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Protective Factors and Resilience in Older Adults

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INTRODUCTION

- Older adults are the fastest growing demographic in the United States, many desiring to age at home (1,2).
- Protective factors support resilience promote successful aging in place (3).
- The most effective protective factors supporting resilience in older adults are unknown.

STATEMENT OF PURPOSE

The purpose of this study was to investigate whether the three protective factors (physical health, social support, and self-efficacy) collectively predict resilience in Marin County older adults who desire to age in place.

METHODOLOGY

Design

- An exploratory cross-sectional quantitative design
- 4 self-report questionnaires

Participants

- Older adults ages 62+ in Marin County
- Recruited from senior community programs and personal contacts

Demographic Tables

Participants	N - 58	%	Live With	N - 58	%	
Gender			Live alone	31	53.4%	
	Male	15	25.9%	Significant other	18	31.0%
	Female	43	74.1%	Family	6	10.3%
			Other	3	5.2%	
			Where Live	N - 58	%	
Age			Home	37	63.8%	
	Mean (Mean ± SD)	74.48 ± 7.42	Apartment	8	13.8%	
	Range	Min 62, Max 90	Retirement Community	7	12.1%	
			Condominium/Townhouse	4	6.9%	
			Family Member	1	1.7%	
		Other	1	1.7%		

RESULTS

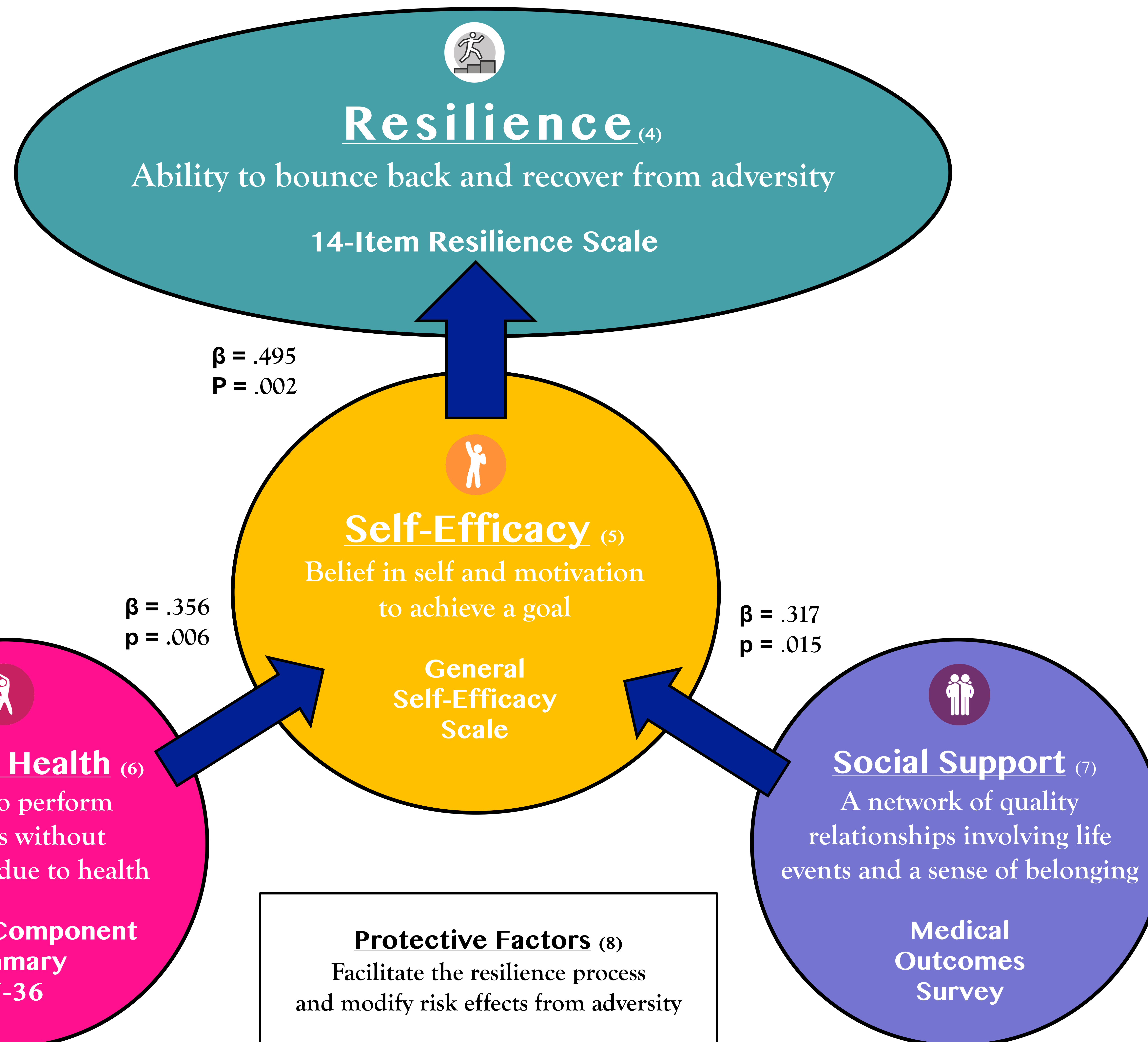
- Of the three protective factors, self-efficacy is the most important predictor of resilience.
- Physical health and social support are predictors of self-efficacy.

IMPLICATIONS FOR PRACTICE

- Build self-efficacy to fortify resilience in older adults.
- Integrate social support and physical health into therapeutic interventions to promote self-efficacy.
- Self-efficacy interventions may include goal setting, just right challenge, mastery, and social modeling.
- Physical health interventions may include therapeutic exercises, establishing routine, and building activity tolerance.
- Social support interventions may include connecting with diverse people, maintaining valued relationships, accessing community resources, and participating in health and action groups.

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