

Perspectives on Aging in Place During the Covid-19 Pandemic: A Qualitative Analysis

Natalie Caylor
Health, Society, and Policy
Sociology
Mentor: Valerie Greer



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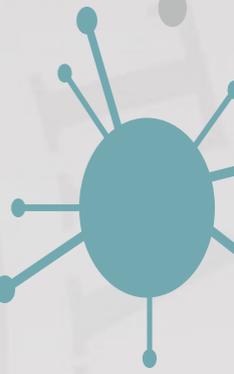
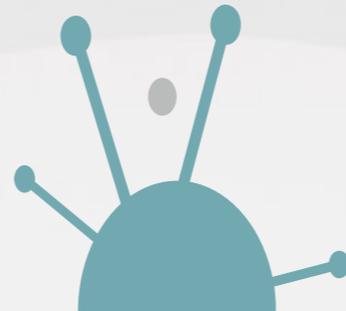
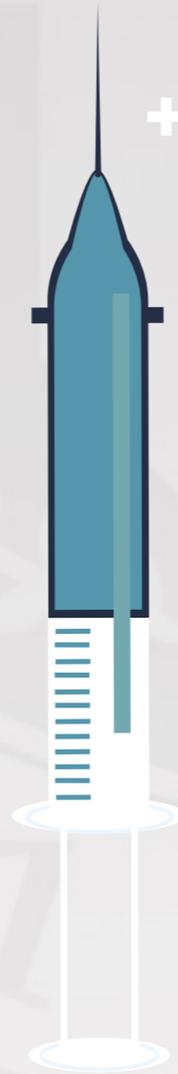
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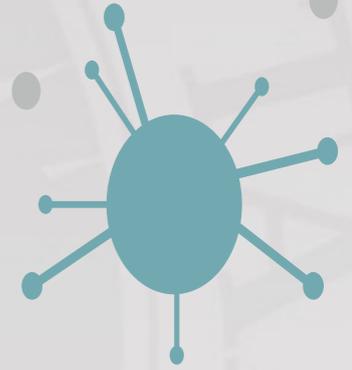
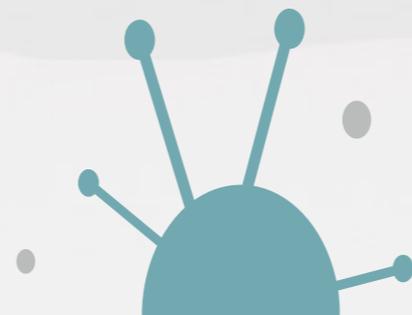
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INTRODUCTION

The older adult demographic is one of the most vulnerable to the health effects of Covid-19 and the social hardships resulting from the pandemic.

This research aims to identify the factors which were supportive to older adults who were aging in place during the pandemic.



BACKGROUND



Aging in place

Aging in one's own home and community



Covid-19

Disproportionately affects older, poorer, and non-white populations



Service provision

The restrictions of the pandemic have made service provision more difficult



Supportive Factors

Social connection and optimism



ageism

Heightened during the pandemic when resources were scarce



Policy

Many cities and communities have enacted age-friendly initiatives

GOALS

Objective 1

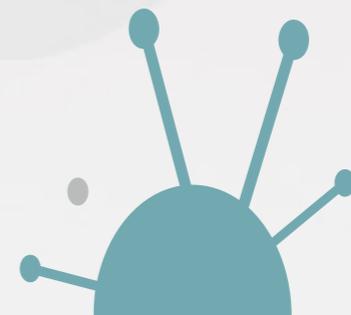
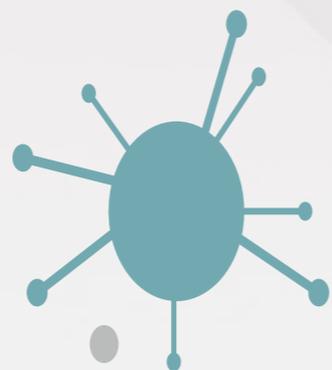
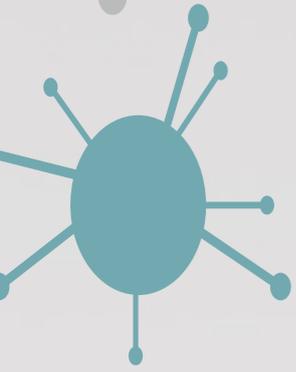
Determine the supportive factors for aging in place identified by both older adults and service providers

Objective 2

Determine how the supportive factors enjoyed by privileged older adults can be extended to those who are less fortunate

Objective 3

Determine how service providers can best support older adults going forward



METHODS

Photovoice

7 Days of Photo Taking

Relevant aspects of aging in place during the pandemic

Individual Interviews

Describing photos and their significance to aging in place

Focus group

4-6 participants discussing photos and themes

Knowledge Cafe

Session 1

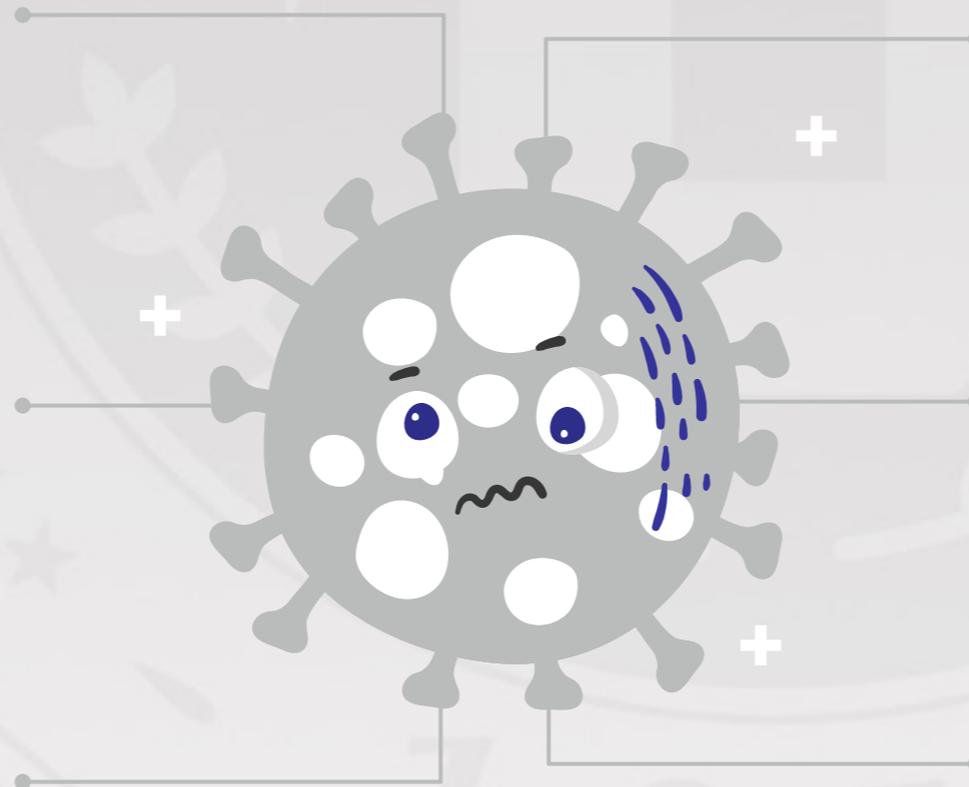
Identifying environmental factors and issues

