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Title

Gait Speed Maintenance Is Associated With Sensorimotor and Frontoparietal Network Connectivity Among Older Adults

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doing chores had the opposite pattern. Regarding location, being at the workplace dropped from early to late March and remained steady, and being at home had the opposite pattern. Additional analyses explored these patterns.

AGE DIFFERENCES IN EMOTION AND COPING DURING THE COVID-19 PANDEMIC

Nathaniel Young, Alyssa Minton, and Joseph Mikels, *DePaul University, Chicago, Illinois, United States*

The COVID-19 pandemic unleashed a relentless stressor on the human species with numerous deadly risks. These risks have been disproportionately threatening to the health and wellbeing of older adults. Since April 2020, we have been studying how the pandemic has affected the emotional experiences of older and younger adults broadly in several studies. For instance, in one study, we found that older adults (N=176) experienced fewer negative emotions and coped with greater levels of agency than younger adults (N=181). In additional work, we have been examining how these age differences differ for older workers versus retirees as well as in minority populations. This work broadly supports and illuminates our recent theoretical framework that focuses on how evaluative appraisal processes underlie and contribute to age differences in emotional experience generally, but especially in the context of the stress experienced during a global pandemic.

LONELINESS AND ISOLATION VERSUS WISDOM AND COMPASSION DURING THE PANDEMIC

Dilip Jeste, *University of California San Diego, La Jolla, California, United States*

Our studies of US national-level samples across adult lifespan as well as older adults in California and in Italy's Cilento region have found a consistently strong inverse correlation between loneliness and wisdom, especially its compassion component. Loneliness and social isolation are associated with worse physical and mental health while the reverse is true for wisdom and compassion. Follow-up of older adults in San Diego during the Covid-19 pandemic showed no change in this pattern. While the effects of the pandemic and the necessary social distancing were heterogeneous, older adults generally handled these stresses better than younger adults, with less loneliness and greater compassion. Our recent studies assessing EEG responses to emotional stimuli as well as alpha and beta diversity in gut microbiome showed opposing biological patterns characterizing loneliness and wisdom. I will also present preliminary data from a compassion training intervention to reduce loneliness among older adults.

WORKPLACE PROSOCIAL ACTIVITIES AND DAILY WELL-BEING DURING COVID-19

Laura Carstensen,¹ and Kevin Chi,², *1. Stanford University, Stanford University, Stanford, California, United States, 2. Stanford University, Stanford, California, United States*

Workplace prosocial activities, such as providing unpaid assistance to colleagues, has been linked to better well-being. However, little is known about how these associations unfold in daily life. This study examines how prosocial activities at work are associated with daily well-being during the COVID-19 pandemic. A sample of 22 employees (aged 22-69 years)

from a wealth management firm reported their daily activities and well-being on 10 consecutive workdays. On days when individuals provided help to someone they work with, they experienced higher positive affect, and greater enjoyment and interest at work, compared to days when they did not provide help. Individuals who provided more help reported greater meaning at work. Initial findings suggest that workplace prosocial activities have positive implications for daily well-being during the pandemic. Subsequent analyses will examine whether these findings replicate in a separate sample of working adults. Age differences in helping and meaning will be discussed.

Session 4445 (Symposium)

SLEEP, ACTIVITY, AND WELL-BEING IN PERSONS WITH DEMENTIA: FINDINGS FROM THE HEALTHY PATTERNS TRIAL

Chair: Nancy Hodgson Discussant: Darina Petrovsky

Irregular sleep-wake patterns are common in persons living with dementia (PLWD), pose a great burden to caregivers, and are the principal causes of distress and institutionalization of PLWD. A growing body of research supports the importance of activity-based interventions to reduce the frequency and intensity of sleep wake disruption, reduce neuropsychiatric symptoms, and improve quality of life. To date, there are no studies linking sleep disruption and well-being with the nature and timing of activity. This session focuses on lessons learned from the Healthy Patterns Study - a randomized trial of a home-based activity intervention in 200 dyads of PLWD and their caregivers (NCT03682185). Session 1 focuses on the main findings from the clinical trial. Session 2 focuses on the cultural adaptation of the timed activity protocol to improve quality of life (QOL), improve sleep and reduce neuropsychiatric symptoms in older Latinos Session 3 describes the community outreach efforts used over a one-year period to recruit a diverse sample of PLWD and their caregivers for the Healthy Patterns trial. Session 4 examine the relationship between caregiver mastery and neuropsychiatric symptoms in PLWD. Together these findings highlight the complex role of sleep and wake activity in promoting well-being in persons with dementia.

EFFICACY OF A TIMED ACTIVITY INTERVENTION TO IMPROVE SLEEP: FINDINGS FROM THE HEALTHY PATTERNS STUDY

Miranda McPhillips,¹ Darina Petrovsky,² Subhash Aryal,³ and Nancy Hodgson,⁴, *1. University of Pennsylvania, University of Pennsylvania, Pennsylvania, United States, 2. Rutgers University, Philadelphia, Pennsylvania, United States, 3. University of Pennsylvania School of Nursing, Philadelphia, Pennsylvania, United States, 4. University of Pennsylvania, School of Nursing, Philadelphia, Pennsylvania, United States*

We conducted a two-arm RCT with dyads of 200 persons living at home with dementia (PLWD) who reported sleep disruption and family caregivers. Components of the Healthy Patterns intervention included: 1) assessing PLWD functional status, preferences and interests; 2) educating caregivers on environmental cues to promote activity and