HOW CLINICAL SETTING AND EXPERIENCES INFLUENCE NURSING STUDENTS’ ATTITUDES TOWARD OLDER ADULTS

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This study is significant because older healthcare consumers continue to rise with estimations that nearly 72.1 million persons in the United States will be over the age of 65 by 2030. A fundamental question remains, will the future nursing workforce possess the attitude and knowledge to competently provide age-friendly care to older adults. The aim of this study explores how clinical setting, previous experiences with older adults, and previous work experiences in long-term care settings influence the attitudes of first year prelicensure nursing students toward this population. Six baccalaureate nursing schools from a Midwest state in the United States participated in this descriptive, cross-sectional, correlational study. One hundred and nine participants who completed their first clinical experience participated in the study. An understanding of this experience may provide nurse educators with insight into how to design clinical learning activities so nursing students’ acquire interest in care of older adults.

IMPACT OF ADAPTED DANCE ON MOOD AND PHYSICAL FUNCTION AMONG ALZHEIMER’S DISEASE ASSISTED LIVING RESIDENTS

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Neuropsychiatric secondary symptoms and altered physical function are prevalent among persons with Alzheimer’s Disease and related dementia disorders (ADRD) which increase healthcare costs and caregiver burden. Adapted dance is a promising intervention that may improve these symptoms and physical function. The purpose of this study is to test whether 12 weeks of adapted dance (60 min 2x/week) improves agitation, physical function, and reduces caregiver burden. An experimental crossover design will be used. ADRD residents with a Montreal Cognitive Assessment score between 6-26, Timed up and go of <20 seconds, Cohen-Mansfield Agitation Inventory Score (CMAI) of >15, and do not use oxygen or assistive device will be eligible to participate. Outcomes will be assessed at baseline and every 4 weeks during each study arm for 24 weeks. Measures include CMAI and the Neuropsychiatric Inventory-Clinician Scale for agitation; Short Physical Performance Battery for physical function; and Zarit Burden Interview for caregiver burden.

SAFER MEDICATION MANAGEMENT FOR HOME-DEWLLING OLDER ADULTS

Henk Verloo,1 Armin von Gunten,2 Boris Wernli,3 Marie SANTIAGO-DELEFOSSE,4 Maria Manuela MARTINS,5 and Filipa Pereira6, 1. University of Applied sciences and Arts Western Switzerland, Switzerland, Switzerland, 2. Service of Old Age Psychiatry, Lausanne University Hospital, Prilly, Vaud, Switzerland, 3. FORS, Swiss Centre of Expertise in the Social Sciences, University of Lausanne, Expert in Database Processing, Lausanne, Vaud, Switzerland, 4. University of Lausanne, Lausanne, Vaud, Switzerland, 5. Institute of Biomedical Sciences Abel Salazar, University of Porto, Porto, Portugal, 6. University of Applied Sciences and Arts Western Switzerland, Sion, Valais, Switzerland

Taking several medications at the same time can lead to adverse effects and dangerous situations for home-dwelling older adults with chronic conditions. Accurate medication management can be a difficult challenge, especially for people living at home. However, little research has been carried out into the experience of older adults and their informal caregivers with medication management. The aim of the study is, first, to identify factors that can cause undesirable side effects and make taking multiple medications potentially dangerous for home-dwelling older adults. Second, the study will investigate the experiences of this group of patients with medication management. Third, the role of both professional and informal caregivers will be examined. Recommendations will be made on how to improve the safety of medication management for home-dwelling older adults with chronic conditions and should help to prevent the adverse effects and dangerous situations that can lead to hospitalization, institutionalization or premature death.

LONG-TERM EFFECTS OF MINDFULNESS ON URGE URINARY INCONTINENCE IN OLDER ADULT WOMEN: ANALYZING RCT RESULTS AT 6 MONTHS

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Urge urinary incontinence is a condition estimated to cost $82 billion by 2020. Innovative treatments are needed, particularly in the older adult population. A prior combined feasibility study and randomized controlled trial examined six feasibility determinants and five preliminary efficacy outcomes of treating urge urinary incontinence in older adult women (N=25; average age=74 years) utilizing an 8-week mindfulness-based stress reduction (MBSR) intervention compared with the health enhancement program (HEP), which is an active comparison modality specifically validated to be used alongside MBSR in scientific research. Feasibility and preliminary efficacy results were reported at GSA in 2018. This 2019 presentation relays the preliminary efficacy results at 6-month follow up. Outcomes include symptom severity, symptom bother, perceived stress, perceived self-efficacy, and rate and trajectory of change. Future research is needed in the form of a multi-site trial to provide a larger sample with greater diversity.

