

Exercise to Age in Place (LEAP) Study. LEAP enrollees participate in community-based classes that include Tai Chi, EnhanceFitness, Arthritis Exercise, and the Healthier Living Workshops. Nine LEAP participants attended a focus group at Cedars-Sinai Medical Group. The focus group included quantitative and qualitative questions in both a verbal discussion format and a written questionnaire that examined the effects of liaisons, social connections, and incurred changes as a result of participating in LEAP classes. Participants endorsed liaisons within the healthcare system, including physician referrals and communication with a community health coach, as aiding in their decision to participate in health classes. Participants cited positive changes in their physical states, such as increases mobility and decreases in pain, and positive psychological changes, such as increases in energy and socialization, post LEAP completion. Among the ideas and critiques noted by the focus group attendees was the desire to have LEAP classes become part of communities permanently, and to have longer exercise class session duration. These findings suggest that direct merging of liaisons within the healthcare system and community-based exercise programs for older individuals, such as those offered by LEAP, is an effective way to positively influence older patient outcomes both physiologically and psychologically. These results call for future research that focuses on how healthcare systems and community programs can work together to maximize positive patient outcomes for older individuals.

SESSION 4035 (SYMPOSIUM)

HEALTH IMPLICATIONS OF SOCIAL ROLES AND ROLE TRANSITIONS IN MIDLIFE AND LATER LIFE

Chair: Kelly E. Cichy, *Kent State University, Kent, Ohio, United States*

Co-Chair: Athena Koumoutzis, *Kent State University, Kent, Ohio, United States*

Demographic and social trends shape the timing, nature, and implications of social roles and transitions. With increased life expectancy and a changing world, expectations for work and retirement and the need for informal and formal caregiving continue to evolve. Families are also more heterogeneous and the population is becoming increasingly more racially/ethnically diverse. These changes underscore the need for research that focuses on the varied social roles individuals occupy in midlife and later adulthood and the implications of these roles for health and well-being. The current symposium features research that explores multiple roles, including romantic partner, grandparent, and employee/retiree, caregiver/care recipient while attending to individual differences in how these roles and transitions are associated with physical and mental health outcomes. Garcia, Donnelly, and Umberson utilize dyadic diary data from midlife men and women in gay, lesbian, and heterosexual marriages to consider how exposure and reactivity to daily stress varies across union types. Rickenbach and colleagues examine longitudinal changes in health and well-being associated with being a caregiving and non-caregiving grandparent. Cichy and Koumoutzis examine racial differences in the associations between providing care to a spouse/parent and daily health and well-being among African Americans and European Americans. Savla, Roberto,

and Sands classify community-living older adults based on their care needs while considering the type of care they receive, predictors of this care, and its implications for care recipients' health. Finally, Stawski and colleagues examine how mental, physical, and cognitive health change as a function of the transition to and through retirement.

RACIAL DIFFERENCES IN THE DAILY EXPERIENCES OF AFRICAN AMERICANS AND EUROPEAN AMERICANS PROVIDING CARE

Kelly E. Cichy,¹ and Athena Koumoutzis¹, *1. Kent State University, Kent, Ohio, United States*

African Americans often report lower caregiver burden, however, few studies consider the broader daily context of African American caregivers' lives. This study examines racial differences in the associations between providing care for a spouse or parent and daily health and well-being among African Americans and European Americans, including how other daily stressors moderate these associations. During eight days of interviews, respondents aged 34 to 84 years ($N = 1,931$) from the National Study of Daily Experiences (NSDE II) reported on their daily stressors, negative affect (NA), physical symptoms, and whether or not they provided support to a spouse or parent with a disability. Controlling for demographics, on caregiving days, NA was higher than on non-caregiving days ($p < .05$) for all respondents. On caregiving days with no work stressors, African Americans only reported more physical symptoms than on caregiving days with work stressors ($p < .05$). Implications will be discussed.

EXPOSURE AND EMOTIONAL REACTIVITY TO DAILY STRESS IN SAME-SEX AND DIFFERENT-SEX MARRIAGES

Michael Garcia,¹ Rachel Donnelly,² and Debra Umberson², *1. Population Research Center, Austin, Texas, United States, 2. Population Research Center, The University of Texas at Austin, Austin, Texas, United States*

Recent work exploring links between stress processes and well-being within marriage suggest that women may be at an increased risk for exposure and emotional reactivity to daily stress. However, studies have focused primarily on heterosexual couples, raising questions concerning whether and how these gendered patterns might unfold differently for men and women in same-sex marriages. In the present study, we analyze 10 days of dyadic diary data from 756 midlife men and women in 378 gay, lesbian, and heterosexual marriages to consider how exposure and emotional reactivity to daily stress may differ across union types. We find that women are exposed to more daily stressors than men and that this exposure is especially detrimental to the well-being of women in different-sex marriages. These findings highlight the need to include same-sex couples when exploring gendered linkages between daily stress processes and well-being within marriage.

LONG-TERM COSTS OF GRANDPARENT CAREGIVING: RESULTS FROM THREE WAVES OF THE MIDLIFE IN THE UNITED STATES STUDY (MIDUS)

Elizabeth Rickenbach,¹ Elizabeth H. Rickenbach,¹ Chih-Chien Huang,¹ Jessica Y. Allen,² and Kelly E. Cichy³,