Protective Factors and Resilience in Older Adults

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Recommended Citation
McClain, Jessica; Lee, Caroline; and Gullatt, Katelyn, "Protective Factors and Resilience in Older Adults" (2017). Student Research Posters. 53.
https://scholar.dominican.edu/ug-student-posters/53

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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.

STATISTIC 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.

INTRODUCTION

• Physical health and social support are predictors of self-efficacy.

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

<table>
<thead>
<tr>
<th>Gender</th>
<th>N - 58</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>15</td>
<td>25.9%</td>
</tr>
<tr>
<td>Female</td>
<td>43</td>
<td>74.1%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Where Live</th>
<th>N - 58</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home</td>
<td>37</td>
<td>63.8%</td>
</tr>
<tr>
<td>Apartment</td>
<td>6</td>
<td>13.8%</td>
</tr>
<tr>
<td>Retirement Community</td>
<td>7</td>
<td>12.1%</td>
</tr>
<tr>
<td>Condominium/Townhouse</td>
<td>4</td>
<td>6.9%</td>
</tr>
<tr>
<td>Family Member</td>
<td>1</td>
<td>1.7%</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
<td>1.7%</td>
</tr>
</tbody>
</table>

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.

ACKNOWLEDGMENTS

We would like to acknowledge and thank Casa Nova, Whistlestop, San Rafael Goldenaires, Los Robles Mobile Home Park, Dominican University of California and the community participants who volunteered. This study was partially funded through the California Foundation for Occupational Therapy.

REFERENCES