SESSION 3500 (SYMPOSIUM)

UTILIZING TECHNOLOGY NETWORKS TO SUPPORT SOCIAL NETWORKS FOR PEOPLE AGING WITH DISABILITY

Chair: Elena T. Remillard, Georgia Institute of Technology, Atlanta, Georgia, United States
Co-Chair: Wendy Rogers, University of Illinois, Urbana-Champaign, Champaign, Illinois, United States
Discussant: Sarah Ruiz, National Institute on Disability, Independent Living, and Rehabilitation Research, Washington, D.C., United States

A growing number of new smart, internet-enabled technologies from smart phone applications, to teleconferencing,
to the Internet of Things (IoT), provide great promise and potential to support successful aging-in-place for people with long-term disabilities. This symposium highlights ongoing research at the TechSAge Rehabilitation Engineering Research Center to identify technology needs and develop/adapt new technologies to promote independence, health, and participation of this population. To understand user needs, Harris et al. will present findings from a large-scale interview study with older adults with long-term vision and mobility disabilities (N=120) that explored specific task-based challenges with community activities (e.g., going to entertainment events, volunteering) as well as solutions and strategies to overcome them. Koon et al. will present findings on perceived facilitators and barriers to using digital assistants (e.g., Amazon Alexa) to facilitate a variety of everyday tasks at home, from shopping to communicating with others, among adults aging with mobility disabilities. Levy et al. will discuss findings from research driving the creation of augmented reality tools that can enable individuals to experience how IoT devices, such as smart thermostats and lightbulbs, could be used within the context of one's own abilities and home. Mitzner et al., will describe the development of a Tele Tai Chi intervention for older adults with long-term mobility disabilities that employs teleconferencing software to translate an in-person, evidence-based class to an online, social experience. TechSAge Program Officer, Sarah Ruiz (National Institute on Disability, Independent Living, and Rehabilitation Research), will serve as the discussant.

A TELEWELLNESS APPROACH TO REDUCE BARRIERS TO GROUP EXERCISE FOR ADULTS AGING WITH MOBILITY DISABILITY

Tracy L. Mitzner,1 and Elena T. Remillard1, 1. Georgia Institute of Technology, Atlanta, Georgia, United States

Group exercise classes have the potential to provide physical, cognitive, and emotional health benefits, through the physical activity performed as well as the social interaction among class participants. Substantial barriers exist for adults aging with lower-body mobility disabilities to engage in group exercise classes, including lack of transportation to classes, inaccessible buildings where classes are held, and lack of appropriate modifications offered for this population of older adults. Just as telehealth interventions have reduced barriers to healthcare, telewellness interventions can reduce barriers to engaging in wellness activities, such as group exercise classes. We will discuss a research study employing teleconferencing software to translate an evidence-based group tai chi class for adults aging with lower-body mobility disabilities. We will present the adaptation requirements identified to test the efficacy of a telewellness intervention for improving increasing social interaction and positive health behaviors (i.e., physical exercise frequency) for adults aging with disabilities.

SUPPORTING AGING IN PLACE WITH THE INTERNET OF THINGS: MEETING CHALLENGES OF USE THROUGH AUGMENTED REALITY TOOLS

Laura Levy1, and Marieth Gandy2, 1. Georgia Institute of Technology, Atlanta, Georgia, United States, 2. Georgia, Atlanta, Georgia, United States

Internet of Things (IoT) devices (including smart thermostats, lightbulbs, and door locks) have the potential to greatly enhance independence and promote aging-in-place among older adults with mobility disabilities. However, these devices require extensive information technology expertise to select, configure, use, and adapt to meet one’s needs and this creates considerable barriers to their adoption, acceptance, and utilization. Meanwhile, increasingly available consumer augmented reality (AR) technologies can enable individuals to experience how IoT function and are used within the context of one’s own abilities and home. This may provide potential users an effective means of overcoming barriers to adoption, acceptance, and utilization of IoT to support aging in place. We present preliminary results from a participatory design study of older adults with mobility disabilities on the use of AR on a smart phone device to support IoT understanding.

IDENTIFYING COMMUNITY PARTICIPATION CHALLENGES FOR ADULTS AGING WITH MOBILITY AND VISION DISABILITIES

Maurita T. Harris,1 Lyndsie M. Koon,1 Elena T. Remillard,2 and Wendy A. Rogers1, 1. University of Illinois at Urbana Champaign, Champaign, Illinois, United States, 2. Georgia Institute of Technology, Atlanta, Georgia, United States

There are growing numbers of older adults with mobility and vision disabilities acquired in early to mid-life who are a part of a population described as “aging with disability”. For these individuals, the addition of normative age-related declines (e.g., vision loss, arthritis) on top of a long-term disability can create extensive barriers to community participation. We present findings on activity challenges with community participation among older adults with long-term vision and mobility disabilities (N=120) from the Aging Concerns, Challenges, and Everyday Solution Strategies (ACCESS) interview study. Results provide detailed insights on the specific task-based challenges experienced when engaging in one’s community (e.g., going to entertainment events, doing activities with a group or organization, and participating in religious services and activities) as well as the solutions and strategies employed to overcome those challenges. Findings provide guidance for the design of supportive technologies that promote participation and independence for this understudied population.

VOICE-ACTIVATED DIGITAL ASSISTANTS: PERCEPTIONS FROM NOVICE USERS WITH LONG-TERM MOBILITY DISABILITY

Lyndsie M. Koon,1 Kenneth Blocker,2 and Wendy Rogers3, 1. University of Illinois, Urbana-Champaign, Illinois, United States, 2. University of Illinois at Urbana Champaign, Champaign, Illinois, United States, 3. University of Illinois, Champaign, Illinois, United States

Voice-activated digital assistants (e.g., Amazon Echo, Google Home) are an emerging technology that have great potential to provide support for adults aging with a long-term mobility disability. Digital assistant technologies allow the user to perform a variety of everyday tasks and activities through voice interactions. Such tasks may include environmental control (e.g., turning on/off lights, voice-activated temperature control); supporting self-health management