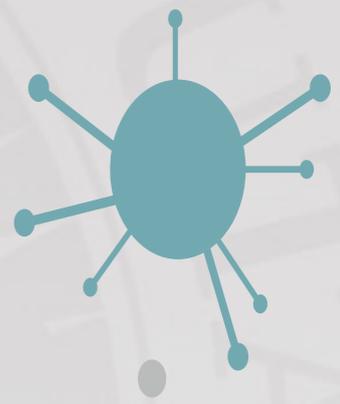
Session 2

Dreaming and envisioning future change

Session 3

Feedback and future strategies



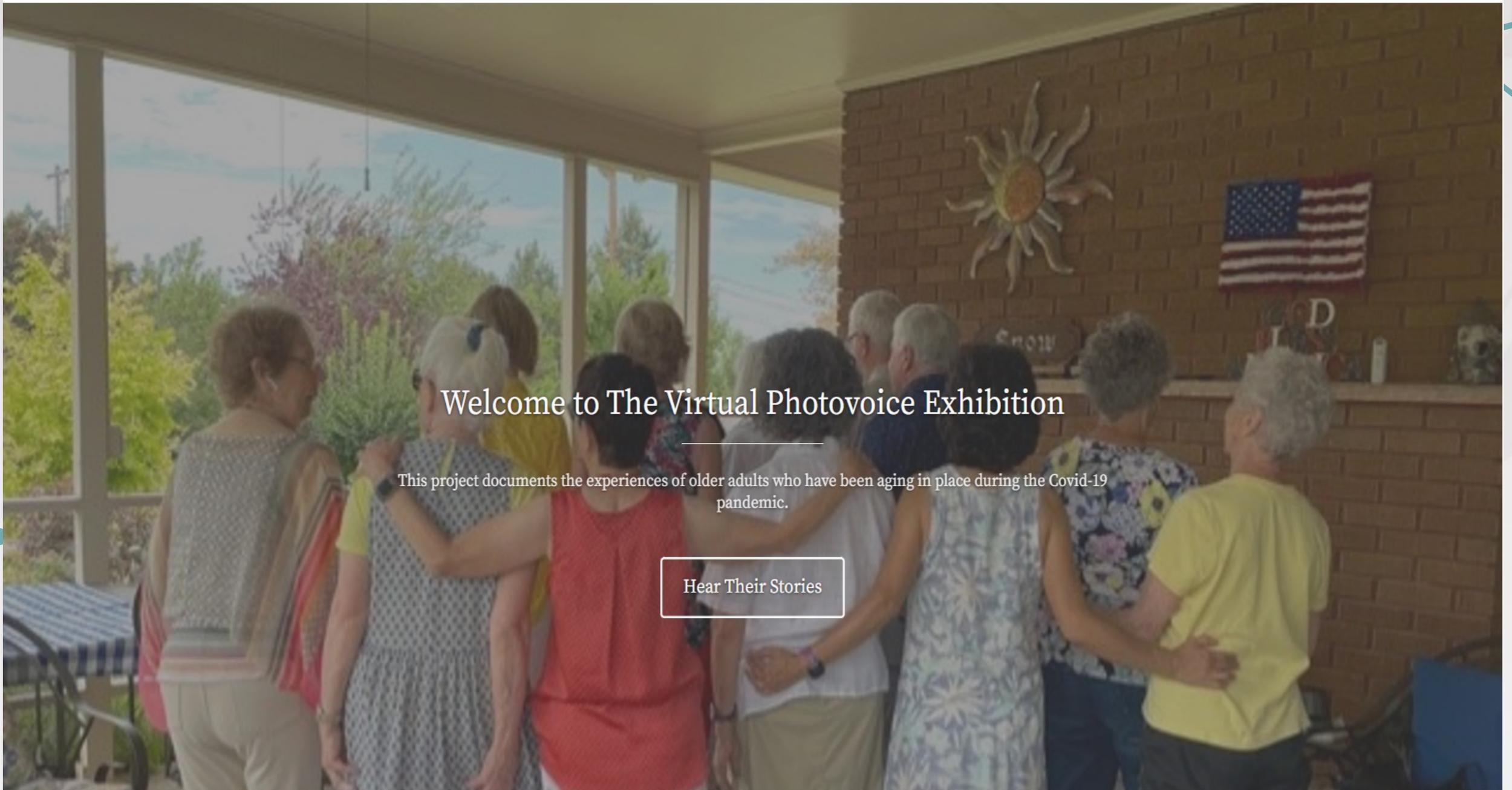


Participant Demographics

Table 1: Study Participant Demographics	
Number of participants	16
Avg. age (Std. deviation)	74.5 yrs old SD= 3.6
Gender	14 Female 2 Male
Marital status	9 Married 4 Widowed 3 Separated or Divorced
Race	16 White (Caucasian)
Employment	1 Employed Part Time 15 Retired
Highest level of education (degree)	1 Associate Degree 8 College Degree 7 Graduate Degree
Living alone/with another person	5 Alone 11 With Another



Virtual Photovoice Exhibition



Welcome to The Virtual Photovoice Exhibition

This project documents the experiences of older adults who have been aging in place during the Covid-19 pandemic.

[Hear Their Stories](#)

Results: Photovoice 5 Central Themes



Functional Factors

Maintaining structure while aging through everyday habits and routines



Physical Factors

Staying healthy and physically active



Social factors

Relationships with community and intimate relationships with loved ones



Psychological Factors

Jupiter is actually the fifth planet from the Sun

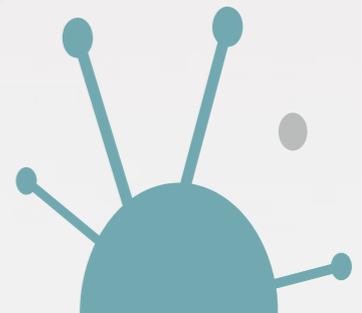
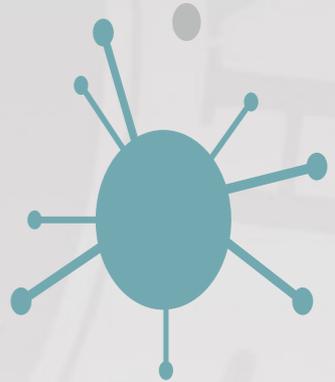
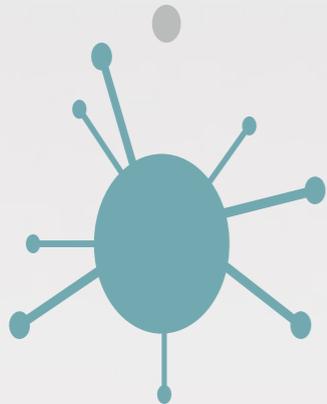


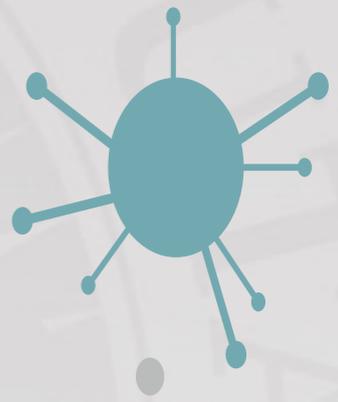
Environmental Factors

Having control over one's everyday living environment; agency over physically occupied spaces

01

Environmental
Factors

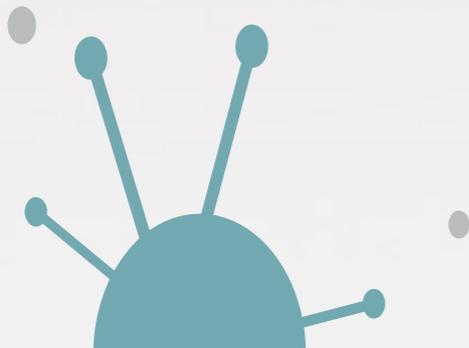
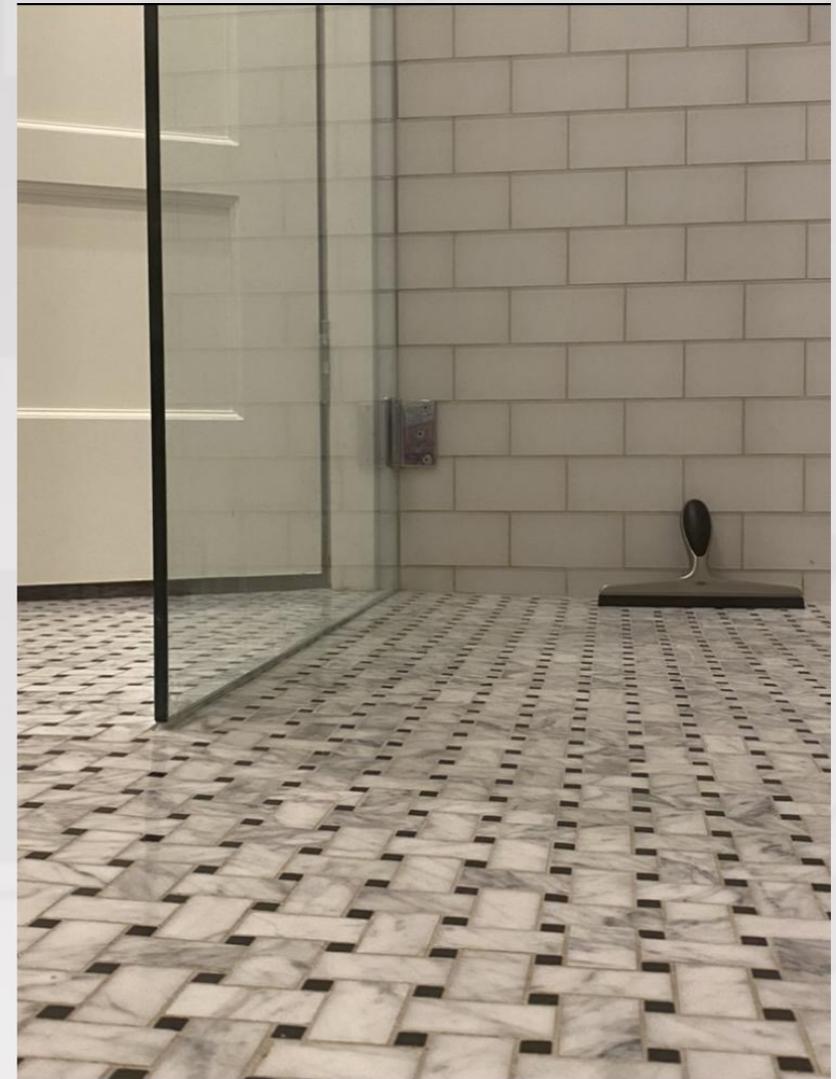


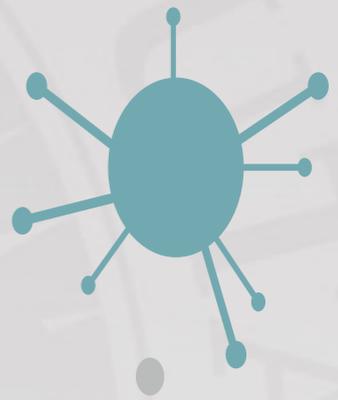


Home Maintenance

"Maintaining Your Environment"

"This is one area of where you live that you need to maintain and keep it clean... . I think it's important to keep yourself focused on maintaining where you are, your internal environment, your house, your health, your space outside the house, and all that kind of stuff."

