

caring for older adults during the COVID-19 pandemic and the implications of social isolation on the health of older adults. The speaker will offer perspectives for ESPO members on the role of community engagement in orienting research agendas, both now (amid the pandemic) and into the future.

BLACK, PROUD, SILENT, AND LOUD: EXPERIENCES OF A JUNIOR FACULTY MEMBER IN 2020

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Several social injustice issues, well known within the Black community, were brought to light to other ethnic/racial groups in 2020 and could no longer be ignored within the academic community. This led to personal, departmental, and institutional initiatives meant to increase racism awareness and apply change in thought and action. These initiatives often came at a cost of personal time and resources to Black and Indigenous People of Color academics, expected to contribute to these initiatives, redefine classroom syllabi, uphold research agendas, and continue with mentoring activities amidst their home environment (due to COVID-19) while monitoring their own feelings of pride, hurt, anger, anxiousness, and often- fatigue. This presentation will present the perceived triumphs and failed experiences of a junior faculty member, how they navigated this process, and explain the continued importance of institutions' forward movement of initiatives meant to change the social and racial academic atmosphere.

Session 3625 (Symposium)

REABLEMENT SERVICES ACROSS THE WORLD: EFFECTIVENESS AND IMPACTING FACTORS

Chair: Stan Vluggen

Co-Chair: Lise Buma

Discussant: Barbara Resnick

Due to the ageing of the world population, solutions are necessary to reduce the increasing demand for care. Besides the need for more care, older people often wish to remain as independent as possible and retain as much control as possible. A possible solution are services based on the concept of reablement, which includes working in a more rehabilitative and person-centered manner and has been researched in various forms internationally. Reablement services are promising and use the patient's strengths and, through interdisciplinary cooperation, aims to achieve the goals important for, and set by, the individual to remain/become as independent as possible. During this symposium, five presenters from the US, New-Zealand, Norway and the Netherlands talk about the impact and implementation of reablement services. The first presentation is about the results of a systematic review of the effects of reablement on daily functioning and identifying common features of effective interventions. The second presentation is about a systematic scoping review mapping how physical activity strategies are integrated and explored in reablement research and identifying knowledge gaps. The third presentation is about the significant impact of COVID-19 and its associated restrictions on residents in assisted living communities. The fourth presentation is on

combining lessons learned and practical implications from research on reablement services into the SELF-intervention. The fifth presentation describes the implications of funding on practice and outcomes of reablement. This symposium represents the current practice and future directions regarding implementation and research of reablement services across the world.

THE EFFECTIVENESS AND COMMON FEATURES OF REABLEMENT SERVICES ON CLIENTS' DAILY FUNCTIONING: A SYSTEMATIC REVIEW

Lise Buma, Stan Vluggen, Sandra Zwakhalen, Gertrudis Kempen, and Silke Metzeltin, *Maastricht University, Maastricht, Limburg, Netherlands*

This systematic review, guided by the ReAble-definition, (1) provides an overview of reablement interventions and their effect on Activities of Daily Living (ADL), and (2) identifies common features of effective interventions. A systematic search was conducted from 2002 to 2020, identifying nineteen studies from eight countries with a total of 6,534 participants. Ten studies (with moderate to high quality) revealed improvements in ADL functioning. Three common intervention features were identified within effective interventions: use of multidisciplinary teams; a protocolled or standardized assessment; and using multiple components such as ADL-training, education and exercise programs. This review emphasizes that future studies should provide a more consistent and detailed reporting on the intervention and its components. Furthermore, a uniform approach regarding components, follow-up times and outcome measures can contribute to the comparison of reablement interventions and better determine their effectiveness, independent of the healthcare system or country in which it is used.

INTEGRATION OF PHYSICAL ACTIVITY IN REABLEMENT FOR COMMUNITY-DWELLING OLDER ADULTS: A SYSTEMATIC SCOPING REVIEW

Hanne Leirbekk Mjøsund,¹ Cathrine Moe,¹ Elissa Burton,² and Lisbeth Uhrenfeldt,³ *1. Nord University, Bodø, Nordland, Norway, 2. Curtin University, Perth, Western Australia, Australia, 3. Nord University, Nord University, Bodø, Nordland, Norway*

The aim of this study was to map evidence of how physical activity (PA) strategies are integrated and explored in research of interdisciplinary, time-limited reablement for community dwelling older adults and to identify knowledge gaps. Following an a priori protocol, we searched eight databases for eligible studies, in addition to citation and reference searches. Study selection and data-extraction was made independently by two reviewers. Fifty-one studies were included, showing that exercises and practice of daily activities were included in the majority of intervention studies, but in most cases little information about exercise components or strategies for increasing PA were provided. There was insufficient evidence for any synthesis of how reablement affects older adults' PA levels, their physical fitness or how PA is experienced in reablement. There is a need to further investigate how the promotion of PA can be adequately implemented in reablement and how it may affect older adults' function.