



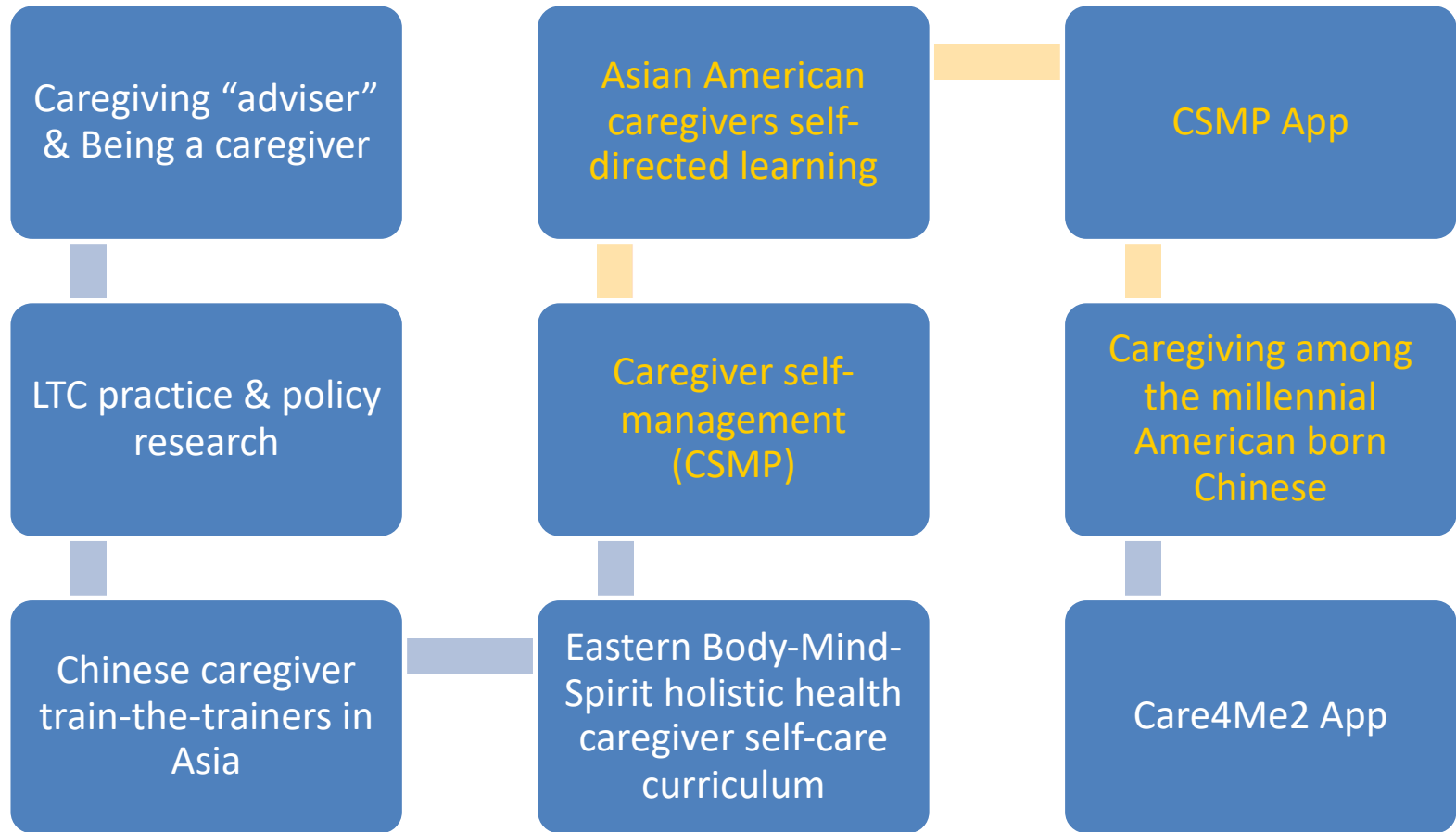
USC Edward R. Roybal Institute on Aging

Developing a Body-Mind-Spirit Caregiver Self-Care Program and a Mobile Application for Chinese Americans in the United States

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Advancing Family Caregiving Research in Diverse Communities: Lessons Learned from Community-based Studies





Research Background

Caregiving and self-care are challenging for Asian Americans in the United States due to cultural barriers, limited accessible support and resources.

Few interventions exist to assist Asian American caregivers in better performing caregiving and self-care.

