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The current study examined levels of daily NA among people (N=413) who participated in three waves of the National Study of Daily Experiences (~1996; ~2008; ~2017). At each wave, participants reported how often they had experienced six negative emotional experiences every day for eight consecutive days. Cross-sectional analyses at each time-point show age-related decreases in NA. Trajectories over time, however, were moderated by age (Est = .006, SE = .002, $p = .001$), revealing a curvilinear pattern. Among people who were 25-50 years-old at the first wave, daily NA decreased over time, with decreases more pronounced among the younger adults. For people at least 50 years-old at the start of the study, daily NA increased over time, with the slopes steepest for older adults. Findings indicate that cross-sectional and longitudinal age-related patterns in NA differ when examining data collected from 1996 to 2017.

CHARACTERIZING PERCEIVED CONTROL OVER DAILY STRESS: LONGITUDINAL CHANGES AND ASSOCIATIONS WITH AFFECT

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Perceived control is an important psychosocial correlate of healthy aging. Using data from the National Study of Daily Experiences (N=1,047, M=55.82 years, SD=10.35, 57.27% Female), we examined cross-sectional age-related differences and longitudinal aging-related change in perceived control over daily stress across 10 years and explored the influence of stressor control on negative affect (NA) and positive affect (PA). Stressor control, NA, and PA were obtained from telephone interviews over 8 consecutive days in measurement bursts conducted in ~2008 and ~2017. Longitudinal analyses revealed significant declines in stressor control across 10 years ($p < .001$). Cross-sectional analyses revealed marginally lower stressor control among older individuals ($p < .10$). Within-person associations revealed lower NA and higher PA on days when stressor control was higher than usual ($ps < .001$). Results suggest that stressor control declines with age and holds promise as an important component of daily stress processes with relevance for health and well-being outcomes across the lifespan.

Session 2315 (Paper)

Successful Aging

DEVELOPMENT OF A COMPREHENSIVE CHINESE SUCCESSFUL AGING SCALE: INCORPORATING THE VIEWPOINTS OF OLDER ADULTS

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Inspiring by Martinson and Berridge's (2015) systematic review, the current definition of successful aging (SA)

fails to acknowledge the laypeople's conceptualization of SA. Adopting a mixed-method approach, two studies were conducted with the aim of soliciting older adults' perceptions of SA and to develop a multidimensional instrument for assessing SA. Study 1 was a qualitative study and 27 community-dwelling older adults (Mage=68.07 years, SD=7.10, range=60-83; 56.3% females) were interviewed. Interview transcripts were analyzed, and seven themes were emerged. An initial item pool for the Successful Aging Scale (SAS) was then established based on these themes as well as those in the SA literature, such as acceptance and independence. Study 2 was a survey study which was conducted among 414 community-dwelling older adults (Mage=64.50 years, SD=4.01, range=60-82; 55.3% females) to identify optimal items for constitution of the SAS. Exploratory factor analysis revealed a 12-factor solution, accounting for 62% of the variance. The 12 factors are adequate health, perceived constraints, flexible attitudes toward life, acceptance of age-related change, life embracement, active engagement, harmonious family, supportive friendship, civic awareness, social contribution, living independently, and adaptive coping strategies. The 12 factors exhibit similar strength of associations with most of the well-being measures, but certain factors show stronger correlation with depressive symptoms and social relationship, suggesting the uniqueness of each factor. Overall, the SAS demonstrates promising psychometric properties. These findings disclose that the older adults' perceptions of SA could cover broader dimensions than those in Rowe and Kahn's model (1997).

I THINK I AGE GRACEFULLY: A FOCUS GROUP STUDY OF SUCCESSFUL AGING CONCEPTIONS AMONG OLDER WOMEN LIVING WITH HIV

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Our previous quantitative research found high prevalence of self-rated successful aging (SA) among older (age ≥ 50) women living with HIV (OWLH) enrolled in the Women's Interagency HIV Study (WIHS). However, little is known about how OWLH define SA. Most studies have examined SA among predominantly white men living with HIV. Therefore, the purpose of our qualitative study was to examine subjective understandings of SA among OWLH and, as a comparison group, older HIV-seronegative women at risk of HIV. Four focus group discussions (FGD) were conducted among 23 participants (12 OWLH, 11 HIV-seronegative). These women were recruited from WIHS participants previously enrolled in our quantitative study of SA, "From Surviving to Thriving" (FROST), at two WIHS sites - Atlanta and Brooklyn. At each site, we conducted two FGD - one with OWLH and one with older HIV-seronegative women in February-March of 2019. Participants were, on average, 56 years old (range, 51-70), 78% Black, and 60% with annual income \leq \$12,000. A team of coders conducted

thematic coding of fully transcribed FGD using MAXQDA software. Several themes emerged. Both OWLH and older HIV-seronegative women defined SA as “aging gracefully,” i.e. accepting and celebrating aging after having survived hardships of earlier life (e.g., HIV diagnosis, drug use). They also emphasized taking care of themselves (e.g., taking their meds) and spirituality in their definitions of SA. In contrast to HIV-seronegative participants, who prioritized sobriety as taking good care of themselves, OWLH emphasized taking care of their HIV (e.g., “staying on top of your numbers”).