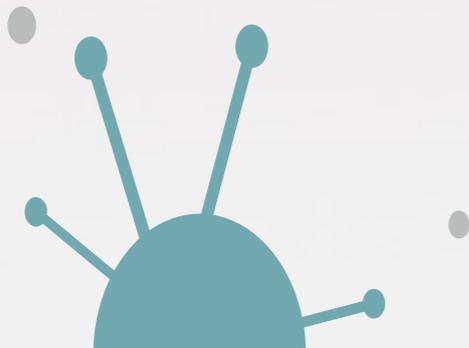
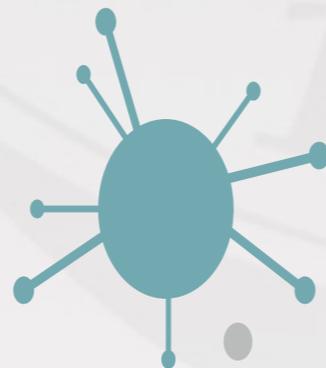


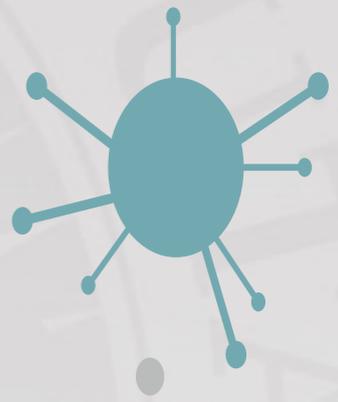


Transportation Access

“Forever Mobile”

“[Trax] makes me more mobile than if, so I don’t have to be quite so dependent on my car... It...expands the mobility options.”

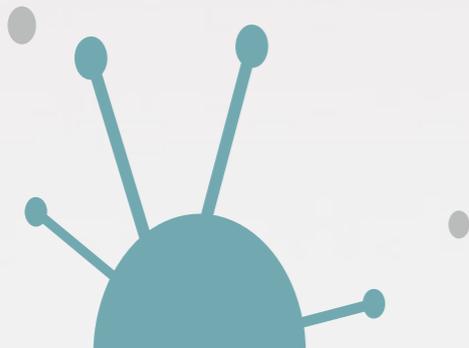
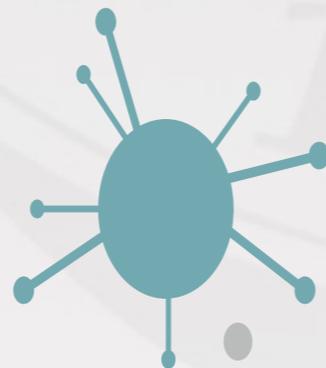
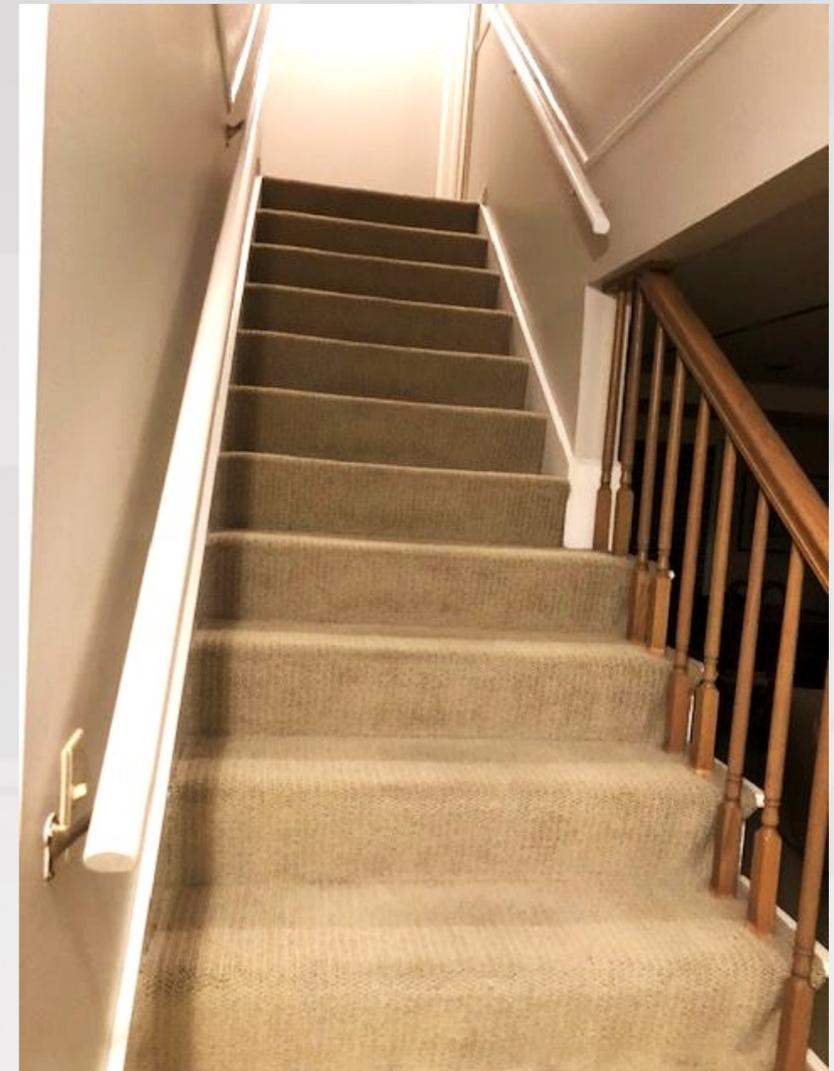




Adaptations for Safe Aging

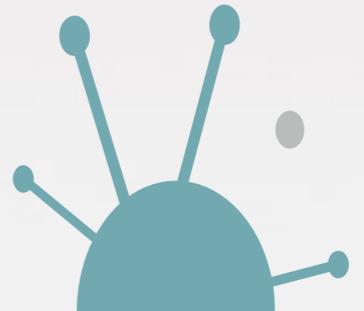
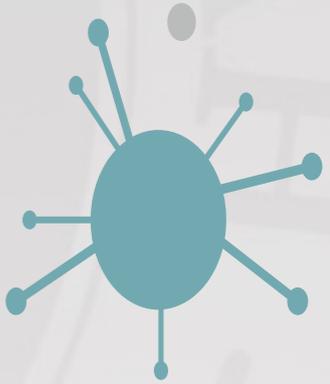
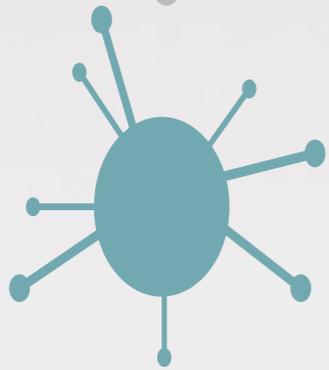
“I’m Not Going Anywhere”

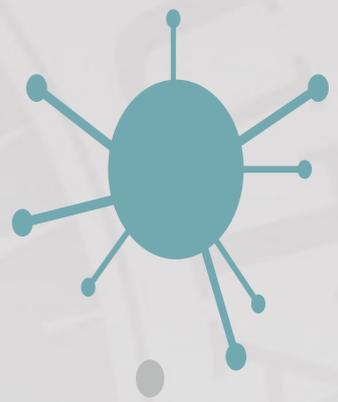
“ Oh, the stairs, the stairs. We used to always say when one of us couldn’t walk the stairs anymore, it was time to leave the house.”



