

main effect of forecasting, but increases in plan rehearsal coping were associated with increases in felt age. In contrast, increases in problem analysis coping were associated with decreases in felt age. Daily forecasting and coping also interacted with each other. On days with low plan rehearsal or low problem analysis, there was no association between forecasting of health stressors and subjective age. However, on days with high plan rehearsal or high problem analysis, increases in forecasting ratings were associated with increases in subjective age. Forecasting and coping with future stressors may play a role in subjective aging.

TRAIT AND STATE SUBJECTIVE AGING INTERACT TO PREDICT DAILY CONTROL BELIEFS

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We examine trait and state subjective aging as antecedents of control beliefs in older adults with a daily diary design. Adults (n=116) ranging in age from 60 to 90 (M=64.71) completed a nine-day daily diary study online. Participants reported trait aging attitudes (Attitudes Towards Own Aging; ATOA) on Day 1 and daily Awareness of Age-Related Change (AARC) of loss and gain experiences and control beliefs (Locus of Control and Perceived Competence) on Days 2-9. Controlling for demographics and known antecedents of control beliefs (health, stressors, emotional well-being, and cognition), daily increases in AARC gain were associated with increases in both Locus of Control and Perceived Competence, and a cross-level interaction revealed that Locus of Control decreased for those with more positive ATOA on days when they reported more AARC losses. Discussion will focus on interpreting the interaction between trait and state subjective aging.

SESSION 705 (PAPER)

BENEFITS OF PETS AND THE ARTS

EFFECTS OF AN ART GALLERY INTERVENTION IN PEOPLE LIVING WITH DEMENTIA: A PILOT STUDY

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Art gallery programs tailored to the needs of people living with dementia are becoming more popular worldwide. This study aimed to observe the effects of six consecutive weekly discussion-based small group visits to the National Gallery of Australia Art and Dementia program on the salivary cortisol (SC) diurnal rhythm, salivary interleukin-6, quality of life (QoL), depressive symptoms, and cognitive function. Twenty-five participants (17 female; mean age 84.6 ± 7.27 years) completed the study with data collection at baseline, post-intervention, and at a six-week follow-up. Statistical methods were selected based on data distribution. The waking to evening (WE) SC ratio was altered (p = 0.016) (Baseline: 1.35 (1.19, 1.64), Post-intervention: 1.72 (1.54, 1.96), Follow-up: 1.44 (1.22, 1.79)) in the 22 participants who provided viable saliva samples. The WE SC ratio was

higher post-intervention compared with baseline (p = 0.011), indicating a more dynamic SC rhythm, but returned to baseline levels at follow-up (p = 0.020). Interleukin-6 levels were unchanged (p = 0.664). In the total sample, no improvements in QoL (Proxy) (p = 0.165) were observed. However, self-reported depressive symptoms differed (p = 0.006), decreasing post-intervention (2.00 (1.00, 2.00)) compared with baseline (3.00 (2.00, 4.50)) (p = 0.015), and verbal fluency was affected (p = 0.027), improving from baseline (2.00 (0.00, 3.00)) to post-intervention (2.00 (0.50, 4.00)) (p = 0.027). Art and Dementia programs appear to have quantifiable benefits, including improved hypothalamic-pituitary-adrenal axis function, justifying a longer controlled trial inclusive of physiological outcomes.

MEASURING EFFECT OF PERSONALIZED MUSIC TO REDUCE BEHAVIORS IN NURSING HOME RESIDENTS WITH DEMENTIA

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The purpose of this six-month pilot study was to identify an optimal measurement strategy for assessing the effects of a personalized music program, MUSIC & MEMORY, on agitated and aggressive behaviors among 45 nursing home residents with moderate to severe dementia. Dementia-related behaviors were measured before and after the intervention with three methods 1) observationally using the Agitation Behavior Mapping Instrument (ABMI); 2) staff report using the Cohen-Mansfield Agitation Inventory (CMAI); and 3) administratively using Minimum Data Set - Aggressive Behavior Scale (MDS-ABS). ABMI score was 4.4 (standard deviation, SD: 2.3) while not listening to the music and 1.6 (SD: 1.5) while listening to music (p<.01). CMAI score was 61.24 (SD: 16.32) before the music and 51.24 (SD: 16.05) after the music (p<.01). MDS-ABS score was .8 (SD: 1.6) before music and .7 (SD: 1.4) after music (p=.59). Direct observations were most likely to capture behavioral responses, followed by staff interviews. No effect was found using exclusively available administrative data. There is growing interest in identifying and testing non-pharmaceutical alternatives to managing agitated and aggressive behaviors in nursing home residents with dementia. Measurement occurring closest in time to the intervention was most likely to capture responses, but was also most costly, least pragmatic, and most subject to confirmation bias. These findings will inform a large pragmatic trial, beginning Spring 2019.

