

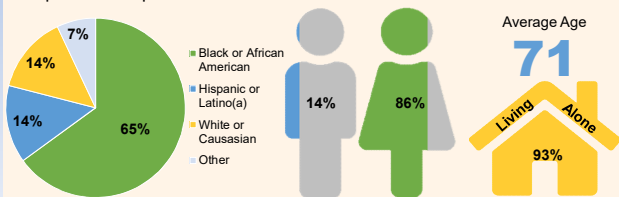
## BACKGROUND

- Older adults (over the age of 65) are at an increased risk for experiencing loneliness if they are older in age, live alone or in residential care, are widowed, have a low income, and low education level.<sup>6</sup>
- Older adults in Detroit:
  - 13% are over 65<sup>7</sup>
  - 50% live alone
  - 30% are widowed
  - 20% are experiencing poverty
  - 25% did not finish high school
- Prevalence of social isolation, loneliness and depression
  - 17% of older adults are socially isolated<sup>3</sup>
  - 26% are at risk of death due to feelings of loneliness<sup>3</sup>
  - About 5% of older adults who live independently in communities are experiencing major depression<sup>2</sup>
- There is a link between loneliness and depressive symptoms, leading to a reduction in physical and mental health for older adults<sup>1,4</sup>

The purpose of this research is explore the therapeutic benefits of a life review and reminiscence intervention for older adults living in subsidized, congregate, senior housing in Detroit.

## METHODS

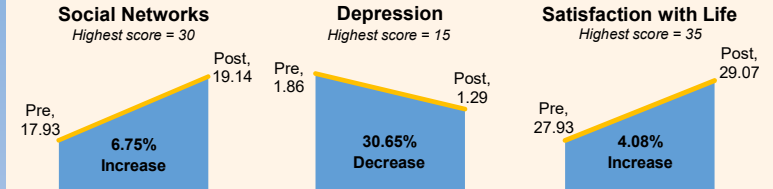
- Life Review and Reminiscence Intervention
  - 11-week discussion groups
  - Discussions facilitated based on various life themes using specific questions from a Guided Autobiography intervention<sup>5</sup> (See Intervention section)
- Participants (N=14)
  - Recruited through self-selection and snowball sampling with a flyer
  - Participants were given an information sheet to obtain consent before participating
- Pre and Post Scales
  - Geriatric Depression Scale (GDS-SF)
  - Lubben Social Network Scale (LSNS-6)
  - Satisfaction with Life Scale (SWLS)
- Open-ended questions were also asked at the end of the intervention



## INTERVENTION

Week	Activity/Themes
1	Get acquainted, pre-assessments
2	Theme 1: The major branching points in your life <sup>5</sup>
3	Theme 2: The history of your family <sup>5</sup>
4	Theme 3: The role of money in your life <sup>5</sup>
5	Theme 4: The history of your major life work or career <sup>5</sup>
6	Theme 5: The history of your health and body <sup>5</sup>
7	Theme 6: The history of your gender identity <sup>5</sup>
8	Theme 7: The history of your ideas/experiences with death <sup>5</sup>
9	Theme 8: The history of your spiritual identity <sup>5</sup>
10	Theme 9: The history of your goals and aspirations <sup>5</sup>
11	Celebration, reflections, post-assessments

## RESULTS



- Better understanding of self (n=11)**
  - "It took me back to where things I didn't understand then, I fully understand them now..."
  - "You get confirmation of yourself by sharing..."
- Learning and compassion for others (n=10)**
  - "It made me know how blessed I am considering hearing about others. It made me understand some people and why they react the way they do."
  - "...I felt joy, compassion for other people, and understanding."
- Consciousness and awareness of the past (n=7)**
  - "The fact that things that you thought were so bad are not as bad as they seemed."
  - "Going back and really thinking about what I have done in my life. How some of it has been crazy and how I could have changed it..."
- Stress reliever/letting go (n=7)**
  - "I view myself in a much better way because I was able to let go of some old hurts and wounds and through participation I made peace with some of the things that happened in my life. Because of that I feel like a much stronger person."

## CONCLUSION

- This study suggests that the intervention - life review and reminiscence
  - Does not have a significant impact on older adult's
    - Depression
    - Social isolation
    - Loneliness
    - Satisfaction with life
  - Can have a positive benefit by giving older adults a chance to
    - Gain acceptance
    - Relieve stress
    - Let go of the past
    - Gain compassion and learn more about others different from themselves
- Limitations
  - The issue of self-selection
    - Participants in this study were not initially depressed, socially isolated, lonely, or dissatisfied with their lives
  - Changes in symptoms of depression, loneliness, social isolation, and life satisfaction might be difficult to see in only 11-weeks
  - No control group involved
- Future studies
  - Should look into the themes found in this study to understand their importance and benefit on conflict resolutions with self, life and others
  - Should look into the themes found in this study to understand how they further relate to the life review and reminiscence intervention
  - Should assess depression, loneliness, social isolation, and life satisfaction variables as a part of recruitment to ensure the participants in need are being reached
  - Keep in mind the impact that the intervention might make beyond the 11-weeks
    - Participants should be asked if they continue to reflect on their own or if the group has created a sense of community/broadened social networks
  - Having a control group involved in future studies can help determine if the intervention is beneficial by comparing a group who is not involved in the intervention



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