Seminar Series

# Caregivers' Well-being and Long-term Care Utilization: A Prospective Investigation of Stroke Survivors in Singapore

- Venue: HSS Conference Room (#05-57)
- Date & Time: 17 September 2019, 11.30 am

## WAYNE CHONG

Wayne is an aspiring thought leader and awards-winning researcher in psychosocial gerontology. He is co-founder of and consultant geropsychologist with *GeroPsych Consultants*, and an honorary manuscript reviewer of *BMJ Open*, *Clinical Gerontologist* and *International Journal of Integrated Care*. Wayne is a doctoral candidate who holds a postgraduate diploma of clinical psychology and an advanced certificate in training and assessment. He was lecturer with James Cook University, head of research and evaluation with Agency for Integrated Care, and psychologist with Shan You Counselling Centre.

Biodata is available in LinkedIn and Researchgate.

## Synopsis

Falling formal long-term care services (LTCS) utilization and rising adversities of informal caregiving are twin phenomena associated with population ageing. Using a longitudinal sample of stroke survivors and their informal caregivers in Singapore, we investigated the extent to which caregivers' health and well-being influences formal LTCS utilization.

Study 1 showed that caregivers who were more burdened by the time consuming and difficult nature of caregiving at 3-month post-stroke, and those who were more depressed at 12-month post-stroke, tend to be caring for stroke rehabilitation users at 12-month post-stroke. Conversely, Study 2 showed that caregivers of a non-distressed profile tend to be caring for stroke rehabilitation users at 12-month post-stroke.

Our results provide support for *caregiver resilience*. LTCS utilization explanatory frameworks should include caregiver's psychosocial health and well-being. The importance of early caregiver psychosocial education and interventions are underscored. Integrated care service design and delivery should consider the patient-caregiver dyad as the care recipient.

NANYANG TECHNOLOGICAL UNIVERSITY SINGAPORE

**School of Social Sciences**
**Graduate Education**
**Humanities and Social Sciences Building**
**#02-19 Singapore 639818**