



Changing Demography of Family Caregiving Network Updates

The final quarter of 2025 was a busy one for the Changing Demography of Family Caregiving network members, with a lot of new work coming out. Here are just a few highlights:

New Articles

A Perspective on Making “Invisible” Care Visible Through Time Use Data



Sarah Patterson, Emily Agree, Kira Birditt, Yulya Truskinvosky, & Vicki Freedman

Time use data, including 24-hour time diaries (TD), daily diaries (DD), and ecological momentary assessments (EMA), may be especially helpful for shedding light on the often “invisible” care being given by American families caring for older adults. This review presents U.S. datasets that have TD, DD, or EMA available and proposes areas of future research

including charting care and the impact on well-being, as well as expanding data collections. Read the paper [here](#).

Friendship and momentary loneliness in dementia caregiving: daily experiences of caregivers with high and low burden



Yee To Ng, Angela Turkelson, Anna Kratz, & Kira Birditt

Dementia caregivers are particularly vulnerable to loneliness. Grounded in the social convoy and stress process models, this study examined whether (a) dementia caregivers with fewer close friends experience higher levels of momentary loneliness; (b) daily friend interactions are linked to reduced momentary loneliness, and whether the quality and closeness of these interactions matter; and (c) whether the link between friend interaction and momentary loneliness varies between caregivers with high versus low caregiver burden. The results highlight the need for interventions that foster friendships and encourage caregivers to schedule social interactions with friends to alleviate loneliness and enhance their well-being. Read the paper [here](#).

Does caregiver stress get under the skin? Associations with care recipient inflammation



Sophia Tsuker, Yin Liu, Lauren Bangerter, Elaina Baker, Hannah Lee, & Amanda Leggett

Drawing on data from the National Health and Aging Trends Study and the National Study of Caregiving, this study examines whether higher levels of caregiver role overload will be associated with care recipients' C-reactive protein (CRP) concentrations, an inflammatory biohormone. Additionally, this study observed whether caregivers' positive and negative appraisals of caregiving moderated this association. Care recipients demonstrated greater CRP concentrations when their caregiver reported higher role overload, regardless of their appraisal of the care context. Efforts to help caregivers delegate tasks or offer respite may reduce overload and have positive impact on care recipients' physiological health. Read the paper [here](#).

New Grants

Multiple NIA Demography & Economics of Aging Center grants have been awarded to network members, including:

- Rin Reczek, Professor at The Ohio State University, was awarded a grant in August 2025 to form the new Center for Aging Families at The Ohio State University
- Karen Fingerman, Wilson Regents Professor at the University of Texas Austin, received a grant in August 2025 to renew the UT Austin Center on Aging and Population Sciences' Program Development and Pilot Core
- Jennifer Wolff, Eugene and Mildred Lipitz Professor at Johns Hopkins University, was awarded a grant in August 2025 to renew the Hopkins Economics of Alzheimer's Disease & Services Center

- Vicki Freedman, Research Professor at the University of Michigan, received a grant in August 2025 to renew the Michigan Center on the Demography of Aging, including renewal of the Changing Demography of Family Caregiving Network

Welcome Our New Network Members!



[Lianlian Lei](#), Assistant Professor at Michigan Medicine. Dr. Lei's research focuses on dementia care, health care delivery, long term care, labor migration, left-behind children, smoking, and geriatric oncology.



[Megan Gilligan](#), Associate Professor at the University of Missouri. Dr. Gilligan's research focuses on late-life family relationships, health, and well-being, with particular interest in spousal, parent-child, and sibling relationships in later years.



[Kate Miller](#), Assistant Professor at Johns Hopkins University. Dr. Miller's research focuses on the impact of public policies on the long-term care workforce and the people with complex needs they care for.

Current members: Have a new photo or update to your research interests? Email Harper Klotz at hkklotz@umich.edu to update your information on our [website](#).

Network Members in the News



Karen Fingerman was quoted in the Washington Post article “How grandchildren are stepping up to fill the caregiver gap,” where she commented on young people stepping in as secondary caregivers. You can read the article [here](#).



Rin Reczek was quoted in the Newsweek article “Couple Goes ‘No-Contact’ With Mom--Until They Check the Doorbell Camera.” In this article Rin discusses family estrangement. You can read the article [here](#).



Michigan Center on the Demography of Aging

Institute for Social Research

University of Michigan

426 Thompson St

Ann Arbor, MI 48104