



SEMINAR

CARERS : We Care – Series 3

Time for Living and Caring (TLC): An e-coaching intervention to maximize respite time-use among dementia caregivers

Respite is the most desired and requested caregiver support, yet caregivers commonly report being dissatisfied with what they did during respite, feeling as if they wasted their respite time or did not know what to do during available respite. The Time for Living and Caring (TLC) intervention was created with funding from the US National Institute on Aging to maximize the benefits of respite by providing online, automated coaching to schedule, plan, and review respite time-use.

This presentation will describe the key features of the TLC intervention, study design to conduct a pilot test of the TLC intervention, and findings that identify the specific mechanisms of the intervention that were associated with reductions in caregiver outcomes (such as anxiety).

Professor Rebecca Utz

Professor of Sociology
Associate Dean of Research
University of Utah



Revealing the Needs of Caregivers in Hong Kong: A User-Friendly Self-Assessment Tool

Professor Lou Vivian W. Q.

Director of Sau Po Centre on Ageing,
Professor at Department of Social Work
& Social Administration
The University of Hong Kong

By 2024, Hong Kong will become a super-aged society, with more than 21% of its population being 65 years or older. Informal caregivers play a crucial and irreplaceable role in supporting the aging-in-place of frail older adults. Although the contributions of caregivers should be fully acknowledged, they often face high levels of stress, anxiety, and even depression. Additionally, caregivers tend to prioritize the needs of care recipients over their own well-being. This seminar aims to present the development and validation of a user-friendly self-assessment tool, co-created by caregivers, practitioners, and academics in Hong Kong.

The discussion will also include recommendations for service matching to ensure that caregivers with diverse needs receive the necessary care and support throughout their caregiving journey.

Register Now



CONTACT



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DATE & TIME



May 24, 2024, 3:00-5:00PM

VENUE (or ZOOM)



CPD-2.58, Centennial Campus,
The University of Hong Kong.

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Partner Institution:



SAU PO CENTRE ON AGEING, HKU
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