview



What happened in Korea?

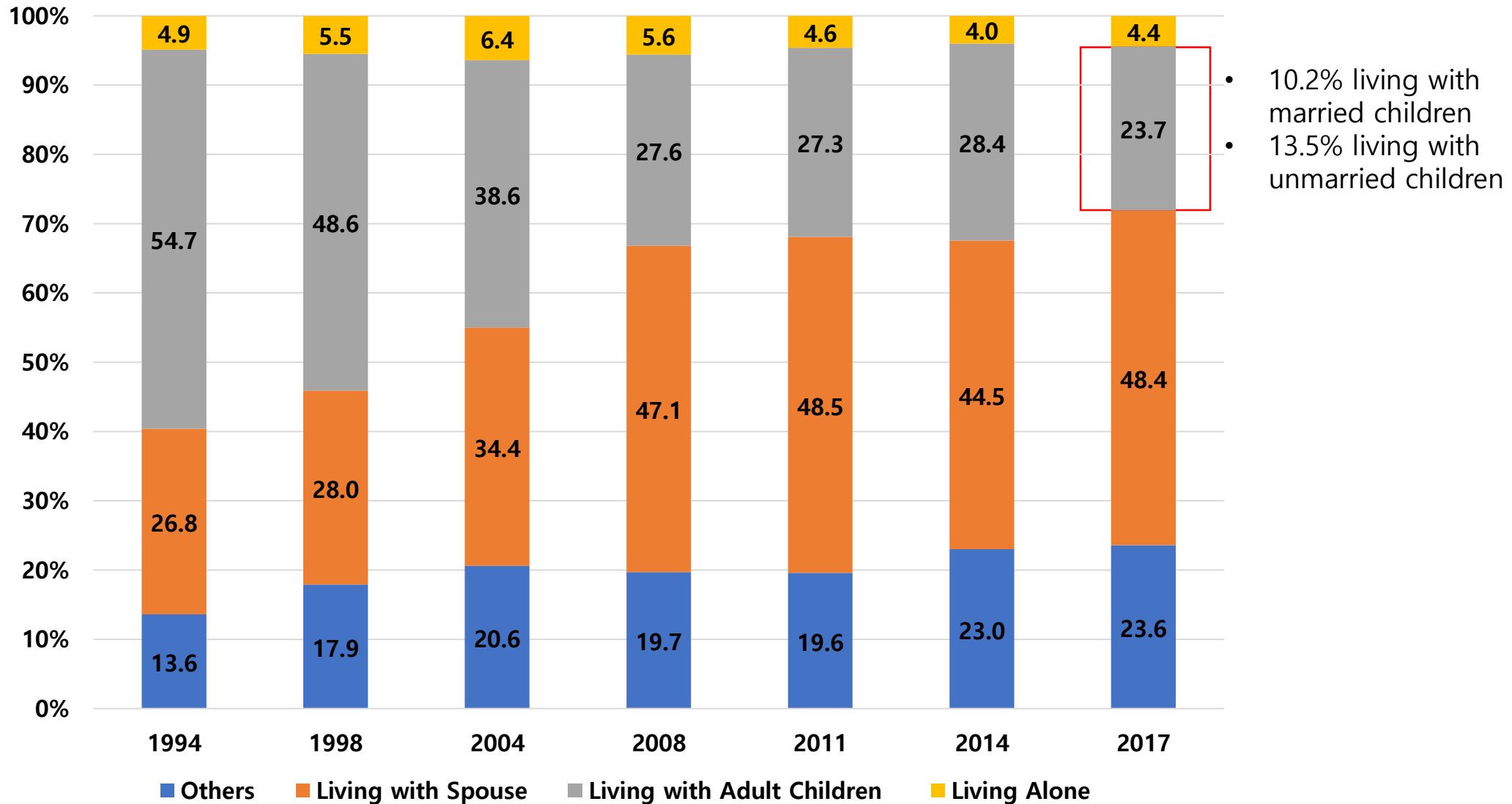


Current Statistics

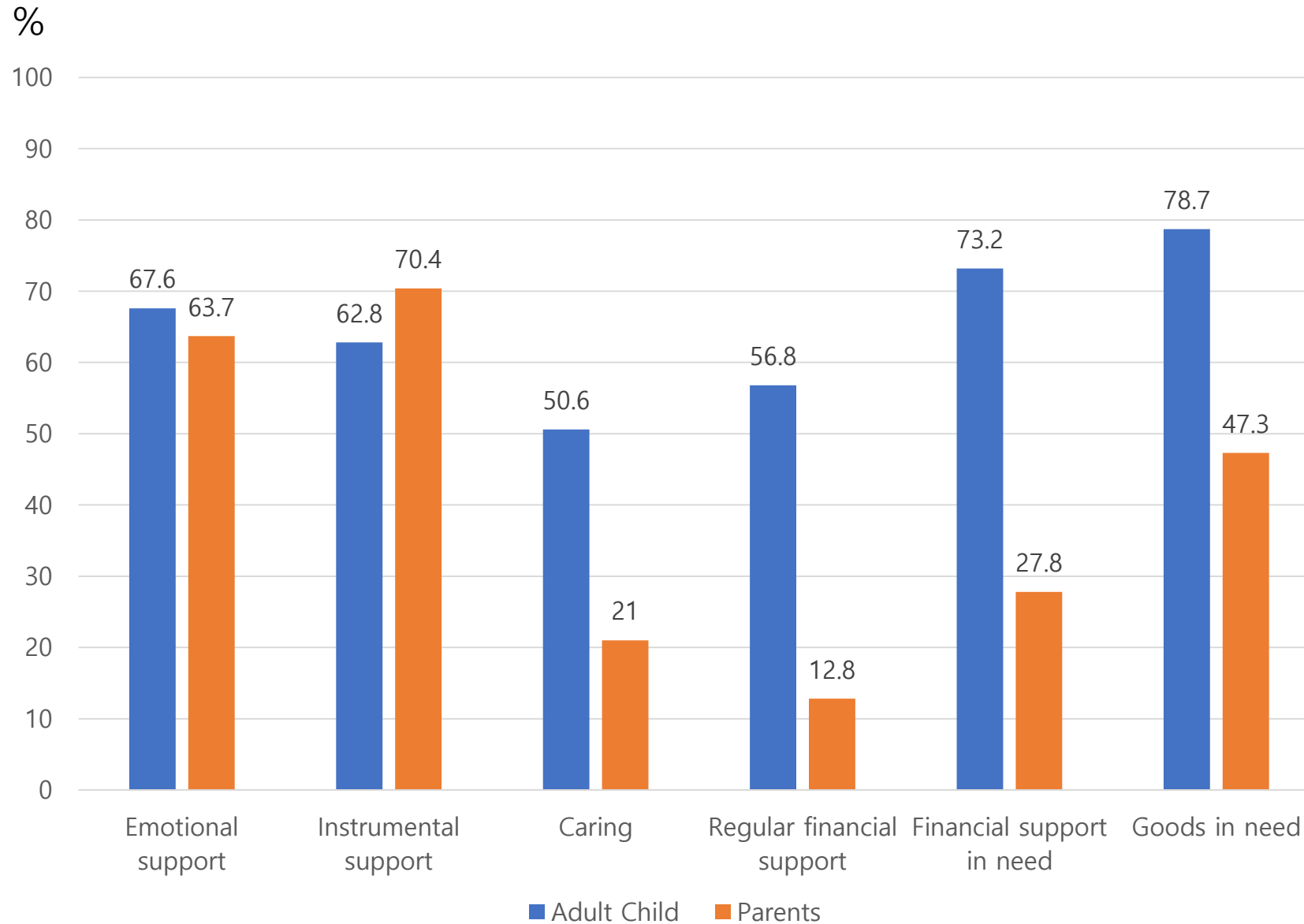


Household Types of Elderly (over 65 or old)

Subjects: 10,299(n)
 male: 4,375(n)
 female: 5,924 (n)

