



Introduction

- Of individuals ages 70 and older, 17% of men and women were identified as widows or widowers (Kreider & Ellis, 2011).
- Spousal loss can impede one's ability to age in p factors such as difficulty with home and financia maintenance (Lindquist et al., 2016).
- Understanding occupational changes that occur response to spousal loss may help health profes facilitate successful aging in place.

References: Kreider, R. M. & Ellis, R. (2011). Number, timing, and duration of marriages and file]. Retrieved from https://www.census.gov/prod/2011pubs/p70-125.pdf; Lindquist, L. A Sunkara, P., Forcucci, C., Campbell, D., Mitzen, P., & Cameron, K. A. (2016). Advanced life e impede aging-in-place among seniors. Archives of Gerontology and Geriatrics, 64, 90-95.

Purpose of Study

To explore the occupational and other associated re older adults following partner loss.

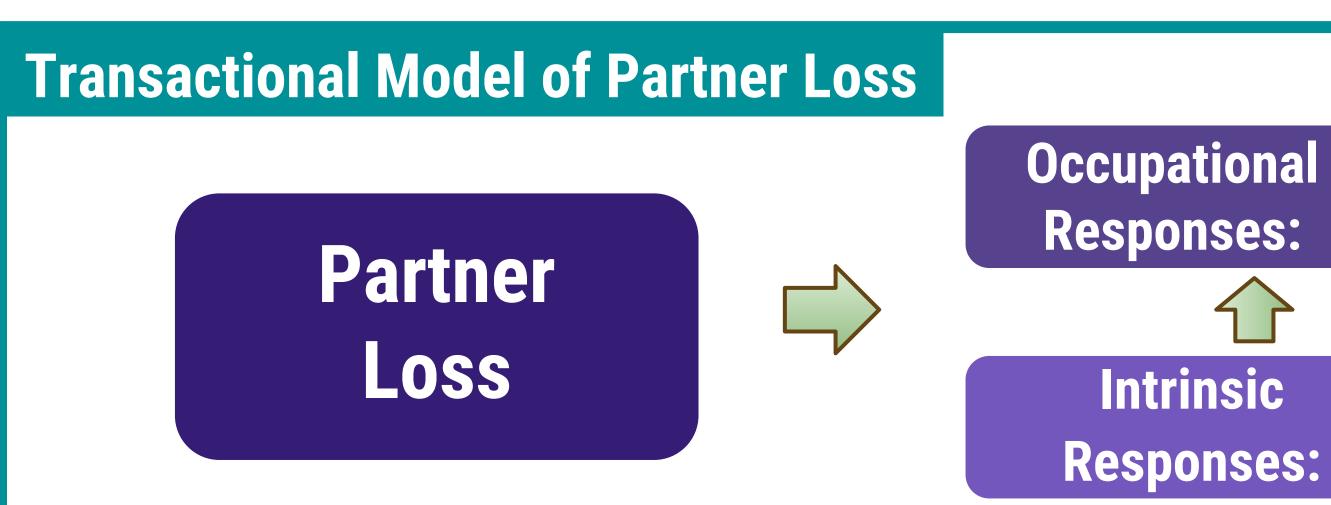
Methods

Design: Qualitative phenomenological research

Participants:

- → Four women, four men
- → Ages 72 to 85
- → Time since partner loss: 1 year to 6 years
- → Caucasian; English-speaking
- → Residing in the community in Marin County
- Recruited through the Osher Lifelong Learning Inst Dominican University of California

Data Collection & Analysis: Qualitative data v gathered using semi-structured interviews, which we recorded and transcribed. An occupation-focused ac guide was provided as a reference to the participants interviews. Common themes were identified using co comparison analysis.



