**Frontiers on Family Caregiver Research & Policy**

aims to present the most recent studies in informal caregiving and family caregiving policies in Asia. This webinar occurs in this challenging time to reassure the importance of research in global health, healthcare and caregiving at both individual and policy levels. It consists of Zoom presentations of studies on sons as caregivers in their later adulthood in Hong Kong, intergenerational caregiving in Mainland China, and caregiving resilience in Singapore.

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**SPEAKERS**

**Mastery protects against caregiver burden and psychological distress in family caregivers of older Persons**

**Dr. CHAN Ee Yuee**  
| Assistant Director of Nursing  
| Tan Tock Seng Hospital  
| Adjunct Assistant Professor  
| National University of Singapore

Dr. Chan is an accomplished nursing researcher, having been awarded with numerous research scholarships, major grants, and research awards. Apart from serving as grant reviewer for several grants, Dr. Chan is also an international refereed journals reviewer, scientific conference committee member and department research ethics representative. Her scholarly work has generated new knowledge to inform patient care, and in translating best evidences to practice. Her research interests include aged care, caregiver mastery, health activation, successful aging and implementation science.

**Presentation Abstract:**

Caring for dependent older persons can cause persistent stressors with potential negative impacts on their caregivers’ psychological wellbeing. This seminar will present the findings from our study which examined the influence of caregivers’ personal and skills mastery on adverse psychological outcomes among family caregivers of older persons in an Asian context. This study surveyed 274 family caregivers-patients dyads. This study included family caregivers caring for older person aged 65 and above, requiring assistance with activities of daily living, both with and without dementia. This study is the first study which showed that personal and skills mastery are associated with lower levels of caregiver burden, anxiety and depression. This study highlighted that both mastery constructs are potential intervention targets for improving caregiver outcomes among family caregivers for older persons.

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**Details and registration:**

ageing.hku.hk

The webinar is a part of the research project (Project Number: 2017.A8.076.188) funded by the Public Policy Research Funding Scheme from the Policy Innovation and Co-ordination Office of the Government of the Hong Kong Special Administrative Region.
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SPEAKERS

Is informal care sufficient to meet the long-term care needs of older people with disability in China?

Dr. YANG Wei
| Assistant Professor in Global Health
| King's College London, United Kingdom

Dr. Yang is an Assistant Professor in Global Health at King’s College London. Her research interests focus on health and long-term care policy evaluation, health inequities and economic modelling using longitudinal survey datasets. She completed her PhD in Health Economics at the London School of Economics and Political Science (2014), MPhil in Medical Sociology at National University of Singapore (2009) and BA in Sociology at Fudan University in China (2006).

Presentation Abstract:
Rapid demographic shifts and socioeconomic changes are fuelling concerns over the inadequate supply of informal care—the most common source of caregiving for older people in China. Unmet long-term care needs, which is believed to cause numerous adverse effects on health, continues to increase. Drawing data from the 2015 wave of the China Health and Retirement Longitudinal Survey, this study explores the relationship between informal care provision and unmet long-term care needs among older people in China. This study first examines the availability of informal care among older people with disabilities, then looks at whether a higher intensity of informal care leads to lower unmet needs. The findings suggest that the majority of older people with disabilities receive a low intensity of care, i.e., less than 80 hours per month. This study also finds that the number of hours of informal care received has no significant effects on unmet needs. This means that even among the older people receiving a high intensity of care, the odds of them reporting having unmet needs, does not differ from those receiving a low intensity of care. The study points out that informal care is insufficient to meet the growing needs and indicates a pressing need for the government to buttress the formal care provision and delivery systems to support these disabled older people in China.

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SPEAKERS

Defining Sonhood:
the exploration of lived experience of the caregiving sons in their late adulthood in Hong Kong

Dr. TANG Lu
Post-Doctoral Fellow
Sau Po Centre on Ageing, the University of Hong Kong

Dr. Yang is a researcher in health anthropology, yoga, popular culture and cultural studies. She received her Master of Journalism and Communication from Renmin University of China, and completed her Doctor of Philosophy (Ph.D.) in two programs, Gender Studies and Communication from The Chinese University of Hong Kong. She was interested in sports journalism during her Master study, and thus became a journalist and column-writer in 2008 Beijing Summer Olympic Games. In the following years, she became a Senior Editor in lifestyle magazine Women’s Health. With six-year working experience in sports, health and culture media, she started her research in body, gender and health during PhD study. Over the past few years, she has participated in research projects involving cultural studies, popular culture, and yoga and ethnographic study.

Presentation Abstract:
Men, a group not traditionally recognized as caregivers in families, are rising in caregiver numbers, which challenges the existing caregiver support agenda. There are no gender-sensitive official statistics in Hong Kong concerning male caregivers, nor systematic studies on understanding how men perceive their roles and behaviours in various family lifecycles and structures. The very knowledge gap provides the academia a vision to reflect on the current theoretical conceptualization of family caregiving, and the innovations in methodology application. By using group interviews, in-depth interviews and Photovoice, this study aims to explore how caregiving sons understand family caregiving, and their experiences of taking care of ageing parents.

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