02

Functional Factors

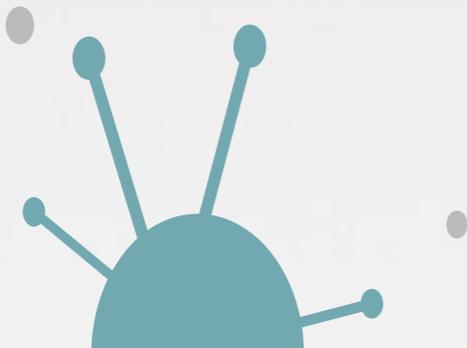
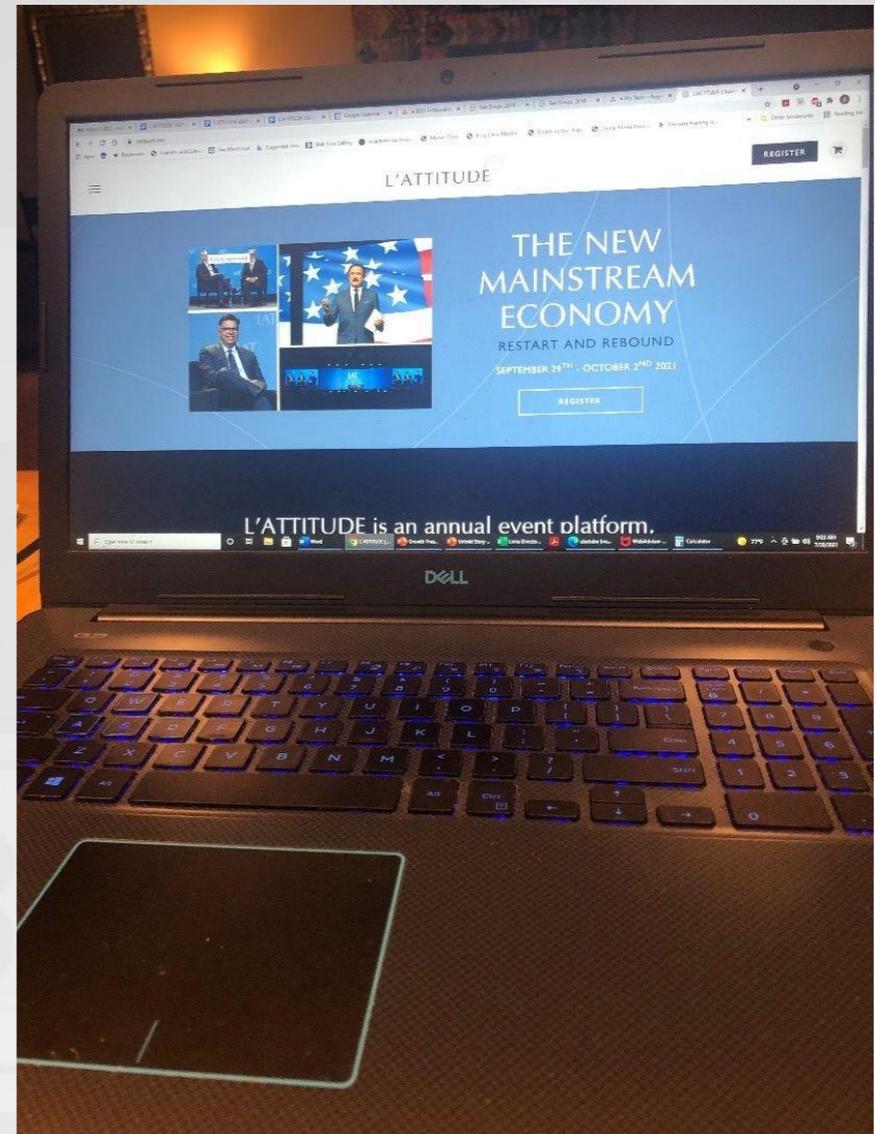
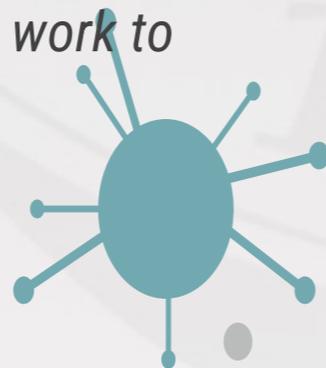


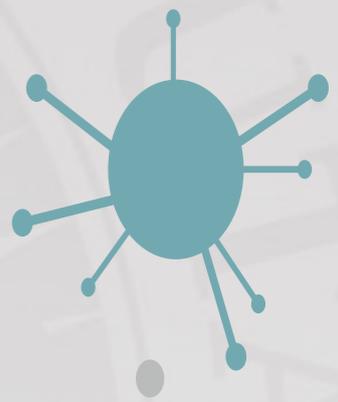


Maintaining Activities and Quality of Life

“Feeling Relevant and Useful”

“I do some consulting part time. . . And so I took a picture of this organization and this event that keeps me engaged in some work, which is really helpful to aging in place because *having some work to do helps you feel relevant.*”

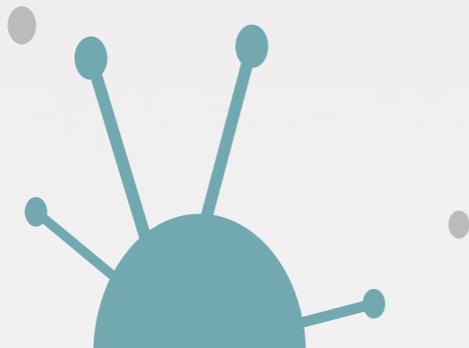


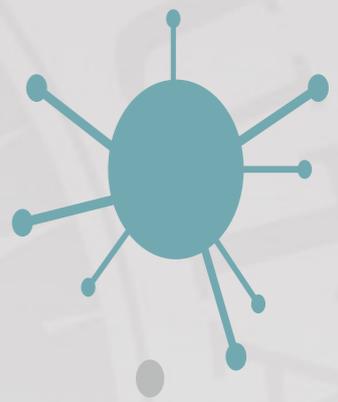


Getting Out of the House

“Lovely Things to Do”

“[W]e go for dinner once a week, we go for dessert once a week, and those are evening things. And then depending on our hiking/walking schedule for that week, we’ll do a long walk that kind of equals a hike. So, *maybe three times a week, we actually end up [in town].*”

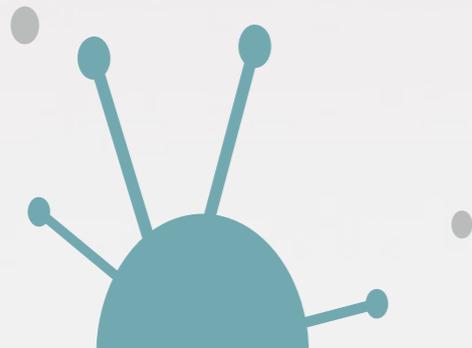




Hobbies and crafts

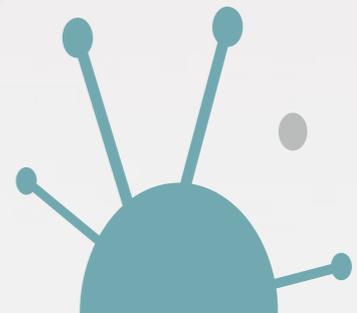
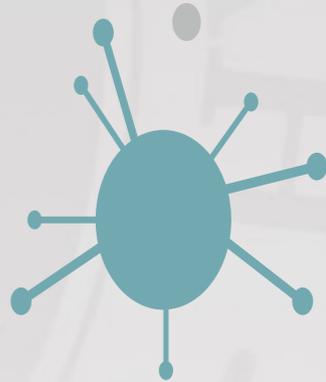
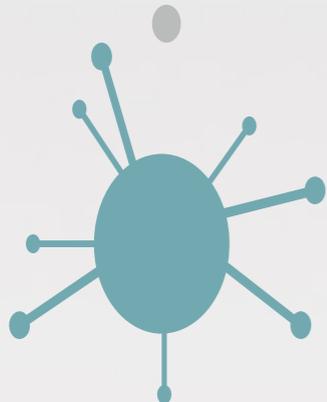
“Having Fun”

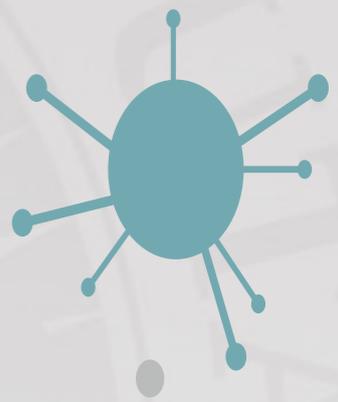
“I like to make all types of things, and I kind of went on the internet and said 'I want to do something, I've got to do something now.' I got some origami instructions. . . and so it was just a representation of when you're aging in place, you have time to go find something you haven't done before.”



