demographics, health, mental health, residents’ interactions, tasks performed and personal experiences. About 50% reported assisting other residents with ADLs, 30% helped with IADLs, and 75% provided emotional support. The caregivers’ appraisals as residents and their relationship with care-recipient was both positive and negative. In addition to socialization, personal accomplishment, caregivers reported emotional exhaustion, stress, and burnout. Implications related to paid and unpaid labor policy in LTC and reducing IC stress are discussed.

LONG-TERM CARE SERVICE USE AND CAREGIVER BURDEN, DEPRESSION, AND HEALTH: A SYSTEMATIC REVIEW AND META-ANALYSIS
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This study examined whether long-term care service use (LTCSU) is associated with informal caregivers’ burden, depression, and health status. Eligible articles collected data directly from caregivers, written in English, and allowed for extraction or computation of effect sizes. MEDLINE, PsycINFO and ProQuest Dissertations & Theses Global databases were searched between September 2017 and January 2018. The risk of bias of individual studies was assessed regarding confounding, study power, and other biases. This unfunded study was registered with PROSPERO: CRD42018108827. Of the 419, 209 and 346 articles identified, 24, 14 and 15 articles that involved 12,530, 6,687 and 7,331 informal caregivers respectively, were eligible for analyses regarding the above associations. With unadjusted effect sizes, omnibus tests found statistically non-significant overall effect estimates in the association of LTCSU with caregiver burden, depression, and health status. Subgroup analyses, however, revealed that the above associations differed by service type, caregiver sex, and country, respectively.

ASSOCIATES OF PERCEIVED QUALITY OF LIFE IN CHINESE OLDER ADULTS LIVING WITH COGNITIVE IMPAIRMENT
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This study examined perceived quality of life in Chinese older adults living with cognitive impairment in a group of urban Chinese older adults and explore its associations with caregivers’ characteristics. Questionnaires were administered in person to 300 caregiver-care recipient dyads from three urban communities in mainland China in 2019. The 40-item Alzheimer’s Disease-related Quality of Life tool asked caregiver respondents to indicate care recipients’ life conditions. Higher levels of caregiving burden (β = -0.19, p < 0.01) and more depressive symptoms (β = -0.19, p < 0.01) amongst caregivers were significantly associated with lower quality of life of care recipients. The results suggested that reducing caregivers’ burden and depressive symptoms are essential to promote quality of life of care recipients. Formal support from health professionals, service organizations, and communities are urgently called for to promote the wellbeing of Chinese families affected by cognitive impairment.

COPIING AND CAREGIVER BURDEN AND DEPRESSION AMONG CHINESE CAREGIVERS OF OLDER ADULTS WITH COGNITIVE IMPAIRMENT
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Coping strategies are important factors that influence caregivers’ mental health outcomes. The purpose of this study is to examine the association between coping strategies and caregiver burden and depression among Chinese caregivers of older adults with cognitive impairment. Data came from structured interviews with 300 primary family caregiver-care recipient dyads in Wuhan, China. We used OLS to examine the association between coping strategies and caregiver burden and depression. More positive reframing and acceptance were associated with lower caregiver burden, whereas more self-distraction was associated with higher caregiver burden. More positive reframing was associated with lower caregiver depression, whereas higher self-distraction and religion were associated with higher caregiver depression. Findings of this study suggest that a psychosocial intervention package that emphasizes on enhancing positive reframing skills and affirming acceptance may be effective in reducing caregiver burden and depression among Chinese caregivers of older adults with cognitive impairment.

IMPACT OF COVID-19 ON MEANING MAKING OF DEMENTIA CAREGIVERS IN HONG KONG: FROM THE GENERATIONAL PERSPECTIVES
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This study examined the impact of COVID-19 on meaning making among adult children dementia caregivers and the association with caregiver mental well-being. Adult caregivers (n=601) from two generations, 1946-1964 (Baby Boomers) and 1965-1980 (Generation X), were recruited in Hong Kong between October 2019 and June 2020. Participants were assessed on depressive symptoms (PHQ-9) and meaning making (Finding Meaning Through Caregiving Scale-FMTC). Generation X scored higher on sense of loss (p = 0.04) and lower on provisional meaning (FMTC (p=0.017). Moreover, an interaction effect (p=0.003) between generation and COVID-19 were found. During the pandemic, Generation X caregivers were more likely to suffer from higher losses, higher depressive symptoms (>23.2% moderate to severe) and lower provisional meaning (p=0.03) compared to their boomer counterparts. The level of meaning making is more important to Generation X caregivers, especially in COVID-19 situation. Government should consider generation-responsive services and education support in guiding service implementation.