

**DALABAJAN, INESSA NADESHNA**

Undergraduate Student, University of Philippines, Department of Social Anthropology and Psychology, PHILIPPINES

*Panel 2.1: Empowering Women, Strategies for the Home, Workplace and Community*

**Time- and Labor-saving Equipment as an Approach to Redistributing Unpaid Care Work in the Philippines**

A raft of studies has shown that women have disproportionately borne unpaid care work (UCW) at the household level. The initial findings of Oxfam's household care survey and rapid care-work analysis in the Philippines suggest that the use of time and labor-saving equipment (TLSE) significantly reduces the drudgery of UCW and makes it easier for household members to redistribute UCW. However, little is known about how women spend their time-savings after having received TLSE, limiting our knowledge on the extent to which TLSE effectively address UCW. The theory of change in unpaid care work contends that time-savings are channeled to paid employment, engagement in social and political activities, or transferred to other sort of unpaid work. In this research, I test this theory by measuring the degree to which TLSE reduce UCW, identifying the activities where women spend their time-savings, and examining whether or not the change results to the uplift of women's well-being and self-worth.