03

Physical Factors

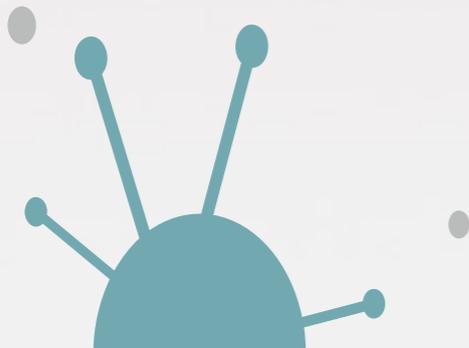
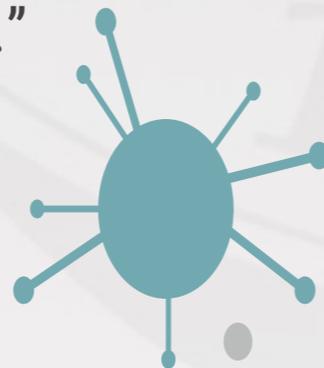


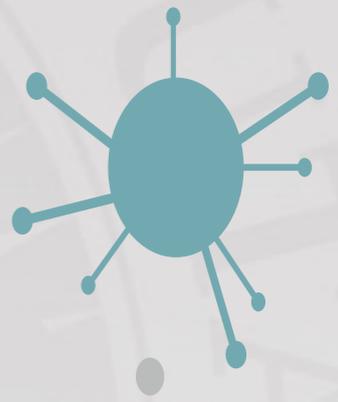


Staying Active for Aging and Health

“Take Care of Yourself”

“I have always known I won’t go to a gym. If I don’t do something at home, it won’t happen. . . It’s just, you know, a hundred leg lifts in the morning and other stuff, yoga stuff, mainly stretching and some strength stuff, but that’s it.”

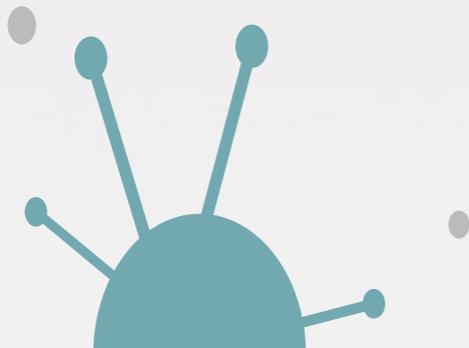
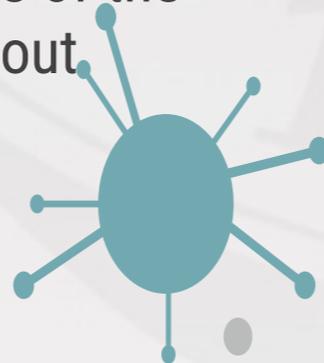
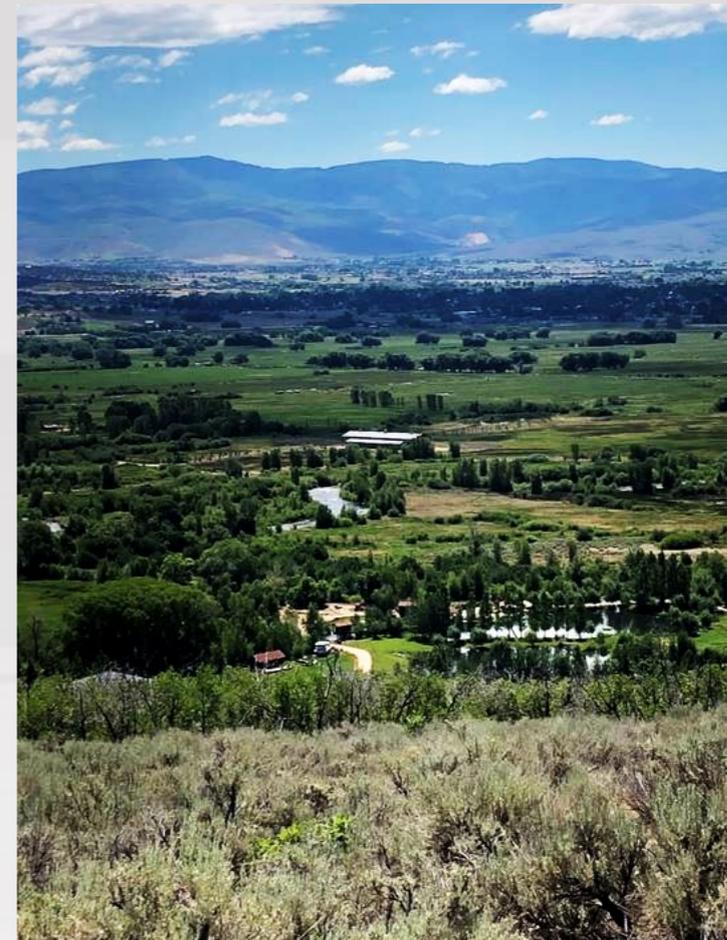


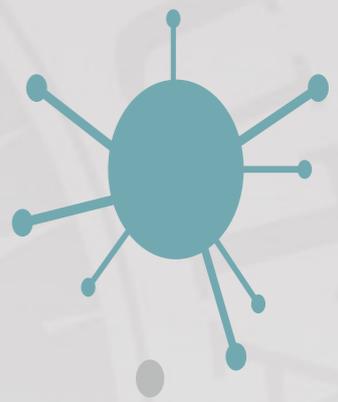


Proximity to Nature and the Outdoors

*“Enriching, Inspiring,
and Peaceful”*

“I wanted to capture the Heber Valley, the valley in which we live. . . The valley, which was so green that day, and surrounded by the blue mountains are just a lovely setting. And it captures one of the reasons we’re so happy about living here.”

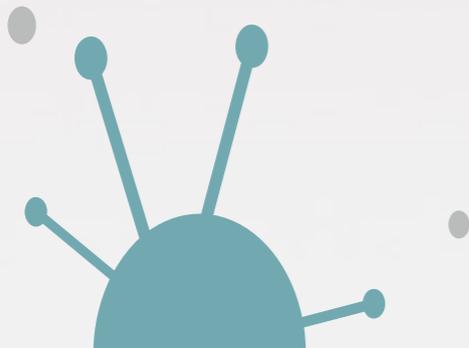




Masks and Covid Precautions

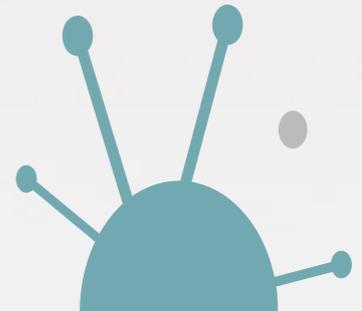
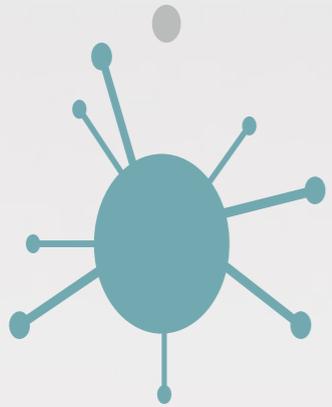
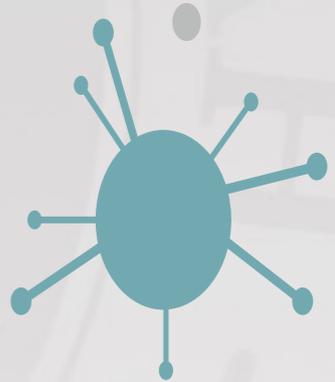
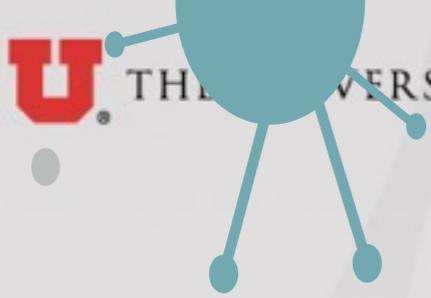
“Gathering”

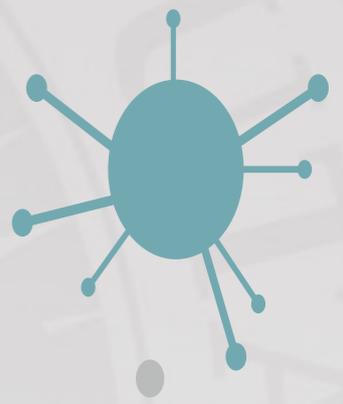
"When the pandemic first started, [my family members] were very careful to wear their masks when they were around us because we were older. And we didn't have the big, large gatherings. . . . But . . . after we got vaccinated. . . we were able to gather and have more, but it was a little more subdued, not the great big gatherings that it used to be."