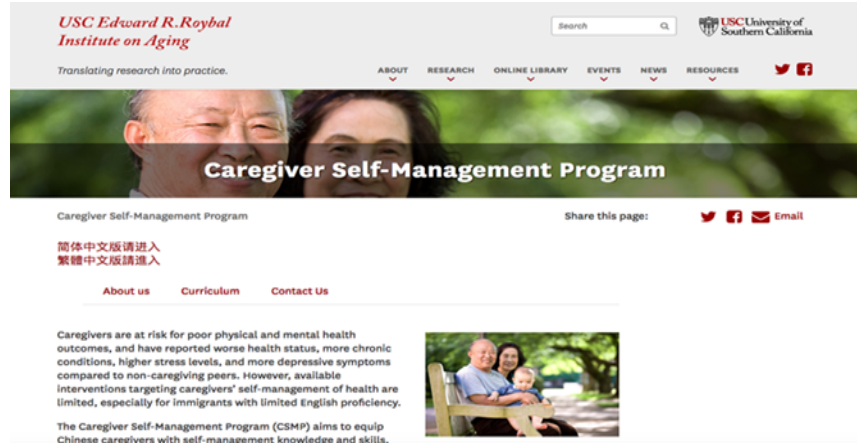




Developing Intervention Program Materials

In order to fill the void, I developed an *Eastern Body-Mind-Spirit Caregiver Self-Management Program (CSMP)* for Chinese immigrants

<https://roybal.usc.edu/csmp/>



Chi, Liu, & Wang (2020)





Evaluating CSMP

Study Summary

- Working with community-based organizations, we recruited caregivers aged 18 and above to participate in a quasi-experiment design study
 - Mixed method: Outcome and formative evaluations
 - In-person training, 3-hour sessions per week for a total of four weeks
- CSMP was well received among Chinese caregiver participants and showed positive outcomes (reduced depression and caregiver burden and increased caregiver self-efficacy)
- Recruitment and scheduling challenges existed, calling for innovative strategies

Wu, Liu, Ouyang & Chi (2020)

Caregivers Self-directed Learning Study Summary



- Working with community-based organizations, we recruited Asian American caregivers aged 18 and above to participate in a one group pre- and post-test study
 - aims to evaluate the effect of a self-directed learning program on AA caregivers' knowledge and care capacity
 - Participants chose topics they desired to learn in the manual and completed content over one month
- Results
 - This program enhanced participants' capacity in four domains: confidence in caregiving; ability to deal with emergencies; solving concerns; and better communication.
 - Improvements were also found in 3 knowledge domains: understanding Alzheimer's disease; transferring care recipients; and caregiver support resources
- Self-directed learning program was feasible for Asian caregivers to broaden their caregiving knowledge and capacity while coping with their intensive workload

Jiang, Li, & Chi (under review)



CSMP App Co-design Study Summary

- Working with community-based organizations, we recruited Chinese American caregivers to participate in a user-center co-design study
 - Employs the design thinking framework to co-design a mobile app for delivering self-care intervention with first-generation Chinese immigrant caregivers
 - Individual in-depth interviews conducted through three co-design phases
 - Aims to evaluate the content and functions of the prototype app
- Findings
 - Participants reported unmet self-care need specific to their cultural background, immigrant status, and caregiving tasks
 - The findings of prototype design interviews indicate some feasibility for delivering the intervention using the co-designed App. Designing the App to be engaging and fun appeared as highly desirable
- The co-design approach offered participants opportunities to articulate what types of supportive resources and app features they wish to have
- Care4Me2

Wang, Liu, & Chi (2020), Yu, Jiang, Liu, Wu & Chi (under review)



Participatory Co-design & Evaluation Process

Conceptual design

- Understanding caregivers' self-care needs
- Evaluate use cases
- Co-design app functions

Interactive prototype design (Alpha-testing)

- Seek feedbacks for the app prototype
- Assess feasibility and intention to use

Internal Beta-testing

- In-lab testing and observation
- Real-life situation testing
- Seek further feedback to improve the app





CSMP APP Sample Mobile Screens



Caregiving among the Millennial American Born Chinese (ABC) Study Summary



- We recruited 27 ABC caregivers aged between 20 to 35 participated in a qualitative in-depth phone interviews study
 - to describe the perceptions and experiences of caregiving from the viewpoint of the millennial ABC and explore how traditional values of filial piety influence their perceptions and behaviors
- Findings
 - Participants reported that their view of caregiving was influenced by three different filial piety themes: hierarchy (authority, obedience, respect), reciprocity (emotional, financial and instrumental support), and family obligations (bring honor, familism, family loyalty)
 - In the end of life case study, participants' caregiving decisions and behaviors were affected by both the American and traditional cultures
- The mix of western and eastern culture creates its own perceptions and experiences of caregiving is to this specific population.

Hom, Zhang, Li & Chi (under review), Li, Wu & Chi (in preparation)



Publications

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- Yu, K., Jiang, H., Liu, M., Wu, S., Jordan-Marsh, M. & Chi, I. (under review). Discerning unmet self-care need and co-design of a mobile App with Chinese immigrant caregivers to promote caregiver health. *Journal of Technology in Human Services*.