Occupational Responses of Older Adults Following Partner Loss Peter Behr, OTS; Carol Huang, OTS; Jane Song, OTS; & Stephanie Sterner, OTS Advisor: Susan Morris, PhD, OTR/L Occupational Therapy Department | Dominican University of California

Occupational Responses

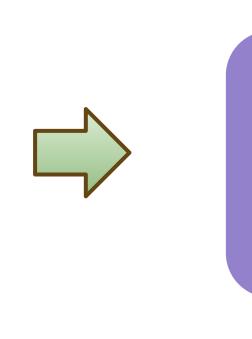
nd 48% of		
	Peers/Friends	Increased single past friends, dec
place due to al r in ssionals	Community Participation	Continuing educ community grou
<i>divorces: 2009</i> . [Data ., Ramirez-Zohfeld, V., events (ALEs) that	Family	Increased suppo and/or strained
esponses of	Caregiving	Transitioned fro caring for self
	Activities of Daily Living	Maintained: Bat dressing, toiletir
stitute at was ere audio	Financial Management	Assumed partne sought financial
	Household Management	Assumed partne hired outside he
	Meal Preparation	Prepared own m restaurant dinin
ictivities ts during the constant	Leisure	Maintained: Spo travel, entertaini

Social Participation, ADLs, IADLs, Leisure

Intrinsic **Responses:**

Autonomy, Intra-Transition, Filling in Time

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le friends, reconnected with ecreased partner's friends

cation, religious services ups, exercise programs

port from family members relationships with children

om caring for partner to

thing, personal hygiene, ing, functional mobility, etc.

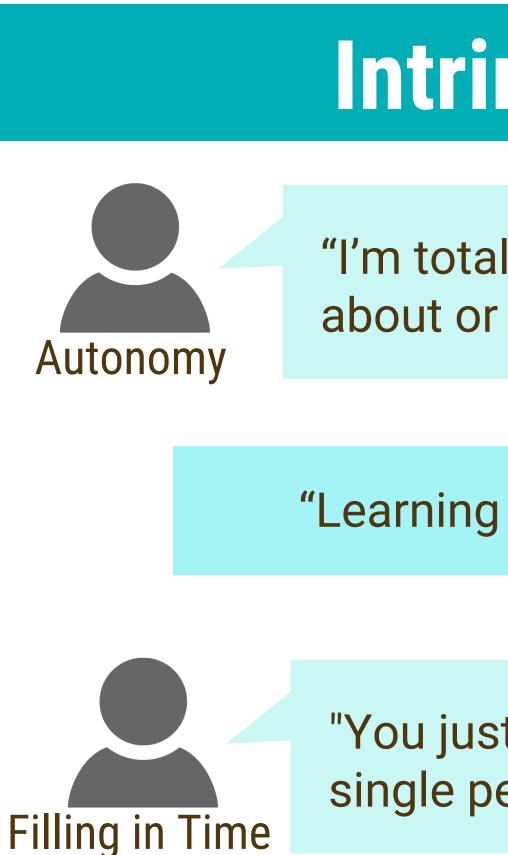
er's responsibilities and/or management assistance

ner's responsibilities and/or elp

meals, meal delivery services,

orts, social outings, reading, ning at home

Successful Aging in Place



Discussion

- management, meal preparation, and leisure.
- place.

Implications for OT Practice

- following partner loss.

Intervention

- Establish Maintain Prevent

Susan Morris, PhD, OTR/L Osher Lifelong Learning Institute





Intrinsic Responses

"I'm totally free. I don't have anyone else to worry about or take care of. I guess that's a positive."

"Learning to say 'l' not 'we'."



"You just stay active as much as you can." "...as a single person, with extra time on [my] hands."

• Occupations commonly impacted by partner loss include: social participation, caregiving, financial and household

• The Transactional Model of Partner Loss highlights the findings of the study: following partner loss, occupational and intrinsic responses interact in a transactional manner. • Participants demonstrated an effective model of adapting to the occupational responses and successfully aged in

 \rightarrow Occupational therapists (OTs) may address these areas of occupations when working with this population. \rightarrow OTs can use multiple intervention approaches when working with older adults to assist in adapting to changes in daily life

Examples of OT Intervention

Establish a new routine to fill in time

- Maintain independence in ADLs (i.e. self care)
- **Adapt/Modify** Modify financial management routine
 - Prevent social isolation

Acknowledgements