04

Social Factors

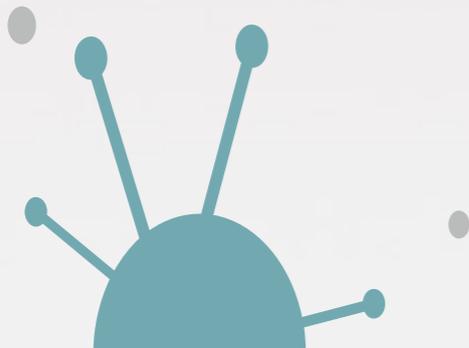
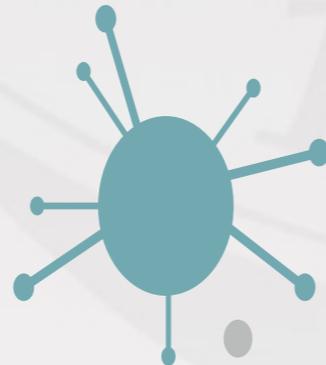


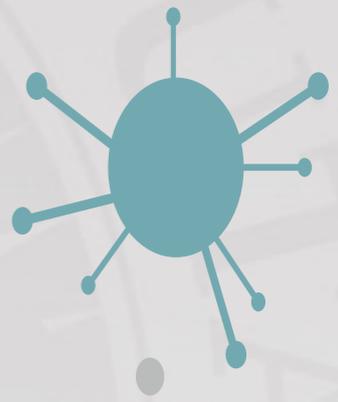


Familial Connection

“Everybody’s Here”

“I value [getting together with family] so much because we didn’t do it during the pandemic. . .It’s the small groups of people, the people I care about most, getting to be together in person, not on the telephone, and talk about whatever anybody needs to talk about.”

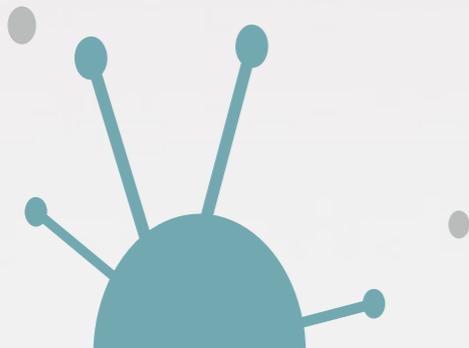
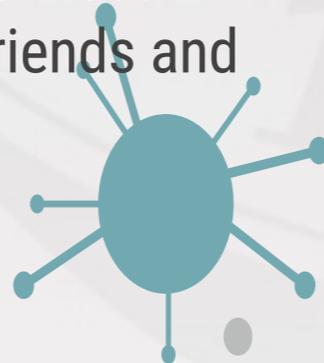


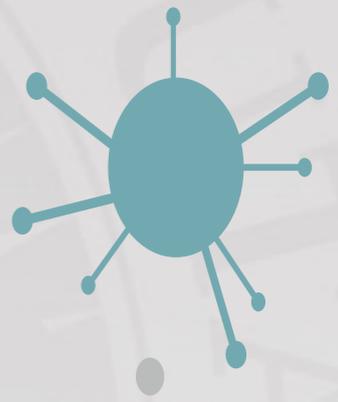


Activities with Friends

“One of the Most Important Things”

“I had a support group from Jewish Family Services. And . . .there’s a group of us that have become extremely close. And we’ve started, now that everybody’s vaccinated, going out to dinner outdoors and seeing each other a little bit more. . . One of the most important things is to have friends and be social.”

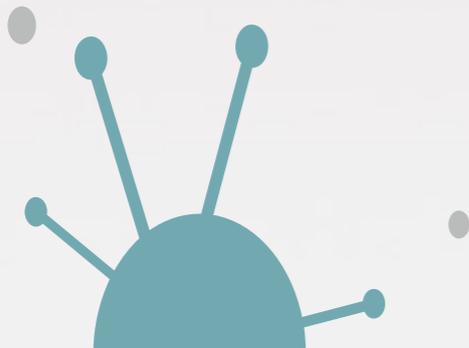




Indoor/ Outdoor Transitional Spaces

"The Gathering Place"

"Right out the back door is my little patio that got a roof on it a few years back, which was awesome . . . My daughters, who both work in the medical field, were extremely cautious during the pandemic. So that's where we hung out with our masks for a year-and-a-half until we got vaccinated."

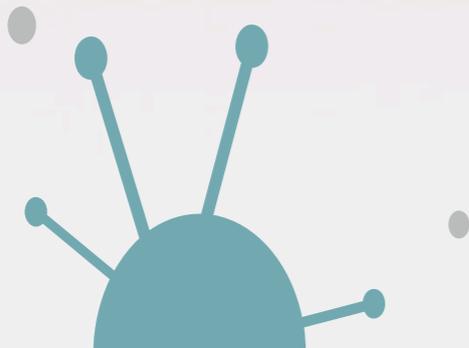
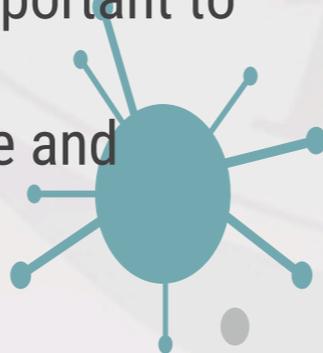




Safe, Walkable, Welcoming Neighborhoods

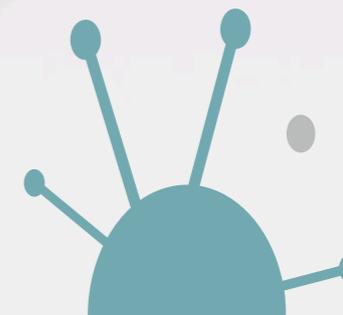
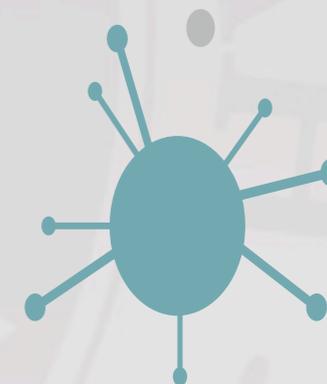
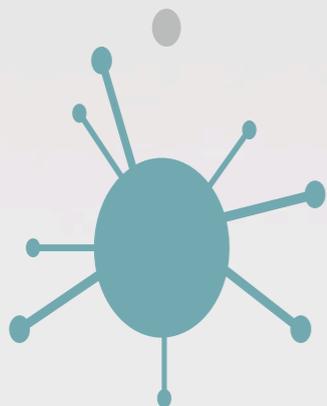
“Hope, Good Will, and Optimism”

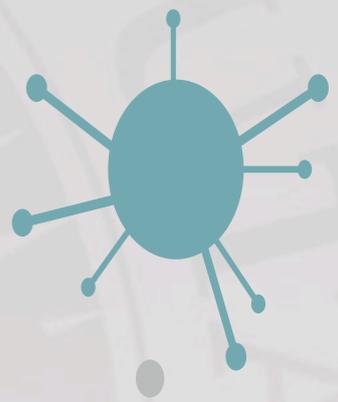
“Every time I go [to my neighborhood], I’ll see a sign like Black Lives Matter or lots of Pride signs, colorful signs. . . It gets me out of the house because I know I can walk somewhere close and safe, and walking is really important to me. . . when I walk to this neighborhood, I just see hope and delight.”



05

Psychological Factors

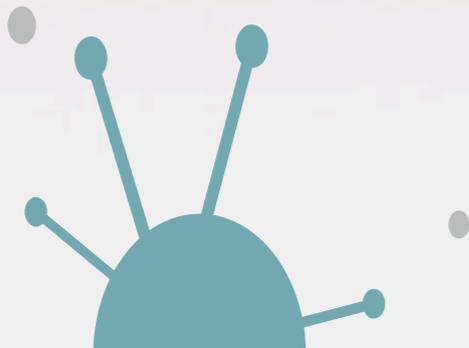
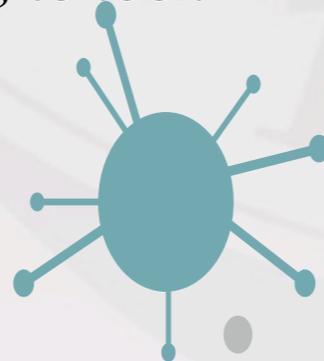




Nature and Animals

“Tomato Plants”

“I have grandchildren. . . but they don’t come around every day. But I need to look after my plants all the time. . . *That’s another thing to do, and to share, watch to grow, have some things to take care of, to look after.*”.

