

living. Thematic analysis of open-ended questions exploring the role of culture in food and activity yielded important themes of gathering, resilience, history, honoring ancestors at mealtime, cultural ways, and activities such as dancing and drumming. The results suggest that projects addressing diet and activity collaborate to ensure cultural values, e.g., connectedness, cultural ways, e.g., gathering, dancing, and Indigenous knowledge are represented in the project and viewed through an Indigenous lens.

CPBR PROCESS IN URBAN SETTINGS AND THE UNIQUE CHALLENGES AND SUCCESSES

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CBPR is a framework that allows for the collaboration of researchers and communities as co-partners and is a supported approach for Indigenous communities. The community engagement and co-partnership in this study allowed for the researcher's flexibility to be responsive to culturally appropriate practices and priorities of the communities and participants. CBPR principles, including the Elder Advisory Committee (EAC), were utilized in this urban-based project. Challenges presented in many ways, including the processes of a) entering communities, b) relationship building, c) time involvement, and d) recruitment. Successes represented the unique opportunity to enter communities at an interpersonal level, b) close community engagement, c) gathering information beneficial for the research team and the community, and d) extended community engagement. While challenges exist, this approach's benefits are far-reaching promoting trust, support, and interest in future research endeavors. The presenter will discuss strategies and processes helpful in engagement, recruitment, and data collection.

Session 2385 (Symposium)

CREATIVE ARTS-BASED APPROACHES TO IMPROVE THE WELL-BEING OF OLDER ADULTS

Chair: Darina Petrovsky

Discussant: Justine Sefcik

As older adults age they may face cognitive impairment, disruption in their sleep, and a decrease in mood and overall well-being. Given the negative consequences of the COVID-19 pandemic, they may experience a disruption in their access to health care services. Creative arts-based approaches have shown promise in improving the well-being of older adults and may be helpful in augmenting health care services. In this symposium, we will present research results of creative arts-based interventions aimed at improving the well-being of older adults, including those with dementia. We will also discuss ways to successfully engage with organizations that serve older adults using arts-based interventions. The first presentation will focus on the results from a feasibility randomized controlled trial examining the effects of a tailored music listening intervention on sleep outcomes in older adults living with dementia and their caregivers. The second presentation will report findings from the Mason Music & Memory Initiative aiming to improve mood and behavioral outcomes in persons living with dementia in nursing homes. The third presentation will focus on the preliminary results

of a pilot study that integrated the delivery of music therapy telehealth with remote social work support and service linkage for rural older adults from low-income areas. The fourth presentation will report findings from the capacity-building program for teaching artists, health/aging organizations, and arts organizations committed to strengthening Creative Aging efforts through research. Implications for future research and creative arts-based intervention development for older adults will be discussed.

TAILORED MUSIC LISTENING TO IMPROVE SLEEP IN OLDER ADULTS WITH DEMENTIA: A RANDOMIZED CLINICAL TRIAL

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Sleep disturbances in persons living with dementia (PLWD) contribute to reduced well-being. Music has shown promise to improve sleep among older adults, but there is limited evidence of music interventions improving sleep specifically in PLWD. The purpose of this wait-list RCT was to examine the i) feasibility; ii) acceptability and iii) preliminary efficacy of tailored music listening intervention in community-dwelling PLWD and their caregivers (dyads). Thirty consented dyads out of 33 (91%) completed the RCT. Tailored music for sleep was feasible based on screening (26%), enrollment (89%), and recruitment (3 dyads/month) rates. The intervention was found acceptable, as evidenced by post-intervention interviews. Compared to controls, PLWD in the intervention group reported greater global sleep quality improvement post-intervention (PSQI mean change -0.08 vs -1.65; $p=0.06$). The results from this feasibility RCT have informed the development of a music mobile application that will be tested in a future clinical trial.

IMPLEMENTING A PERSONALIZED MUSIC INTERVENTION FOR PERSONS LIVING WITH DEMENTIA IN NURSING FACILITIES

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The Mason Music & Memory Initiative (M3I) team has implemented a personalized music intervention in nursing facilities across Virginia aiming to improve behavioral and psychological symptoms of persons living with dementia. This person-centered intervention uses a unique music playlist comprising songs, artists, and preferred musical genres. The preliminary findings from a randomized controlled trial will be reported, the purpose of which was to examine the intervention impact on nursing home residents' mood and