CHANGES IN LIFE SATISFACTION DURING THE FIRST YEAR OF THE COVID-19 PANDEMIC: A LONGITUDINAL STUDY OF JAPANESE ADULTS
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The outbreak of the novel coronavirus (COVID-19) has exerted a major impact on daily life. Despite older adults being at a higher risk of severe illness from COVID-19, research has indicated that older adults experienced the same or even higher levels of well-being during the early phase of the pandemic than younger adults. To investigate adverse long-term effects, we examined how individuals’ well-being changed during the first year of the pandemic. A total of 5,281 Japanese adults aged 15—89 years participated in an online survey in February 2020 (before the first state of emergency) and were followed up in March 2021 (during the second state of emergency; follow-up rate 54.7%). Well-being was assessed as a one-item indicator of life satisfaction, with a range of 0 - 10. Counterintuitively, results of a latent change score model demonstrated that life satisfaction increased over time (unstandardized coefficient of 0.17, SE = 0.16, standardized coefficient of 0.58). Individuals aged 64 years and below, with low levels of education, living alone, and perceiving worse health and economic status showed less increase in life satisfaction. In an additional analysis, those more concerned about the pandemic at follow-up displayed less increase. The findings suggest that most people did not exhibit a decrease in life satisfaction during the first year of the COVID-19 pandemic. However, certain individuals could be vulnerable to the outbreak due to the lack of resources. Researchers should better understand the factors that drive the resilience of older adults in the face of adversity.

COGNITIVE COPING AND PERSPECTIVE-TAKING AMONG OLDER ADULTS DURING THE COVID-19 PANDEMIC: AN ECOLOGICAL INVESTIGATION
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In response to the COVID-19 pandemic, older adults report engaging in coping to manage sources of pandemic stress (e.g., loneliness, reduced healthcare access, ageism). Variability in cognitive coping strategies, however, has not been explored through an ecological model lens. In this study, we interviewed older adults online in the northeastern US (N=33, age 63-92) regarding stress and coping strategies during the pandemic, using the taxonomy of cognitive strategies from the Cognitive Emotion Regulation Questionnaire. Consistent with Bronfenbrenner’s ecological model, stress and cognitive coping were qualitatively coded using NVivo in reference to individual, immediate environment (microsystem), connections between environments (mesosystem), and societal (macrosystem) factors. Microsystem-level stressors were prevalent and endorsed in all interviews, but stress was reported at multiple ecological levels. Common microsystem stressors included changes to work/personal life, travel restrictions, and loss of face-to-face socialization. Many participants reported engaging in adaptive cognitive coping (87%), with perspective-taking being one of the most common strategies (78%). Perspective-taking was endorsed across all levels of the ecological model (e.g., comparing the pandemic to other personal experiences, considering family-level resilience, and reflecting on impact to community). The multi-level structure of pandemic stress and coping highlights that older adults subjectively experience stress simultaneously at multiple ecological levels. In turn, they confront stressors using individualized patterns of cognitive coping that extend beyond intrapersonal experience/insight to help fully contextualize the COVID-19 experience. Future studies should explore the use of perspective-taking at intra- and interpersonal levels as integrated coping approaches for managing naturalistic stressors in daily life.

FUTURE TIME PERSPECTIVE MODULATES AFFECTIVE REACTIVITY TO SOCIAL PROBLEMS DURING THE PANDEMIC
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Socioemotional Selectivity Theory posits that individuals with a limited future time perspective (FTP), prioritize emotionally meaningful, positive social interactions. Due to the high value placed on positive social interactions, individuals with a limited FTP might be particularly vulnerable to experiencing elevated negative affect when problems that involve other people do occur as compared to an experience of non-social problems. This project examined the role of FTP in modulating social problem–negative affect links during the pandemic, a time when people were particularly aware of their mortality, and thus their remaining time in life. This study used data from 150 Canadian adults (Mage =43 years, SD= 19, range 18-83, 78% women) who participated in two measurement bursts (one in 2020 and one in 2021). Participants provided FTP information at baseline and then repeatedly reported their negative affect and everyday problem characteristics in 10 consecutive daily diaries across both bursts. Results from multi-level models reveal a differentiated picture. The within-person association between social problem occurrence and elevated negative affect was significant among individuals with a more limited FTP. In contrast, at the between-person level, experiencing more social problems was associated with higher overall negative affect among those with a more extended FTP. To better understand these differential associations, follow-up analyses will explore if type of person involved in the problem and how the problem was handled matter for how they respond to social problems. Findings will be discussed in the context of the Strength and Vulnerability Integration model.

