



**BACKGROUND** While the culturally important factor of filial piety dictates children's obligations towards care for the parents, at the same time elders are also expected to provide guidance to the whole family. Therefore, grandparenting in Chinese families is perceived as a continuity of traditional cultural practice. Interaction with grandchildren can be an important source of deriving satisfaction in life. However, the care burdens resulting from grandparenthood could also pose negative influences on older adults' health and well-being.

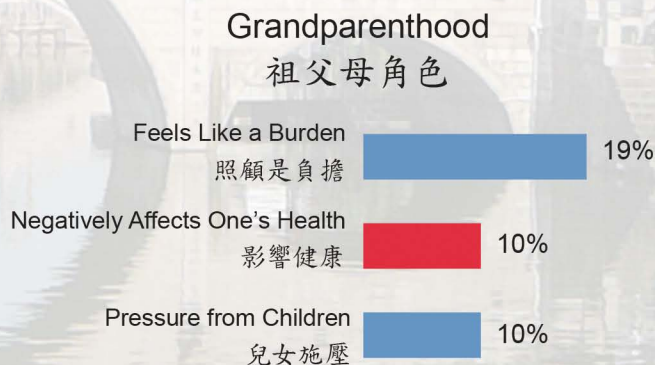
## STUDY RESULTS

- The average number of grandchildren in this study was 4.6.
- 10% reported "taking care of grandchildren in the U.S." as the main reason for immigration.
- 33% spent time on a weekly basis taking care of grandchildren. Among this subset, 19% thought that taking care of grandchildren was a burden. 10% felt that their health was negatively affected as a result of caregiving, and 10% felt pressured by their sons or daughters to take care of their grandchildren.

**背景** 中國文化中的孝順傳統規範後輩照顧長者，同時長者也會為後輩提供關懷指導。祖父母在華人家庭中扮演傳輸文化習俗的重要角色。照顧孫輩可讓老人提高生活滿意度，但是研究也指出，照顧所帶來的負擔和壓力可能對老人的身心健康造成負面的影響。

## 研究結果

- 受訪者平均有4.6個孫子。
- 十分之一的老人認為照顧孫輩是移美主因。
- 三分之一的老人每個星期都需要花時間照顧孫子。其中，19%認為照顧孫子是負擔，10%感覺照顧孫子對自己健康造成負面的影響，同時10%認為兒女曾為照顧孫子而施加壓力。



**CONCLUSION** Our study shows that one out of ten (10%) older adults immigrated to the U.S. in order to continue the cultural tradition of grandparenting. However, for some older adults, taking up this responsibility while still making adjustments to their new life in the U.S. was challenging. The psychological well-being among grandparents is also important for intensive caregiving. Support to Chinese immigrant grandparents is needed at both family and community levels to ensure their well-being.

**結論** 十分之一的受訪者老移民美國是為了解襲照顧孫子的文化傳統。但是，在適應新生活的過程中承擔過多的照看責任對老人的健康帶來挑戰。老人的心理健康是照顧孫輩的重要條件。家庭以及社區都應該為這些耆老提供相應的支持。