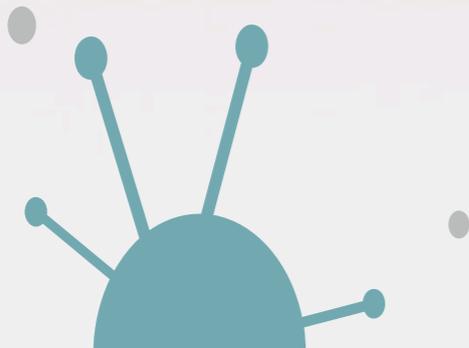
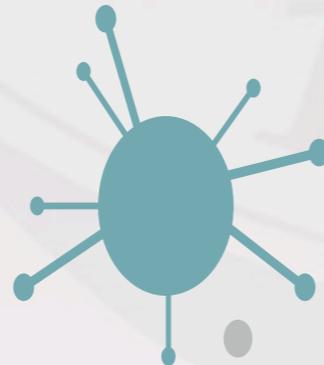


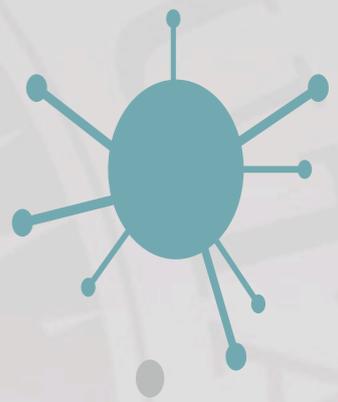


Self-Sufficiency, Independence, and Dignity

“A Space of My Own”

“I think an important part about aging is being able to do things. Not only like hiking and sports, but to do things with your hands. And to feel useful or to feel creative, to be able to do repairs around the house feels good.”

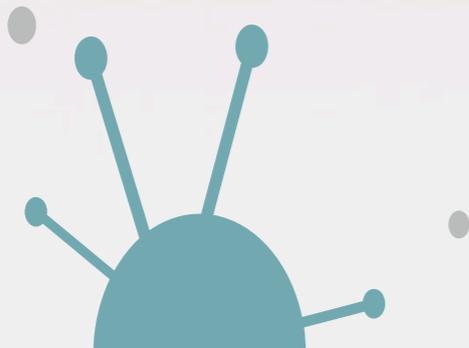




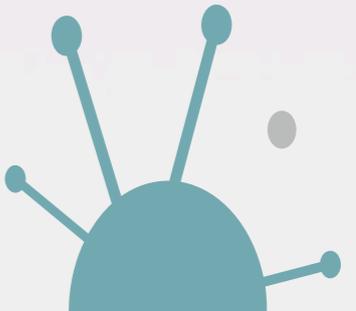
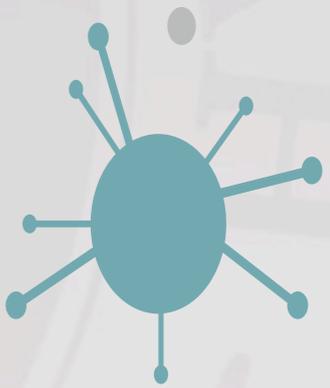
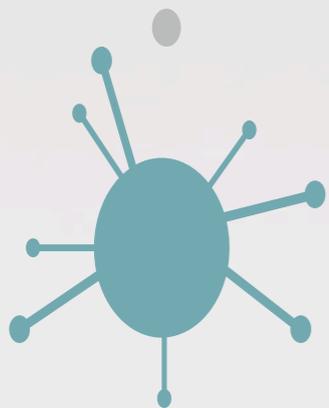
Acts That Benefit Others

“Thinking of Others: Gifts to Charity”

“I’ve been knitting a lot of scarves and a lot of these little washcloths. . . and then the end product goes to the Assistance league for them to give away or sell. . . *I think aging in place isn’t just doing for myself. I think you need to still think of other people.*”



Summary of Findings



MASLOW'S HIERARCHY OF NEEDS

ABRAHAM MASLOW



MORALITY, CREATIVITY, SPONTANEITY, PROBLEM SOLVING, LACK OF PREJUDICE, ACCEPTANCE OF FACTS

SELF-ACTUALIZATION

SELF-ESTEEM, CONFIDENCE, ACHIEVEMENT, RESPECT OF OTHERS, RESPECT BY OTHERS

ESTEEM

FRIENDSHIP, FAMILY, SEXUAL INTIMACY

LOVE/BELONGING

SECURITY OF BODY, OF EMPLOYMENT, OF RESOURCES, OF MORALITY, OF THE FAMILY, OF HEALTH, OF PROPERTY

SAFETY

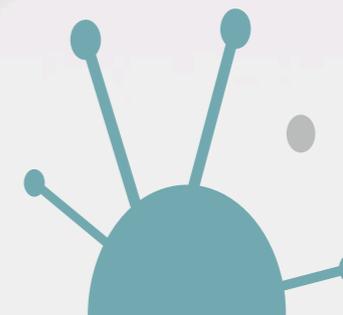
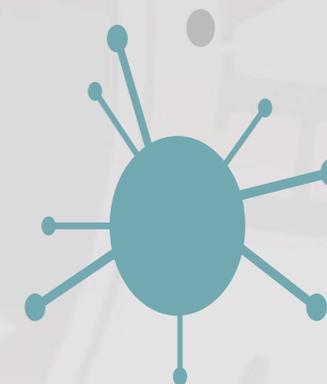
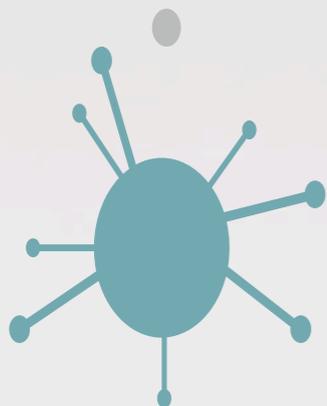
BREATHING, FOOD, WATER, SEX, SLEEP, HOMEOSTASIS, EXCRETION

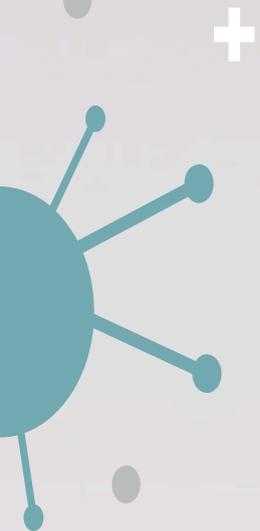
PHYSIOLOGICAL

Abraham Harold Maslow (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, Motivation and Personality.

Self-Actualization - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.

Recommendations for Policy and Service Provision





Increase Tech Literacy and Access



Focus on Rural Areas



Provide Services Addressing Different Levels of Needs



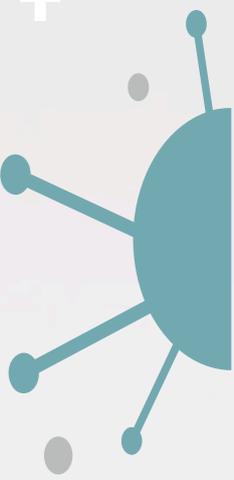
Prioritize Equity in All Services



Increase Collaboration



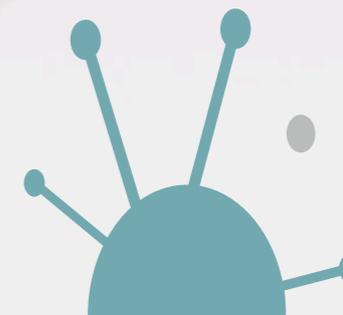
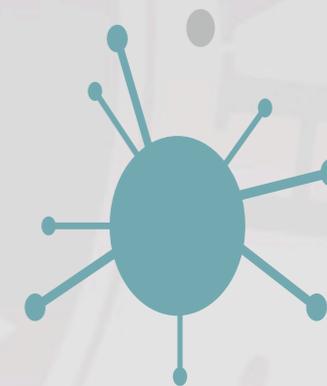
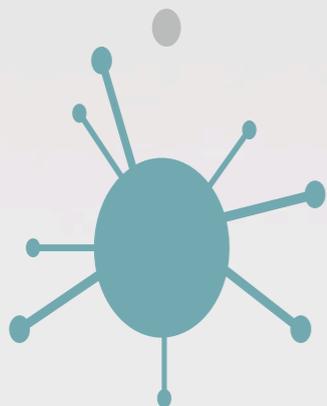
Prepare for Future Crises

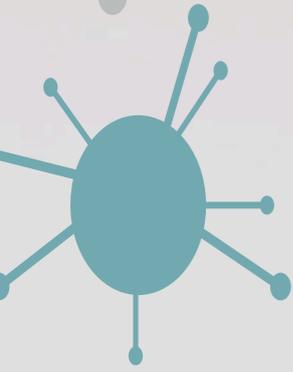


Thank You!

Questions?

