

RISK AND PROTECTIVE FACTORS ASSOCIATED WITH CUSTODIAL GRANDPARENTS' PSYCHOLOGICAL DISTRESS IN COVID-19

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The fear and anxiety of COVID-19 and its related policy measures have increased individuals' psychological distress. The objective of this study was to examine relationships between material hardship, parenting stress, social support, and resilience and custodial grandparents' psychological distress during the COVID-19 pandemic and further investigate the moderating role of kinship license status. A cross-sectional survey was administered to collect data from custodial grandparents (N = 362) in the United States. T-tests, chi-square tests, and logistic regression models were conducted using STATA 15.0. Results indicated that material hardship (OR = 1.77, $p < 0.001$) was associated with higher odds of psychological distress, whereas custodial grandparents' resilience (OR = 0.08, $p < 0.001$) and social support (OR = 0.39, $p < 0.001$) were associated with lower odds of experiencing psychological distress. Increased parenting stress in COVID-19 was not significantly associated with psychological distress. Kinship license status moderated the relationships between social support (OR = 0.23, $p < 0.05$), resilience (OR = 5.06, $p < 0.05$) and psychological distress. To address custodial grandparents' psychological distress, more allocated emergency funds and tailored financial services should be provided to meet material needs, and interventions with a focus on resilience and social support are particularly needed. Although licensed custodial grandparents were more likely to experience psychological distress due to their pre-existing vulnerability than unlicensed counterparts, parallel services should be provided to all kinship caregivers.

RISK FACTORS FOR GENERALIZED ANXIETY IN OLDER AFRICAN AMERICANS DURING THE COVID-19 PANDEMIC

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The COVID-19 pandemic has created worldwide uncertainty and heightened fear and worry, elevating the potential for anxiety. We examined environmental, sociodemographic, and behavioral risk factors predicting generalized anxiety among older African Americans in a large metropolitan area during the COVID-19 outbreak. Sixty African American participants (92% female) age 65 and older were recruited from the Wayne State University Institute of Gerontology Healthier Black Elders Center. In addition to initial demographic questions, the scale (5-point Likert scale from "Not At All" to "A Great Deal") assessed a range of everyday concerns, such as time spent indoors; family relationships; economic

problems; restricted freedom of movement; and access to food, cleaning supplies, medical care, and personal protective equipment during the COVID-19 pandemic. Participants also completed a brief generalized anxiety screener, GAD-7. Of the 60 participants, 5 reported they were COVID-19 infected and their responses were not used for the analyses. Older Black Americans reported that during the pandemic, they were most affected by: Illness in Family (53%), Death in Family (35%) and Isolation (75%). Significant risk factors for anxiety were: Missing Close Ones, Annoyance, Sense of Safety, Media Coverage, and Time Indoors (explaining 58% of variance). The current study highlights everyday risk factors for anxiety in the context of the coronavirus pandemic among city-dwelling African Americans. Identified factors are common concerns that may be ameliorated with reasonable interventions. More research is needed in order to fully understand the scope and correlates of anxiety during these challenging times.

SAFE EXERCISE AT HOME WEBSITE: KEEPING OLDER PEOPLE ACTIVE DURING COVID-19

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Background Physical distancing restrictions, including recommendations to 'stay home' during the COVID-19 pandemic has restricted exercise opportunities for older adults. Our group of academic and clinical physiotherapists and a communications expert identified the need to support safe exercise at home to minimise the impact of these restrictions. The project aimed to develop an online, publicly available resource to support older adults to exercise at home. We met virtually and: a) developed home exercise programs for people at three levels of functional ability; b) developed simple advice about exercising safely, exercise intensity, and staying motivated; and c) reviewed and selected online exercise programs and resources for consumers and health professionals to access. Examples of older adults keeping active during the pandemic were sourced to provide motivation. Website content was made available to download and print to increase accessibility. Modifications were made after consumer and international advisor feedback, the website was endorsed by the Australian Physiotherapy Association. Content is updated as restrictions are modified and in response to feedback received. Google Analytics was used to evaluate website usage. The website was launched on 5 May 2020, 35 days after the group's initial meeting. In the first 9 weeks of website availability 20,608 users accessed the website, with 14.6% being returning users. There were 27,513 sessions and 74,927 page views. Most users were from Australia (80.74%), followed by Denmark (5.15%) and USA (3.85%) We present this example of the benefits of time-critical collaboration to facilitate rapid translation of evidence into practice.