Facilitating Aging in Place and Community by Empowering Participation in Society: A Mixed Methods Study on the Co-development of a Theory of Change with Suburban-dwelling Older Adults

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Background

- Population growth
- Costly LTC/LTSS
- 95% Community
- Medicaid
- 90% Ineligible
- Estate Liquidation
- Need Community Action
- Par-exclusion
- Top-down Plan
- Limited evidence

Participation in Society

Goal & Purpose

Goal:
- Find the best ways to empower older adults to participate in their community by understanding their needs and ideas from their point of view.

Purpose:
- How is participation shaped by 1) individual traits of older adults in the community and 2) environmental features of their community?
- What makes it harder or easier to take part in their community? What ideas do older adults have?
- How does the point of view from the older adult help us to know which specific activities are needed to improve participation of older adults in their community?

Methods

- Survey
- Interview

Preliminary Results

- Multiple regression results from QUAN survey (n=62) indicate that, when controlling for age and depression, the model statistically significantly predicted USER-P satisfaction, \( F(9, 965.25) = 5.81, p < .001 \), adj. \( R^2 = .48 \). There are significant predictors beyond demographics that explain satisfaction with participation including lower scores on the World Health Organization Disability Assessment Schedule (WHODAS 2.0 score), agreement of availability of information, and availability of healthcare services.

Preliminary Multiple Regression

<table>
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<tr>
<th>USER-P</th>
<th>B</th>
<th>95% CI</th>
<th>SE B</th>
<th>R²</th>
<th>ΔR²</th>
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Note: Model = “Enter” method in SPSS Statistics; B = unstandardized regression coefficient; CI = confidence interval; SE = standard error of the coefficient; R² = coefficient of determination; ΔR² = adjusted R²; *p<.05, **p<.01.

Impact

- By older adults with different levels of ability giving their point of view in this research, stakeholders can learn how a theory of change can help make action plans that are helpful for all townspeople. (A theory of change is the specific activities that lead to the best outcomes)
- Older adults have the chance to have their voices heard. They can be leaders in making plans that can keep them living at home in their community (aging in place).
- Knowing the best ways to support older adults in taking part in their community can allow for changes to be made over and over to support continued participation over time, no matter what level of ability the person has.

References