

## SESSION 9005 (PAPER)

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### LATE BREAKING: ALZHEIMER'S DISEASE, INCLUDING ALZHEIMER'S DISEASE—RELATED DEMENTIAS II

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#### CAREGIVER NETWORK ROLES AND HEALTH AND WELL-BEING AMONG LATINO OLDER ADULTS

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Prior research links caregiving to adverse health outcomes, especially when caregivers support individuals with Alzheimer's disease or related dementias. Importantly, studies show that diverse caregiving networks that include kin and non-kin are associated with lower caregiver burden and improved health. Using data from a new, nationally representative survey of (n=733) Latino caregivers, we explore how specific network roles within caregiver networks impact caregiver health and well-being. We examine the social contexts of informal caregiving in the United States, focusing on the wellbeing of Latino caregivers of older adults. We define distinct roles within caregiver networks: care helpers (individuals who assist the caregiver in providing care), care disruptors (who hinder/complicate caregiving), and personal helpers (who support the caregiver personally, but not with caregiving). Preliminary findings indicate that kin comprise most roles - 80% of care helpers, 84% of care disruptors, and 87% of personal helpers. Caregivers with care helpers in their network report decreased feelings of loneliness (OR=0.84, SE=0.08, p<0.10), while care disruptors significantly increase loneliness (OR=1.62, SE=0.44, p<0.10). As the proportion of kin in care disruptor roles increases, caregivers experience even greater loneliness (OR=1.68, SE=0.45, p<0.10) and depression (OR=1.68, SE=0.44, p<0.05). Caregivers with personal helpers report slightly increased loneliness, depression and lower self-rated health, but results were not significant. Caregivers of individuals with AD/DR reported higher loneliness (OR=1.32, SE=0.22, p<0.10, depression (OR=1.40, SE=0.23, p<0.05),

and poorer health (OR = 1.91, SE = 0.31,  $p < 0.001$ ). This study builds on frameworks situating caregiving within broader social networks by examining specific roles within Latino caregiver networks.