PET OWNERSHIP HISTORY AND SUCCESSFUL AGING OUTCOMES IN COMMUNITY-LIVING OLDER ADULTS

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Diminishing cognitive and physical function, worsening psychological symptoms and increased mortality risk and morbidity typically accompany aging. Health needs of the aging population will continue to increase as the proportion of the population aged 50 years and older increases. Pet ownership (PO) has been linked to better health outcomes in older adults, particularly those with chronic health conditions. However, much of the evidence is weak with little known about the contribution of PO to successful aging in community living older adults. This study examines associations between PO and cognitive performance, physical functioning, and psychological status in community living older adults. Participants in the Baltimore Longitudinal Study of Aging (>50 years old, N=378) completed physical functioning, cognitive and psychological testing, and a ten-year PO history. Most participants (89%) had owned pets at some point and 24% currently have pets. Fourteen percent have 1-4 dogs, 12% have 1-4 cats, and 3% have others. PO was lower with older age ($p<.001$). In regression analysis controlling for age decade, pet ownership within the past 10 years (PO10) independently predicted cognitive function [total verbal learning ($p=.04$), and short ($p=.015$) and long ($p=.031$) delay free recall,] but not physical function or psychological status. PO was lower in older age groups as was cognitive, physical functional, and psychological status, while PO within the past 10 years was associated with better verbal learning and memory independent of age. Longitudinal analysis is required to disentangle the sequential associations between PO and change in health status over time..

PETS PROVIDE SIGNIFICANT SUPPORT TO OLDER ADULTS LIVING ALONE: RESULTS FROM THE NATIONAL POLL ON HEALTHY AGING

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Human-animal interaction has been linked to health and social benefits for older adults. While pets can play a positive role in healthy aging, not all pet owners experience the same benefits. The present study uses data on how pets impact the well-being of older adults, including those living alone from the National Poll on Healthy Aging (NPHA), a nationally representative household survey conducted in October 2018. A randomly selected, stratified sample of adults age 50 to 80 ($n=2,051$) completed the survey online. Over half reported having a pet; the majority had dogs (70%) and cats (50%). Companionship was the main reason for getting a pet (52%); the majority believed their pets helped them enjoy life, reduce stress, and connect with others. Pet owners living alone were

significantly more likely than pet owners living with others to report that their pet helps them cope with physical or emotional symptoms (72% vs. 58%), feel loved (94% vs. 85%), stick to a routine (76% vs. 60%), take their mind off pain (43% vs. 32%), and have a sense of purpose (82% vs. 72%; all $p<.05$). Respondents living alone were also more likely to report that pet care strains their budget (26% vs. 17%) and that their pet's needs take priority over their own (22% vs. 14%; $p<.05$). Given the important role that pets play in the lives of older adults, efforts to support this relationship (e.g., pet-friendly housing policies, low-cost and mobile veterinary clinics, pet walking and pet sitting services) are warranted.

THE EFFECT OF AN ARTIST-IN-RESIDENCE PROGRAM ON SELF-REPORTED LONELINESS IN OLDER ADULTS

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The study, funded by the Pennsylvania Council on the Arts and the Pennsylvania Department of Aging, measured the effect that an artist in residence program (conducted by state-vetted professional teaching artists) had on self-reported loneliness in older adult. All participants were aged sixty years or older and participated in programming in state-funded adult community centers located in fourteen sites throughout the Commonwealth of Pennsylvania. Artists offered 10 sessions in creating and critiquing art to older citizens in the artists' respective art forms including performing arts, visual arts and multidisciplinary/interdisciplinary arts. Through pre and post-tests, changes in loneliness were measured using the Revised UCLA Loneliness Scale. The data revealed that there was a significant correlation between a self-reported decrease in feelings of loneliness and participation in a program conducted by professional artists. . It was proposed that findings from the study could influence the quality of programs provided by state-funded adult community centers in Pennsylvania and increase funding levels to adult community centers throughout the Commonwealth of Pennsylvania.

SESSION 710 (PAPER)

CANCER AND END-OF-LIFE CARE

CAN PERSONS WITH DEMENTIA MEANINGFULLY PARTICIPATE IN ADVANCE CARE PLANNING CONVERSATIONS? A MIXED-METHODS STUDY

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Studies of advance care planning (ACP) in persons living with dementia (PLWDs) are rare. We conducted an intervention development study to adapt an efficacious ACP