

## RESEARCH BRIEF

---

# Association between caregivers' characteristics and older care recipients' well-being among Vietnamese immigrant families in the United States

Authored by: Christina E. Miyawaki, Minhui Liu, Kyriakos S. Markides

*We should promote being a good company to each other that will help the caregiver-care recipient dyad*

### Why is this research important?

- In the United States the Asian American population has grown from 11.9 million to 23.2 million making them the fastest-growing major racial/ethnic group in the United States
- By 2060 there will be 46 million Asian Americans in the United States
- Of the different Asian Americans, Vietnamese are the fastest-growing subethnic group and also live in multigenerational households.
- Living among multiple generations and caregiving for elders is embedded in many Asian cultures.
- There is limited information about the health status of Vietnamese older adults and their family caregivers, as well as any data on their elder caregiving practices.

### Who was part of this study and how was the research conducted?

- Health information was collected from 58 pairs (N=116) of Vietnamese caregivers and their older family members
- All participants self-identified as being of Vietnamese origin and resided in the greater Houston area.
- Care recipients were 65 years and older living in the community and had a family caregiver who provided help at least twice a week for 8 hours per week.
- Caregivers were adult-children or spouses/partners who provided care for 6 months or longer.
- Researcher built rapport with Vietnamese key community partners in order to use flyers to recruit
- Researcher looked at depression, cognitive functioning, and caregiver burden.

### What did we find?

- Older adults' physical and cognitive health had a significant association with their depressive symptoms.
- Older adults who became a good caregiving "company" helped burdened caregivers and felt less depressed.

### Action steps:

- Considering the Vietnamese tradition, we need to use culturally and linguistically informed practices and work with Vietnamese people by a family unit.

## ABOUT THE RESEARCHERS

Dr. Miyawaki's research has centered on the health and well-being of older adults of color and their family caregivers. Trained as a bilingual geriatric social worker, Dr. Miyawaki has first-hand working experience with family caregivers and their care recipients from a variety of racial/ethnic groups. As a gerontologist, she developed a strong foundation in health disparities research, especially focusing on Asian American populations.

Click [here](#) for the article

Contact Information: Dr. Christina Miyawaki [cemiyawa@central.uh.edu](mailto:cemiyawa@central.uh.edu), 713-743-0320