LONG-TERM POSITIVE AND NEGATIVE CONSEQUENCES OF THE COVID-19 PANDEMIC AMONG OLDER ADULTS
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Despite their greater physiological vulnerability, community-residing older adults have shown surprising psychological resilience, at least at the beginning of the COVID-19 pandemic. However, a handful of reports suggest that older adults’ well-being has decreased after a few months, although others have suggested a recovery after a year (Schlomann et al., 2021). The purpose of this study was to examine change in change from baseline (April-May, 2020) to a 13-month follow-up (June, 2021). We analyzed data from 162 older adults with complete data at both time points. Mean age at baseline was 72, SD = 7.6, range = 51-96; 71% were female, 13% were minorities; 74% were married, 71% retired, and most (85%) had at least a BA. Linear modelling showed that there were only marginal increases in the number of problems across time (B = .25, p = .08), but their severity did not increase. There were no significant changes in depression, anxiety, loneliness or physical symptoms over this time period. The modest increase in problems may have been offset by an end to being in lockdown and an increase in social contacts which doubled over this time period, B = 1.65, p <.001). More troubling was that self-reported resilience decreased, B = -.92, p <.01, as did the ability to perceive positives in this situation, B = -.46, p < .01, and self-reported cognitive problems increased, B=.67, p < .01. Thus, the results showed decidedly mixed effects, suggesting individual differences in long-term adaptation to COVID.

SOCIAL CONNECTION IN OLDER ARKANSANS DURING COVID-19: CHANGES AND SATISFACTION
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Social support is important to the health and well-being of older adults. Changes in social support (both frequency and satisfaction with) and barriers to social support during the pandemic remain unknown. During Spring 2021 an automated phone survey of adults 65 and older in Arkansas was completed. Calls were placed to 27,296 households where 8,745 individuals answered, and 867 (N=723 White, non-Hispanic) older Arkansans completed the 18 question self-report survey. Results indicated that: 41% had curtailed their in-person interactions significantly; 61% continued to engage in in-person social interactions outside of their home once a week or more; and social group activities decreased from 52% to 41%. Additionally, it was reported that 88% used technology for social interactions once a week or more and 60% reported technology interactions made them feel socially connected. Despite this, only 67% reported being satisfied with their social connection during the pandemic compared to 93% prior to the pandemic. While many participants continued in-person social interactions, social activity and satisfaction decreased during the pandemic. Social technology alternatives were used by many and for some, social connection was reported to be satisfactory. The value of what was learned from this survey has application outside pandemic times. Understanding and acknowledging that social isolation exists for older adults in normal times and improving technological access to social activities has great value. This knowledge can be used to substantiate the expansion and improvement of older adult friendly virtual platforms therefore contributing to reducing social isolation.

HOW CAREGIVERS AND OLDER US VETERANS MANAGED SOCIAL ISOLATION DURING THE COVID-19 PANDEMIC
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To protect themselves from contracting the SARS-CoV-2 virus, many older adults managing multiple medical conditions experienced increased social isolation. The objective of our qualitative research study was to describe how older Veterans receiving care from the United States (US) Department of Veterans Affairs (VA) healthcare system, and their caregivers, managed increased social isolation during the pandemic. We recruited Veterans and their caregivers residing in rural and urban areas who received care from either a tele-palliative care or a tele-geriatrics clinic connected to one VA Medical Center, inviting them to participate in phone interviews. From May-September 2021, we interviewed N=23 participants (n=9 Veterans and n=14) caregivers. We applied a deductive and inductive approach to thematic analysis to analyze interview data. Findings revealed that while caregivers experienced increased anxiety, which they attributed to pandemic-related changes, they also expressed solidarity in that others were experiencing similar stressors. Many caregivers and Veterans shared experiences of increased loneliness, which some found difficult to manage as communication with their social networks was sparse. At the same time, the pandemic made them value relationships with others more than before. Some Veterans noted they kept busy with hobbies and did not feel much loneliness despite increased isolation. Caregivers caring for Veterans with dementia stated they experienced confusion about their narrower social networks because they could not remember reasons why they were not regularly spending time with them. Findings demonstrate the need to identify strategies and policies to better support caregivers and older Veterans during times of crisis.

FACTORS ASSOCIATED WITH NURSING HOME DIRECT CARE PROFESSIONALS’ TURNOVER INTENT DURING COVID-19
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The negative effects of the COVID-19 pandemic on the well-being of direct care professionals (DCPs; nursing assistants and aides) in nursing homes (NHs) has led to high rates of DCPs’ turnover and staff shortages - both issues