

LONELINESS AND SOCIAL ISOLATION AMONG CENTENARIANS AND NEAR-CENTENARIANS: RESULTS FROM THE FORDHAM CENTENARIAN STUDY

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Although loneliness and social isolation are often discussed together, they are mainly examined separately. The few studies examining both concepts simultaneously focus usually on the wider category of older people (65+), with no or little attention to very old age. Our main aim was to investigate loneliness and social isolation in combination among near-centenarians and centenarians. Analyzing data from the Fordham Centenarian Study (N=94; MAge=99.2; range=95-107), we found no or very weak associations between loneliness and social isolation. Combining measures of loneliness (UCLA Loneliness scale) and social isolation (Lubben Scale) we built a typology with four different groups (Not lonely or isolated; Lonely and isolated; Lonely but not isolated; Isolated but not lonely). The factors that most strongly predicted the distribution among these four groups were gender, widowhood, education, and self-rated health. Findings highlight the importance of jointly studying both concepts to better understand social risks in very old age.

COPING IN CENTENARIANS: PATTERNS AND CORRELATES

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Coping strategies are a source of resilience, yet little is known about their use in centenarians. We examined patterns in coping strategy use and determined how these patterns were associated with characteristics such as personality, cognitive status, quality of life, and health. We analyzed data from the Fordham Centenarian Study (N = 119), where centenarians responded to 40 items covering 10 coping dimensions (e.g., active problem-solving, support seeking, reappraisal). Findings revealed two clusters which differed in amount and strategy types: One was characterized by high use of many strategies which addressed the problem and its appraisal. The other was characterized by a smaller strategy repertoire, with very limited use of problem-focused strategies. The more varied and problem-focused coping pattern was associated with other characteristics, such as personality (e.g., extraversion) and quality of life (e.g., well-being). Findings suggest variation in coping profiles associated with resilience in centenarians.

BASIC RESOURCES AND PSYCHOLOGICAL STRENGTHS AS PREDICTORS OF DEPRESSIVE SYMPTOMS

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Loss of personal resources is expected to have a negative effect on well-being in all ages, however, in very old age, this

effect may be exacerbated. Centenarians, who are confronted with accumulated age-related losses, may be at higher risk of experiencing depressive symptoms. This study investigated the link between basic resources (i.e., health, social network) and depressive symptoms and whether it was mediated by psychological strengths (i.e., meaning, optimism) in 119 centenarians and near-centenarians (Mage = 99.7 years). Results indicated that meaning in life fully mediated the link between health and depressive symptoms, and the link between social network size and depressive symptoms. Similarly, optimism mediated the link between network and depression, but no mediation effect was found when considering health as basic resource. In sum, basic resources are only indirectly associated to depressive feelings, with psychological strengths playing an important intervening role in very old age.

CENTENARIANS' EXPERIENCE OF THE COVID PANDEMIC IN SWITZERLAND

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Being considered as individuals with elevated risk of severe health reactions to the COVID19 infections, governments around the world have put in place wide-ranging measures to protect very old individuals from the virus. In the present study, we investigated centenarians' experience of the COVID19 pandemic, to reach a better understanding of their vulnerability and resilience. As part of the SWISS100 study, we conducted telephone interviews with 30 centenarians and 40 family members. While almost all centenarians felt not, qualitative data suggested the existence of two groups: One included centenarians lived rather withdrawn and isolated before the crisis and therefore did not experience major changes. The other group included centenarians who suffered substantially from no longer being able to see family and friends and missed valued activities. Family members reported challenges, including centenarians' decline in mental and physical health. Findings highlight the importance of different vulnerability profiles and lock-down side effects.

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IMPLICATIONS OF THE COVID-19 PANDEMIC ON ADULT DAY SERVICES

Chair: Katherine Marx Co-Chair: Laura Gitlin Discussant: Tina Sadarangani

Adult day service (ADS) centers serve an important role in care provision for people living with dementia (PLWD). These programs provide socialization, activities, and access to many therapies for PLWD. Additionally, they offer respite