

p-value=0.021), less loneliness ($b=-0.32$, $p\text{-value}<0.001$), and better sleep ($b=-0.27$, $p\text{-value}<0.001$). In the midst of a world-wide stressor, hopefulness was associated with better function and symptoms. This relationship is likely bidirectional and further longitudinal research is needed.

THE ASSOCIATION BETWEEN OLDER ADULT TECHNOLOGY USE AND MENTAL HEALTH DURING THE COVID-19 PANDEMIC

Brittany Drazich,¹ Nancy Perrin,¹ Laura Samuel,² Melissa diCardi Hladek,¹ Sarah Szanton,² Thomas Cudjoe,³ Janiece Taylor,² and Qiwei Li,^{4, 1}. *Johns Hopkins University School of Nursing, Baltimore, Maryland, United States, 2. Johns Hopkins University, Baltimore, Maryland, United States, 3. Johns Hopkins University School of Medicine, Baltimore, Maryland, United States, 4. Johns Hopkins School of Nursing, Baltimore, Maryland, United States*

Physical distancing during the COVID-19 pandemic may impact the mental health of older adults, but technology use may buffer this impact. This study aimed to 1) examine changes in older adult technology use during the COVID-19 pandemic and 2) determine if technology use moderates the relationships between decreased in-person communication/activity and the mental health of older adults during the pandemic. Data were taken from the NHATS COVID-19 Round 10 ($n=3,188$). Older adults engaged in more technology-based activity ($b=.237$, $p<0.001$), technology-based healthcare communication ($b=.112$, $p<0.001$), and technology-based food acquisition ($b=.214$, $p<0.001$) during the COVID-19 pandemic, compared to before. Technology use did not moderate the relationship between decreased in person personal communication ($b=.021$, $p=0.662$)/activity ($b=.045$, $p=0.749$) and mental health during the pandemic. Although older adults are utilizing technology more during the pandemic, it might not be protective against negative mental health outcomes from physical distancing.

PREDICTING TECHNOLOGY USE AMONG OLDER ADULTS DURING THE COVID-19 PANDEMIC WITH COMMUNITY PARTICIPATION

Brittany Drazich,¹ Laura Samuel,² Thomas Cudjoe,³ Melissa Hladek,⁴ Sarah Szanton,² and Qiwei Li,^{4, 1}. *Johns Hopkins University School of Nursing, Baltimore, Maryland, United States, 2. Johns Hopkins University, Baltimore, Maryland, United States, 3. Johns Hopkins University School of Medicine, Baltimore, Maryland, United States, 4. Johns Hopkins School of Nursing, Baltimore, Maryland, United States*

Technology use is important for older adults, particularly in the pandemic. The pattern of technology use among older adults varies significantly. We hypothesized that limitations of activities of daily living (ADL), wellbeing, and community participation of community-dwelling older adults before the pandemic would predict technology use during the pandemic. National Health and Aging Trends Study data on 2924 older adults were utilized. Adjusted for age, gender, race, education, marital status, and chronic conditions, previous well-being predicted more online social activities ($OR=1.03$, $p=.03$); previous ADL limitations predicted more telehealth use ($OR=1.11$, $p=.014$); and previous community participation

predicted: learning new technologies ($OR=1.46$, $p<0.001$), more telecommunication ($OR=1.12$, $p=.007$), more online social activity ($OR=1.58$, $p<0.001$), and more telehealth use ($OR=1.09$, $p=.04$). The results of this study imply that high community participation promotes older adults' transition to technology use. Older adults with low participation may need extra attention for such a transition.

Session 4530 (Symposium)

