Individual coping skills, interpersonal relationships, and external support systems contribute to resilience and well-being among grandparents raising grandchildren.

**Project Deliverables**
- **Mid-term ‘exam’**
  - We will find out how GCs understand their strengths and challenges in raising grandchildren
- **Final ‘exam’**
  - We will find out how service providers perceive GCs’ strengths and challenges
- **Outputs by the end**
  - We will design a strength-based model of interventions improving GCs’ capacity of using external support systems and enhancing resilience
- **Within 1-2 years after the project**
  - Disseminate research findings to academic and community audiences
  - Seek for funding to test the model and interventions

**Context**
- Challenges and adversities faced by GCs raising grandchildren
- GCs’ strengths: resilience, positive caregiving appraisal, adaptive coping strategies, self-help and help-seeking skills
- Lack of interventions simultaneously targeting the grandparent and service providers

**Potential Impact**
- To enhance custodial grandparents’ resilience and well-being
- To improve the contexts of family and community where grandparents raising grandchildren
- Advance external support systems for GCs and their families
- Develop interventions that tailor to the needs of GCs in reliance on both individual and system resources

**Caregiving factors**
- Caregiving stress
- Well-being
- Resilience
- Coping skills
- Interpersonal relationships
- External support systems

**References**