

# The role of shared meal occupations in an intergenerational caregiving situation

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## Background

- Increased number of older adults aging with family.<sup>5</sup>
- Focusing on caregiver uplift can improve wellbeing.<sup>1</sup>
- Shared structured occupations can increase caregiver satisfaction, and meals can be a positive social experience for families living with dementia.<sup>3,4</sup>

**Aim:** To explore the role that shared meals play within a caregiving situation

## Methods

**Design:** Descriptive Phenomenology  
**Participants:** 3 members of intergenerational family  
**Data Collection:** Dynamic Group Insitu Interview Experience  
**Data Analysis:** Life Course theory, analytic memo writing, and categorical coding

## Findings

### Meals as an opportunity to enact values

- Environmentalism
- Nutrition
- Gratitude

*“Whatever she brings us is nutritious and sensible...she just knows how to cook.”*

### Meals as a way to maintain identity

- *“I’m the dishwasher”*
- Gardeners
- Life long learners

*“I’m the ideas person.”*

### Meals as a conduit for connection

- Caregiver uplift
- Connection to one another.

*“It’s seeing those smiling faces, getting a kiss from our grandson,”*

## Discussion

### Identity & Values



Participation



Identity & Caregiver Uplift

### Values & Connection

Participation



Participation



Identity & Values

## Implications

- Co-constructed occupations in intergenerational families<sup>2</sup>
- Possibilities for participation in meals and beyond
- Caregiver uplift

## References

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