



CAREGIVING FOR PARENTS' DAILY ACTIVITIES

照顧父母生活日常

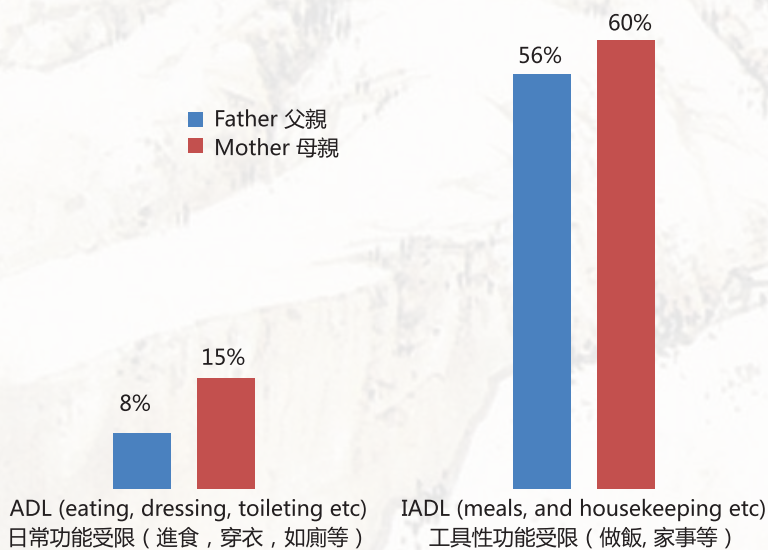
BACKGROUND Adult children may need to assume more caregiving duties if their older parents are functionally impaired. Over 41% of U.S. older adults reported limitation in activities of daily living (ADL) or instrumental activities of daily living (IADL). ADL refers to the basic tasks of everyday life, including eating, bathing, dressing, and using the toilet. IADL estimates the full range of complex activities necessary for independent living, such as managing money, preparing meals, shopping, and doing housework.

STUDY RESULTS The proportion of adult children who helped fathers and mothers with ADL were 8% and 15%, respectively. More than half of participants to help their fathers (56%) and mothers (61%) with IADL. For children who have ever provided functional support to their parents, 40% of them provided ADL to their father for more than five years, and 32% with respect to mothers.

背景 如果父母不能夠獨立進行生活的日常活動，那麼成年子女需要承擔更多的照顧責任。大約有41%的美國老年人說他們有日常功能受限，或者是工具性日常功能受限。日常功能指的是可以獨立完成每日生活的必要活動，比如進食，洗澡，穿衣服，使用廁所。工具性日常指的是獨自生活更加完全和複雜的活動，比如管理錢財，做飯，買菜，做家務等。

研究結果 分別有8%和15%的子女在日常功能性活動方面給予父親和母親提供幫助。超過半數的參與者必須在日常工具性活動方面給父親(56%)和母親(61%)提供幫助。對於給父母提供日常活動和功能性日常活動照顧的子女，給父親和母親提供這種照顧超過5年的比例分別是40%和32%。

CHILDREN SUPPORT WITH ADL & IADL
子女對於父母日常生活支持



CONCLUSION Chinese adult children play important role in supporting their older parents with ADL and IADL. It can be increasingly challenging for adult children to fulfill their commitments as their parents getting older. Public elder care is important source to supplement for the insufficiency of family caregiving for elderly.

結論 成年子女在支持父母日常功能照顧有非常重要的角色。隨著父母年紀的增大，提供這種照顧將會越來越困難。政府支助的公共老人照顧是彌補家庭照顧不足的重要的資源。