

Area of Research

- Daily Stress & Caregiving
 - Defined as **routine everyday challenges**
 - Have **minor but immediate** and **direct effects** on one's well-being (Zautra, 2003)
 - **Pile up over time** and form foundations for major health outcomes (Lazarus & Folkman, 1984)
 - Little is known about **immediate impact of daily stressors** and its **spillover** onto other areas of life & health

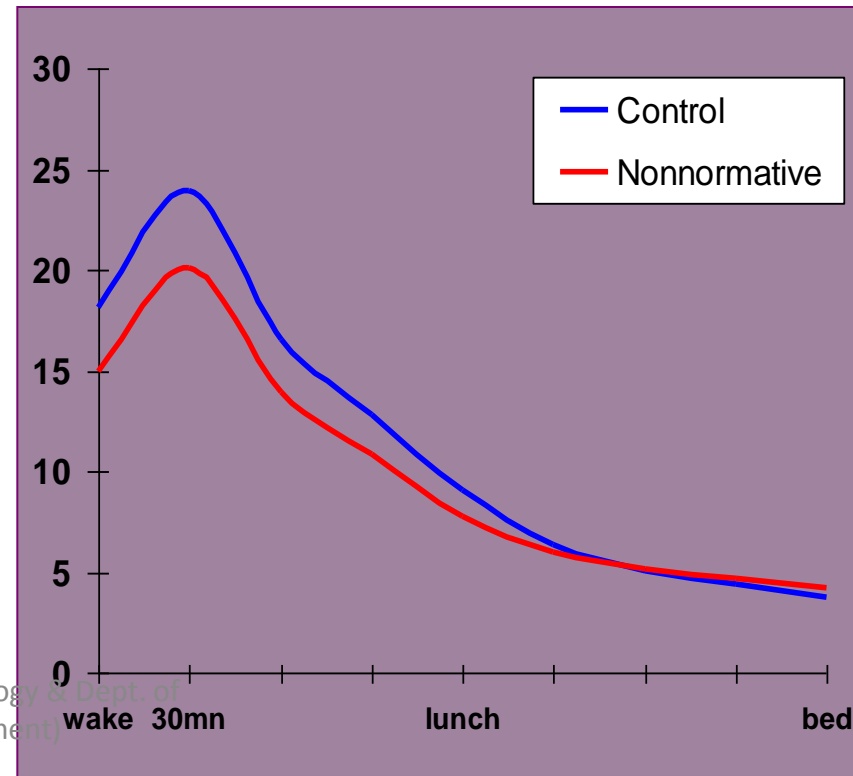
Findings to Date

Outcomes of Distress

- Behavioral Aspects
 - Spillover of Stressors in Other Life Domains, Poor Health Behaviors
- Psychological Aspects
 - Depression, Anxiety
- Physiological Aspects
 - Physical Symptoms, Changes in Immune System, Imbalance of the Allostatic Load, and Metabolic Syndrome

Specific Ideas

- Biopsychosocial Study of Everyday Stress Process
 - Caregivers of **Older Parents**
 - Caregivers of **Nonnormative Children** (Children with Mental or Developmental Disability)
- Caregiving may accelerate aging (e.g. telomere shortening).



Current working relationships and resources

- Gerontologist
- Stress Researchers
- Daily Diary Researchers
- Researchers studying Short-term Physiological Markers (Stress-Reactive Hormones and Enzymes)
- Researchers studying Long-term Markers of Health (Cardiovascular, Metabolic)

Needed

- Cell biologist?
- Geneticist?
- Participant Pool
- Funding for Pilot