(SD2020-453) Raise Your Resilience Program For Older Adults

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OTHER INFORMATION

KEYWORDS

group therapy, health aging, psychosocial interventions, quality of life, resilience

CATEGORIZED AS

- **Medical**
  - Other

RELATED CASES

2020-453-0

BACKGROUND

Older adults commonly experience stressors related to a decline in physical, cognitive, and functional abilities, loss of purpose and independence, bereavement, societal ageism, and financial hardships. Chronic stressors have cascading effects on physical and mental outcomes, including worse overall well-being, increased depression, and greater physical disability and mobility limitation. Stressful events increase the likelihood of chronic metabolic, pulmonary, and cardiovascular diseases. These stressors are often unavoidable in modern Western societies, given the realities of aging, so identifying methods to enhance older adults' ability to manage stressors is essential.

TECHNOLOGY DESCRIPTION

Researchers from UC San Diego in collaboration with the Mather LifeWays Institute developed a manualized psychological intervention, "Raise Your Resilience" (facilitator manual), intended to improve resilience and related outcomes among older adults living in senior housing communities.

The Raise Your Resilience facilitator manual provides evidence that a novel, brief psychological intervention can improve resilience and wisdom, and reduce perceived stress, albeit with small effect size, among independent living adults with relatively high levels of baseline resilience.

APPLICATIONS

Resilience is the process of adapting well in the face of adversity, trauma, loss, and other sources of stress. Resilience is a modestly heritable personality trait and is partially malleable. Resilience is associated with lower levels of anxiety, depression, and general psychological distress, and has a mediating effect on physical and mental health in peoplewho have experienced trauma as children or adults, and those managing chronic health conditions. Resilience decreases perceived stress.

Among older adults, high resilience has been shown to be a significant determinant of well-being, and is associated with lower levels of perceived stress as well as greater happiness, and better quality of life.

STATE OF DEVELOPMENT

The facilitator manual is available for use.

RELATED MATERIALS

- Treichler EBH, Glorioso D, Lee EE, et al. A pragmatic trial of a group intervention in senior housing communities to increase resilience. Int Psychogeriatr. 2020;32(2):173-182. doi:10.1017/S1041610219002096

SAMPLE PAGES FROM THE FACILITATOR MANUAL

Session 1 Agenda

1. **Introduction** ..... 10-15 minutes
   - Overview of the group
   - Ground rules
   - Introductions

2. **Relaxation Exercise** ..... 5-10 minutes

2. **Group Discussion** ..... 15 minutes
   - Defining resilience
   - Why promote resilience
   - What promotes resilience

   Short Stretch Break ..... 5 minutes

3. **Group Exercise** ..... 35-40 minutes
   - Values assessment
   - Goals & Activities worksheet (assign as homework)
   - Introduction to the Daily Journal
   - Purpose, Instructions, and tips for keeping daily journal
   - Wrap-up & review of homework items

Introduction

Overview of the Program

Welcome to the Positive Psychological Program to Enhance Resilience in Older Adults Group. We are pleased that you could join us!

This is an interactive group that aims to enhance your understanding of resilience and how resilience relates to successful aging. Our goal in working with you is to give you important information about resilience and well-being and to show you how to increase your level of resilience to live a healthy and meaningful life.

Throughout the next few weeks, we will engage in thoughtful group discussions about the role that resilience plays in your life, how resilience and aging are related, and what it means to age successfully. Our discussion topics will encourage you to reflect on your life's journey, purpose and meaning.

We will meet with you three times for 90 minutes each session. In each session, we will review the session's agenda, introduce a topic or set of topics, facilitate group discussion and assign and/or review specific activities that you will be asked to complete individually outside of the group sessions. We know each of you will have a different levels of comfort in sharing your thoughts and experiences with the group, but we hope you will be an active participant by sharing as much as you feel comfortable with and, importantly, by completing the activities we have created for you. The intent of the activities is to help guide you in your own life reflection, and ultimately, to help you achieve more enjoyment and meaning in your life. Some of the activities may seem challenging at first but please try to keep an open mind and do your best to complete them. If you have any questions, please do not hesitate to ask. We are here for you and want you to get the most out of this experience. Importantly, do your best to maintain a non-judgmental attitude toward yourself and others throughout the program. This is a safe space and there are never any wrong answers.

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