Natalie.Caylor@utah.edu





Results: Knowledge Cafe

+
Technology

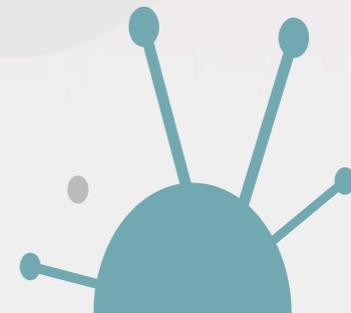
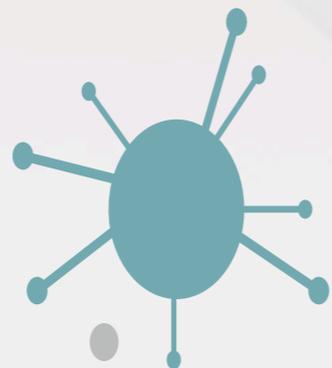
Increasing both access to technology and tech literacy among older adults

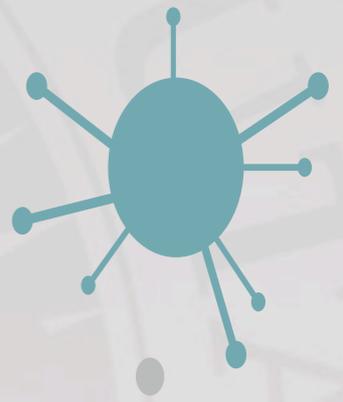
+
Mental Health

Supporting older adults' mental health through reducing social isolation and increasing access to counseling and other mental health resources

+
Increased Service Delivery Options

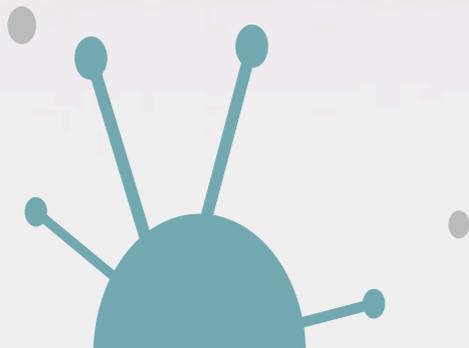
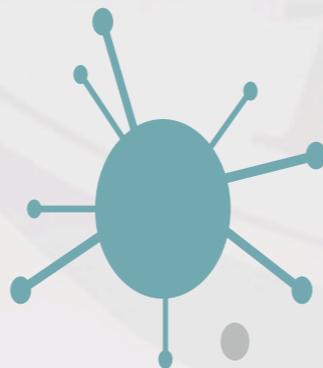
Service providers' innovation during the pandemic provided creative service delivery solutions which helped service providers reach a more diverse group of seniors.

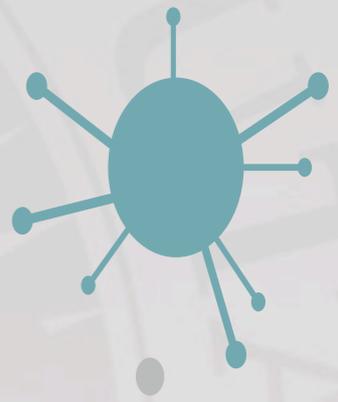




Technology

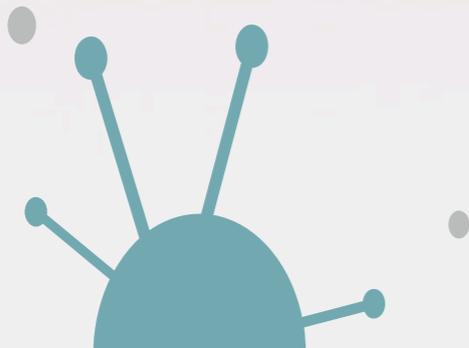
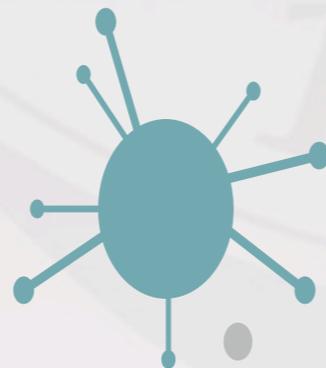
“[We provided] televisions and laptops and webcams and other access to our senior centers as we cover a large service area with 13 senior centers. And the good thing that’s come out of that is that now those things are now in those centers, *that now, as they’re reopening, they can now use those technologies as well in their centers for other activities and for continuing virtual activities, for example, in rural areas.*”

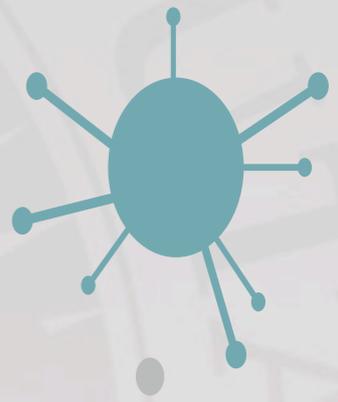




Technology

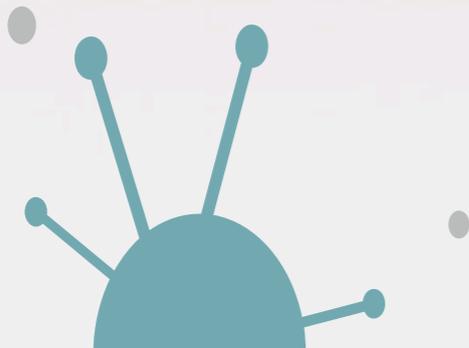
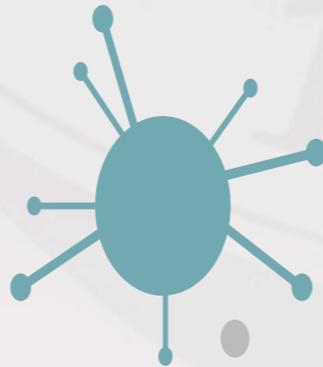
“So we found that our senior population just does not understand technology. They often don’t have computers, tablets, or anything that they use, so, suddenly, they were cut off from in-person. In meetings, they couldn’t go in to see their doctors anymore. Their doctors wanted to see them online. They couldn’t understand how to access that online. . . Just moving from an in-person role to a virtual world was so complicating in our seniors’ lives, and it was frustrating to them.”

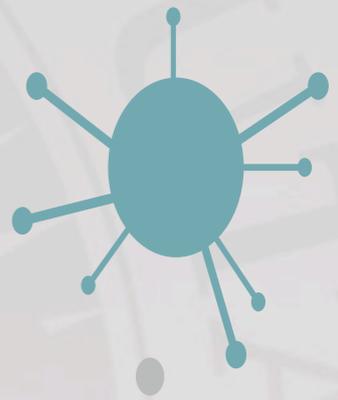




Mental Health

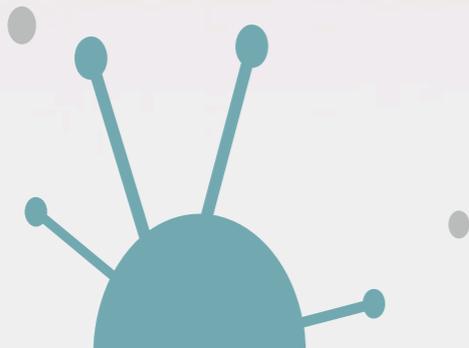
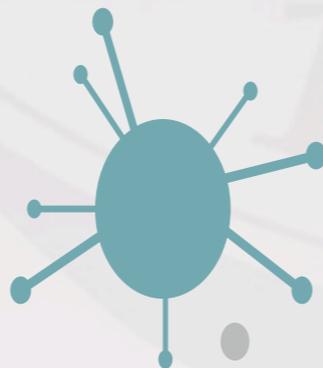
“I think what I’m seeing is a lot of fear, and so how can we help face those fears and, you know, integrate back to society? . . . They were social beforehand and would participate in a lot of activities and volunteer. And now it’s, they’re just afraid of what will happen. *And that fear has taken over everything for them and it’s taking [their] social life.*”





Increased Service Delivery Options

“There are senior centers, they’re always about Meals on Wheels, and you have so many volunteers who are willing to help. *You could have, you know, instead of Meals on Wheels, you could have Geeks on Wheels, you know, you could have people going out and helping. . .the students, I mean, I’m sure they’d love to help.* It’s just giving them that opportunity and that process that they can tap into to provide.



SUPPORTIVE FACTORS IDENTIFIED

●
*Older
Adults*

- NATURE
- PHYSICAL ACTIVITY
- HOME ADAPTATIONS
- SERVING OTHERS
- NEIGHBORHOOD TRAITS
- INDEPENDENCE
- HOBBIES AND ACTIVITIES

- SOCIAL INTERACTIONS
- VACCINATION
- BASIC NEEDS

- TECHNOLOGY ACCESS
- TECH LITERACY
- MENTAL HEALTH SERVICES
- HOME HEALTH
- SERVICE DELIVERY OPTIONS

●
*Service
Providers*