



**BACKGROUND** About 43.5 million of adult family caregivers provide care for people aged 50 years and over in the U.S. Among family caregivers, adult children are the primary service and health care providers for older adults. They may be full- or part-time workers, live with their parents, or provide care from a distance. In Chinese culture, filial piety may influence care recipients' preference in terms of which child should be the primary caregiver.

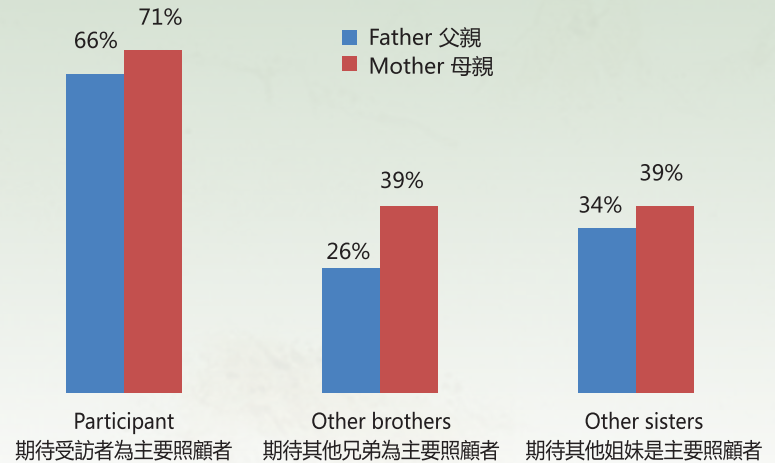
**STUDY RESULTS** Most participants reported that their father and mother (66% and 71%) expected them to be their primary caregivers, and most also reported that they consider themselves as the actual primary caregivers; 26%-39% of participants' brothers and sisters were expected to be the primary caregivers, while only 11%-17% of them were the actual caregivers.

**背景** 在美國有大約4350萬成年家庭照顧者為老人提供照顧。在家庭照顧者中，成年子女是最主要的承擔看照顧責任的群體。他們有的全職有的兼職，有的與父母住一起，有的提供異地的照顧。在中國文化中，孝道很大程度上影響哪個孩子是老人的主要照顧者。

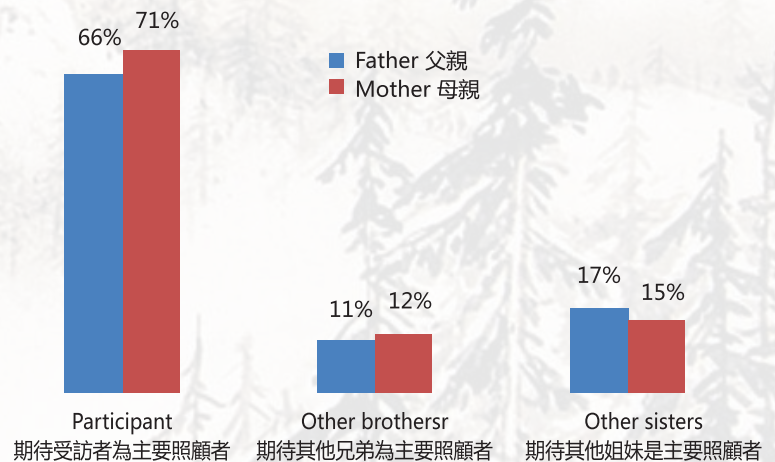
**研究結果** 分別有66%和71%的受訪者認為自己是父親和母親所期待的主要照顧者。同時，他們認為自己是父母實際的主要照顧者。26% - 39%的受訪者認為父母期望他們的兄弟姐妹作為主要照顧者，但是只有11% - 17%的受訪者認為自己的兄弟姐妹是實際的主要照顧者。



## EXPECTED PRIMARY CAREGIVER OF PARENTS 父母對於主要照顧者的期望



## ACTUAL PRIMARY CAREGIVER OF PARENTS 父母實際上的主要照顧者



**CONCLUSION** The majority of our participants were the expected and actual primary caregivers. Discrepancies were observed regarding the participants' siblings as the expected and actual primary caregivers, indicating potential risk of family conflict. It is critical to understand adult children's caregiving experiences as primary caregivers. Intervention programs should be designed to teach caregivers how to reduce caregiving burden and strain.

**結論** 大部份的受訪者認為如父母所期望，自己成為了父母主要照顧者。然而，差異體現在兄弟姐妹是否被期望是主要照顧者，和是否是實際主要照顧者。這個差異可能會引起家庭糾紛。我們需要更多的了解成年子女作為主要照顧者的經歷。相關的干預項目應該提供給家庭主要照顧者培訓和教育以減輕照顧老人的壓力和負擔。