As of late 2014, the elderly population (65 years and over) in Israel stood at 900,000 people, comprising 11% of the population (Brodsky, Shnor & Be’er, 2015). In recent years, the prevailing policy in Western countries is to allow the elderly to age in place, supported by family members (Yakovitz, 2011).

Tew, Tan, Luo, Ng & Yap (2010), in their Singaporean study, found that most families preferred to care for their elderly in their homes and avoid transferring them to continuing care facilities as much as possible. Family members considered care for the elderly at home to be beneficial, and the elderly showed a marked preference for staying at home. However the decision to keep the elderly at home caused great difficulties for family members caring for the disabled elderly. As the treatment burden increases and the state of health of the patient deteriorates, the level of exhaustion of the primary caregiver increases; this may be a risk factor for institutionalizing the elderly patient (Abendroth, Lutz & Young, 2011). Additional factors that may lead to the decision to institutionalize the elderly include a lack of support systems, health problems of the caregivers themselves and functional and behavioral problems of the elderly, such as recurring falls, incontinence, aggression, wandering and deterioration of their mental state (Abendroth et al., 2011; McLennon, Habermann, & Davis, 2010). According to Morycz (1985), the most significant predictor for institutionalizing the elderly is the family members’ desire for institutionalization. The primary caregiver is usually a key factor in making the decision to institutionalize the elderly, thus interventions to prevent institutionalization need to be aimed at the primary caregiver. Such interventions may empower certain aspects of the caregivers’ personalities, and thus help them to prevent institutionalization of the elderly and enable them to stay in the community (Tew et al., 2010). Positive psychology, a developing branch of psychology in recent years, focuses on the good, strong aspects of people’s personalities…