LINKAGES BETWEEN INDIGENOUS CULTURAL GENERATIVITY AND SOBRIETY TO PROMOTE SUCCESSFUL AGING AMONG ALASKA NATIVES

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This article builds on the People Awakening Project, which explored an Alaska Native understanding of the recovery process from alcohol use disorder and sobriety. The presentation will explore motivating and maintenance factors for sobriety among older AN adult participants (age 50+) from across Alaska. Ten life history narratives of Alaska Native older adults, representing Alutiiq, Athabascan, Tlingit, Yup'ik/Cup'ik Eskimos, from the PA sample were explored using thematic analysis. AN older adults are motivated to abstain from, or to quit drinking alcohol through spirituality, family influence, role socialization and others' role modeling, and a desire to engage in indigenous cultural generative activities with their family and community. A desire to pass on their accumulated wisdom to a younger generation through engagement and sharing of culturally grounded activities and values, or indigenous cultural generativity, is a central unifying motivational and maintenance factor for sobriety. The implications of this research indicates that family, role expectations and socialization, desire for community and culture engagement, and spirituality are central features to both Alaska Native Elders' understanding of sobriety, and more broadly, to their successful aging. Sobriety can put older Alaska Native adults on a pathway to successful aging, in positions to serve as role models for their family and community, where they are provided opportunities to engage in meaningful indigenous cultural generative acts.

PET OWNERSHIP AND LONGITUDINAL CHANGE IN PHYSICAL FUNCTION: EVIDENCE FROM THE BLSA

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Successful aging depends on avoiding disease and disability, maintaining high physical and cognitive function, and psychological adaptation. Research examining the

relationship of pet ownership (PO) or human-animal interaction (HAI) to human health supports contributions to these successful ag-ing-related outcomes at some point in the life-cycle, mostly in populations with diseases or disabilities. We examine the contributions of PO to maintaining physical capacity among generally healthy community-dwelling older participants in the Baltimore Longitudinal Study of Aging (BLSA). Participants' [N=637, mean age=68.3 years (SD=9.6), pet owners N=149] completed a standardized physical function test battery (among other measures) every 1-4 years and a ten-year PO history. Linear mixed, or generalized linear mixed, models with time varying PO were used to examine change in successful aging-related outcomes over up to 13 years [mean=7.5, (SD=3.6)] according to PO. Physical function declined across all domains examined, but was observed to be less severe with PO in overall physical performance ($p<0.001$), rapid gait speed ($p=0.041$), 400-meter walk time ($p<0.001$), and reported physical wellbeing ($p=0.032$). No differences were observed for grip strength ($p=0.56$), usual gait speed ($p=0.07$), and leisure time physical activity ($p=0.26$) after controlling for age. This study provides the first longitudinal evidence that PO may promote successful aging among community-dwelling healthy older adults by moderating age-related declines in physical functional status in late-life.

THE USE OF CONCEPT-MAPPING TO STRUCTURE THE CULTURAL ADAPTATION OF EDUCATIONAL CURRICULA FOR LATINO OLDER ADULTS

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Culture, embedded in language and reflected in colloquial expressions, influences behaviors and cognitive constructs that affect health. To reach Latino older adults, health promotion efforts should include congruent cultural aspects—such as relevant metaphors, values, and proverbs—that will resonate with their cognitive constructs. However, this content should also be situated within a broader social context. For community-dwelling Latino older adults, this means considering their care systems and the multiple stakeholders within. In this paper presentation, we describe an innovative, interdisciplinary collaboration to culturally and linguistically adapt existing Illinois Extension curricula to meet the needs of Latino older adults and their families living in Cook County, which includes Chicago and its neighboring suburbs. We will demonstrate how concept-mapping (CM) studies can be used to structure the cultural adaptation of educational curriculum to a Latino audience. Specifically, we describe these CM studies, which asked how multiple stakeholders and Latino older adults living in the Chicagoland area defined positive aging provided empirically-grounded direction for our 11-member steering committee, composed of investigators, service leaders, and Latino older adults. We also will describe how the current project deepens relationships in the community that facilitate dissemination efforts to Latino older adults.