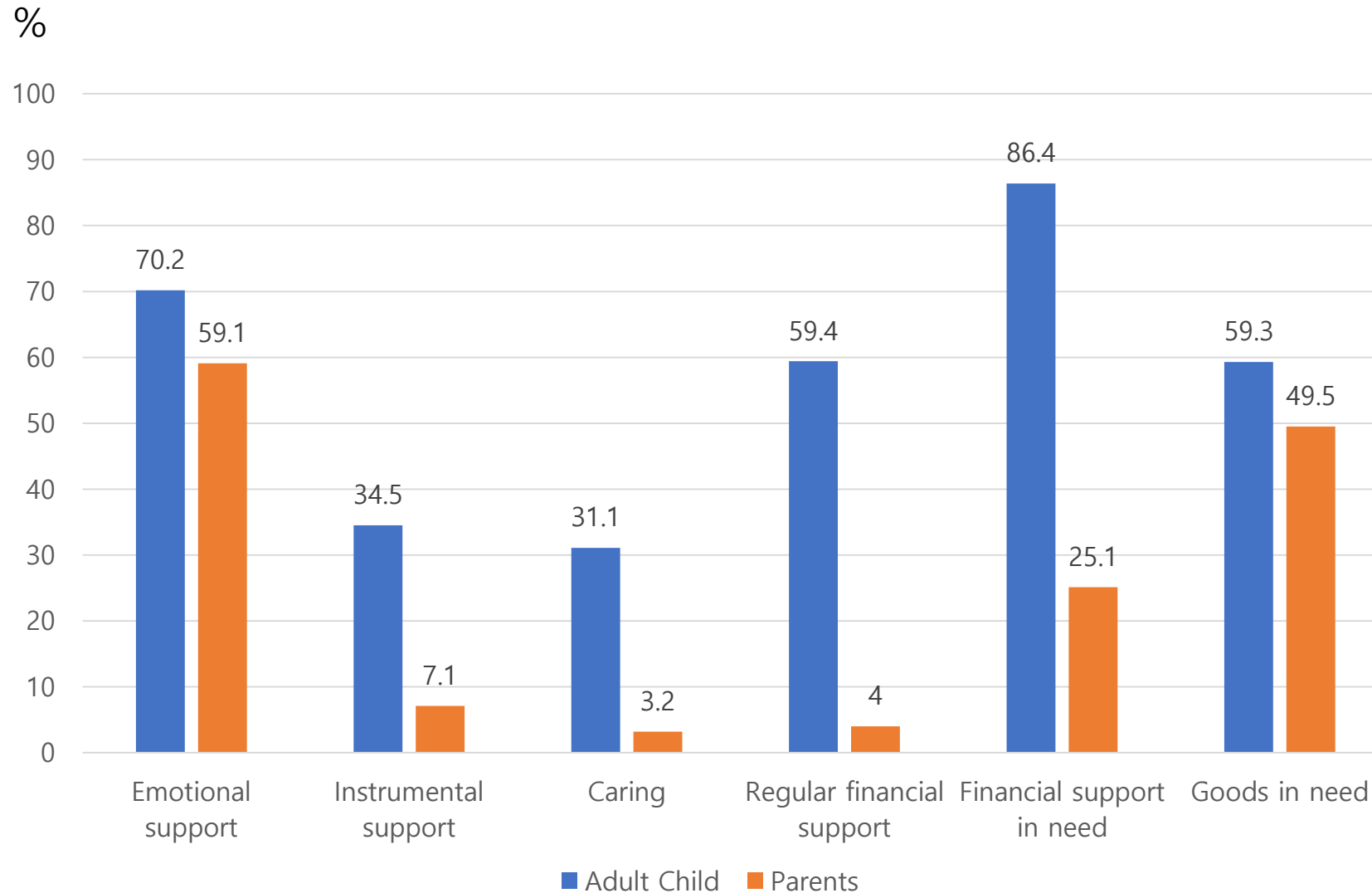


Living with Adult Child & Parents



Source: Korea Institute for Health and Social Affairs(2017). Elderly Survey in 2017

Adult Child Living Apart from & Parents



Source: Korea Institute for Health and Social Affairs(2017). Elderly Survey in 2017

Social & Cultural Meanings

1. Aging as increasing vulnerability
slow down in terms of waning functional capacities
2. Aging must be used with care
aged by the society
3. The concept of filial piety through internalization of the caring norms
4. The absence of an inspiring culture of aging
successful aging vs. aging well

Myths & False Beliefs

1. Wisdom comes with age
2. An image of aging is the result of good or poor maintenance:
Culture of anti-aging
3. If parents are well cared for, if parents do not overburden themselves,
adult children are very lucky.
4. If parents use the elderly facilities, the caregiver burden of adult children may lessen.
5. Parents want to live separately from their adult children.

