

## FACTORS ASSOCIATED WITH POSITIVE AGING AND HAPPINESS OF THE OLDER PEOPLE IN HONG KONG

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Happiness is essential to one's well-being and impact on every aspect of our lives. Happier people are living longer, they are healthier. Happier people are more likely to be physically active and enjoy better sleep habits and practices. While few existing research studies had examined the determinants of happiness of older people, especially in Chinese society. Understanding happiness in the context of social unrest and political instability is thus limited. This study tested the correlates of happiness at interpersonal, psychological and environmental levels at a time when there were extended scale of violence, destructions, and clashes in the community between police and protesters in late 2019 during the anti-extradition campaign. In social unrest, older people, due to their function and mobility, could be emotionally and physically vulnerable. A total of 1,209 older persons aged 55 and above from Hong Kong answered the questionnaire by stratified random sampling. Our findings show that their overall resilience was strongly and positively associated with levels of happiness. Due to the recent political instability Hong Kong, their satisfaction toward social and political situation of Hong Kong also correlated positively to levels of happiness. We suggest that future interventions and policy initiatives should put extra emotional and tangible support to older adults, particularly during social unrests and unstable political conditions, in addition to strategies for the enhancement of resilience and mental capital.

## SOCIAL ISOLATION, HEALTH, AND HEALTH CARE: PERSPECTIVES AMONG OLDER ADULTS RESIDING IN PUBLIC HOUSING

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By 2035, U.S. adults > 65 will outnumber children. The growing lack of affordable housing combined with fixed incomes will lead to more older adults residing in public housing. Public housing authorities, in turn, will face growing health and social needs among their residents. In partnership with a local housing authority, we conducted a qualitative study to better understand the health and social needs of older adult public housing residents. We conducted semi-structured qualitative interviews with 27 older adults at two public housing sites in Austin, Texas; we asked about their experience of aging in public housing, their health, healthcare, and community life. Interviews were audio-recorded and transcribed; interviews were systematically coded and verified by a second coder. Themes were identified using comparative analysis. We interviewed 16 females and 11 males (mean age = 71.7 years). We identified three themes. Residents characterized good healthcare as that which is provided by physicians who are consistent educators that listen to residents' primary concerns. They defined health as being mobile and lacking pain. Finally, they desire more, recurring opportunities to learn about health and connect interpersonally within their housing community; they perceive limited meaningful relationships as a significant contributor to poor

health among residents. The older adult public housing residents in our study outlined what good health and healthcare looks like. These themes can be utilized to improve relationships between residents and their healthcare providers. Social isolation can be mitigated through public housing programming that promotes physical and mental acuity.

## THE EFFECT OF BOTTLEIUM, A BOTTLE-TYPE AQUARIUM, OWNERSHIP ON COMMUNITY-DWELLING OLDER ADULTS

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The pet ownership of ornamental fish acts positively towards the well-being of older adults. A Bottleium is an aquarium that uses a glass bottle instead of a tank. Its small size allows older adults to own ornamental fish as a pet. In this study, the effect of Bottleium ownership on the daily life of community-dwelling older adults was explored. A three-hour workshop to build one's own Bottleium (size: 11cm×11cm×20cm) was hosted at Toyoshikidai housing complex (Kashiwa, Japan). An ornamental fish and a freshwater snail were added to each bottle. Semi-structured interviews were conducted with participants one month after taking the Bottleium home (N=25). The Bottleium ownership acted as a stimulus to older adults. The effects on an individual were "trigger of conversation" and "development of responsibility." Participants living alone treated the fish as their companions and had light conversations. They carefully looked after the fish as would a pet owner. Furthermore, the Bottleium facilitated "interpersonal interactions." Basic information was provided during the workshop, but participants assisted each other in complementing the information, and they even visited each other's residences to observe the fish. Older adults who do not own the Bottleium also visited for this purpose. Two cases were reported where participants looked after each other's fish in times of hospitalization. The interpersonal interactions might have resulted from the nature of the housing complex, as participants were already familiar with each other. Similar phenomena could be anticipated at places such as apartments and nursing homes.

## SESSION 2872 (POSTER)

### SERVICES AND INTERVENTION: EXPERIENCES AND OUTCOMES

#### AGE AND SEX DIFFERENCES OF COMORBIDITIES IN MEDICARE OLDER ADULTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE

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**OBJECTIVES:** Although comorbidity varies by sex and age, comorbidity variation among individuals with specific primary conditions is less well-understood. We sought to quantify chronic comorbidities in older adults with chronic obstructive pulmonary disease (COPD) using representative Medicare claims data. **METHODS:** This retrospective cohort study consisted of individuals aged 65+ with a COPD