

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

## RESULTS

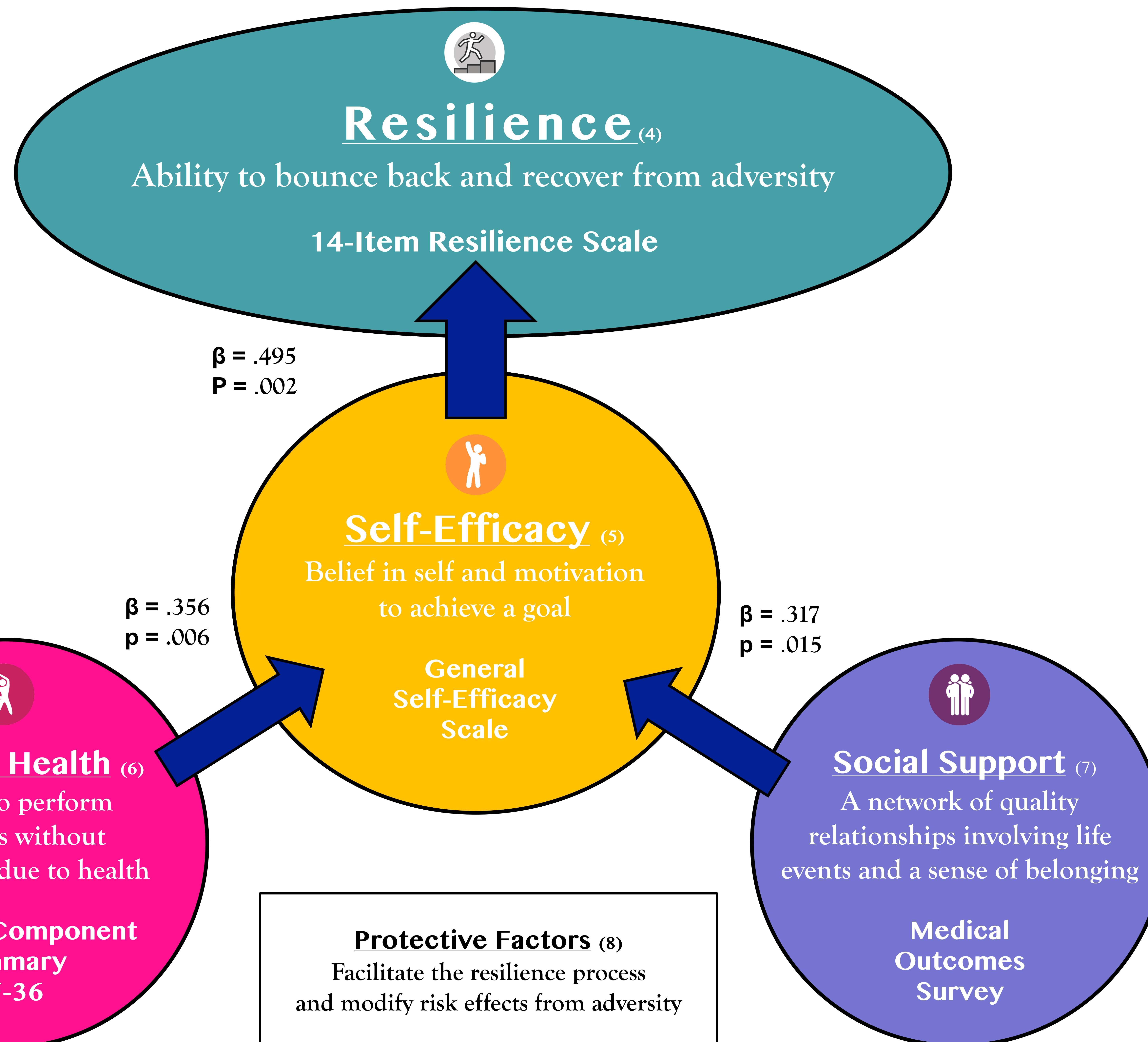
- Of the three protective factors, self-efficacy is the most important predictor of resilience.
- Physical health and social support are predictors of self-efficacy.

## 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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