Elderly Facilities in Community & Social Service

Residential Facilities

- Single-room type
- Shared-room type
- Welfare housing

Healthcare Facilities

- Nursing homes
- Nursing homes for dementia & Alzheimer

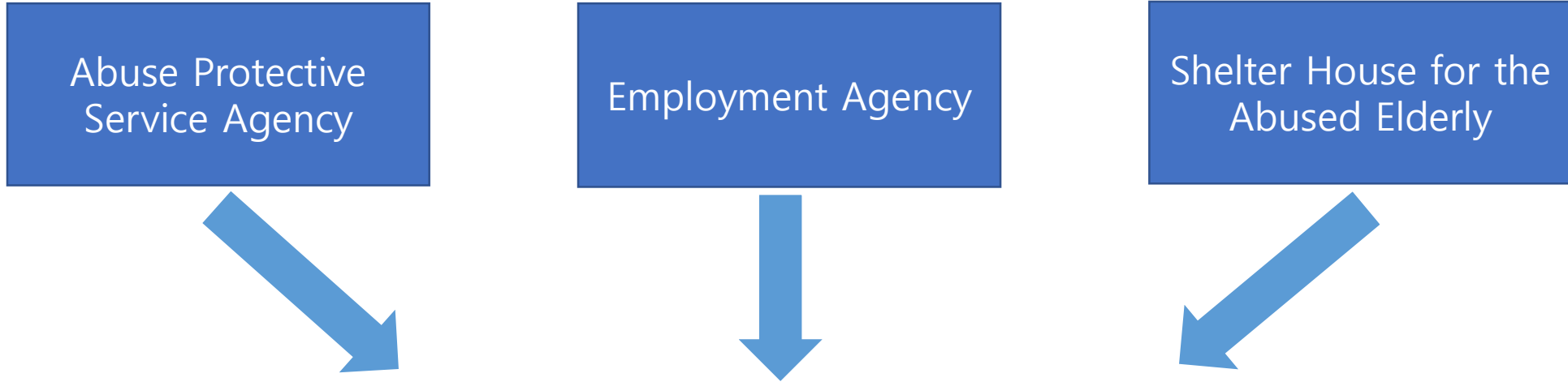
Leisure Facilities

- Senior citizen center
- Community center
- Center for senior education

Home-Care Services

- Home-Care Service
- Day & night care service
- Temporal care service
- Bathing service
- Nursing service
- Goods delivery service
- Visiting service of elderly facilities

Elderly Facilities in Community & Social Service



- In Korea, social institutionalization of elderly care is taking place which changes the social context of elderly care. Since April 2007, the elderly care-free voucher project has been implemented, and from July 2008, the insurance system for the elderly long-term care has been introduced and implemented.

Research Findings – Quantitative (N = 102)

- Purpose:
 - To identify the risk and protective factors related to caregiver burden of adult children
- Data collection: Survey
- Results:
 1. family values and family functioning were protective factors to reduce caregiver burden while family conflict and parents' daily activities were risk factors to increase caregiver burden.
 2. Socio-economic variables were risk and protective factors of caregiver burden.
 3. Coping strategies was not related to the caregiver burden but associated with depression of the adult children.

Research Findings – Qualitative (N = 5)

- Purpose:
 - To examine the actual experience of adult children when caring for their parents.
- Data collection: In-Person Interview
- Results
 1. Level of physical dependence of parents affected on the caregiver's stress and affected by marital stress.
 2. The caregiver burden of adult children is not simply determined by family values or filial responsibility, but the history of the parent-child relationship and mutual support are a more important.
 3. Many problems that face aged people have little to do with their age, and much more with their problematic situations or scarce resources.
 4. Dementia & Alzheimer of parents are the most difficulties for the caregiver of adult children.
 5. The norms of care for the elderly are collapsing in both parents and adult children.

Conclusions

1. Despite changes in society, the care of elderly parents has remained an informal and invisible realm within the family.
2. There are changes in the role and characteristics of adult children's care.
3. The improvement of parent-child relationship and mutual support is more important as the parents are the aged.
4. The social support policy is needed to focus on the inter-generational family perspective.

Future Directions

1. Mandatory check-up the dementia & Alzheimer during the medical examination at certain ages.
2. Prevention the deep conflicts between families because of unattended or forced to take care of elderly parents.
3. Practitioners are needed to focus on the relationship, interrelationship, and interdependence of individuals and families surrounding elderly care.
4. Practice also focus on reducing the caregiver burden, encouraging the ACC to function as a member of the care team, providing education and information, using the technology for caring and support, and coordination with social and institutional agency.
5. Policy establish the law to protect the caregiver and well-organized community institutional caring support systems.

Future Directions: Future Research

1. Make efforts to synthesize the existing research
2. Cross-cultural research
 - 1) care recipient-related (e.g. nature of limitations, amount of care required)
 - 2) caregiver-related (e.g. psychological dispositions of the ACC)
 - 3) socially embedded (e.g. parent–child relationship, multiple role involvement, social support available to the ACC).

Is it happened only in Korea?