CREATIVE ARTS THERAPIES TO ENHANCE MENTAL HEALTH OVER THE COURSE OF AGING: RESEARCH AND IMPLICATIONS

Chair: Shoshi Keisari Co-Chair: Nisha Sajnani
Discussant: Dovrat Harel

The creative arts therapies (CATs) are health care professions that involve the intentional and systematic use of the creative and expressive process of art making to optimize health and well-being. Visual arts, music, dance-movement, drama and poetry provide means of expression to help individuals understand, make sense of, and cope with life challenges within a therapeutic relationship. Older adults develop a better attitude toward CATs, as the creative processes position them as active productive contributors in their own communities, instead of "patients" or "clients". In this sense, CATs encourage participation, and address the negative attitudes and stigma that are sometimes associated with mental health services. This symposium aims to present a diverse picture of studies on CATs for the aging population. Dr. Nisha Sajnani will present a systematic review of studies on CATs for older adults experiencing depression; Dr. Dovrat Harel will present findings from a qualitative study that explored poems written by poetry groups of men in residential care facilities; Dr. Shoshi Keisari will present an evidence-based model that integrates life-review and drama therapy; Silvia Piol, Talia Elkarif and Giada Mola will present a cross-cultural study that explored the experiences of Italian and Israeli participants during an online intervention that focused on the creation of digital photo-collages during COVID-19; Finally, Racheli Lital Gvili will present a study focused on intergenerational music intervention, as a vehicle to bridge the gap between grandparents and grandchildren, which was conducted at the onset of the COVID-19 pandemic.

CREATIVE ARTS INTERVENTIONS IN ADDRESSING DEPRESSION IN OLDER ADULTS: A SYSTEMATIC REVIEW

Kim Dunphy,¹ Felicity Baker,¹ Ella Dumaresq,¹ Katrina Caroll-Haskins,² Jasmin Eickholt,³ Maya Ercole,¹ Girija Kaimal,⁴ and Nisha Sajnani,^{5, 1}. *University of Melbourne, University of Melbourne, Victoria, Australia, 2. Holy Family University, Philadelphia, Pennsylvania, United States, 3. University of Applied Sciences, Würzburg, Bayern, Germany, 4. Drexel University, Philadelphia, Pennsylvania, United States, 5. New York University, New York City, New York, United States*

Depression experienced by older adults is proving an increasing global health burden, with rates as high as 27% in the USA. This is likely to increase in coming years as the number and proportion of older adults in the global

population rises. Therefore, it is imperative that the effectiveness of approaches to the prevention and treatment of depression are understood. Creative arts interventions, including art, dance movement, drama, and music, are utilized internationally to reduce depressive symptoms in older adults and promote wellbeing. This includes interventions led by trained arts therapists as well as other health and arts professionals. This presentation will include a report of findings from a recent systematic review of the outcomes of four creative arts modalities (art, dance movement, drama, and music) with particular attention paid to processes of change documented in each modality.

AGING AND MASCULINITY IN BIBLIOTHERAPY AND POETRY GROUPS FOR MEN IN LATE LIFE

Dovrat Harel, *Tel Hai College, Kidron, HaMerkaz, Israel*

The transition to residential care facility may symbolize the joining into the 'community of older people'. This may influence the ways men in late life construct their identities and the intersection of aging and masculinity. Due to some barriers, this experience may be difficult to express explicitly. Bibliotherapy aims to bridge this gap by using literature to address diverse issues in the form of reading and writing activities. In this presentation we will present "The Literary Parliament" project, in which bibliotherapy and poetry groups of men in late life were conducted in residential care facilities in Israel. We will present findings of a qualitative research which explored poems written by group participants, and the way these helped participants to express their perceptions and feelings of ageing and masculinity in the context of residential care. The use of bibliotherapy to encourage psychological discourse among men in late life will be discussed.

INTEGRATING LIFE-REVIEW AND DRAMA THERAPY FOR COMMUNITY-DWELLING OLDER ADULTS: AN EVIDENCE-BASED MODEL

Shoshi Keisari, *University of Haifa, Department of Gerontology, Faculty of Social Welfare and Health sciences, Mount Carmel, HaZafon, Israel*

Drama therapy is a widely acknowledged way to explore life-stories in late life. This presentation will describe a new model for creative interventions, based on the results of four studies that provide multiple perspectives on the integration of life-review and drama therapy for community dwelling older adults. The results of two quantitative studies (n=55, aged 62-93; n=78, aged 63-96) suggest that the drama therapy interventions have robust therapeutic potential to enhance mental health while aging. The findings of two qualitative studies with therapists (n=8), participants (n=27; aged 63-96) and staff (n=13) provide a better understanding of the process, and support the mechanisms that lead to positive effects on mental health. Combining the results yielded a multidimensional model which points to three potential transformative routes: the evolution of the life-story, the evolution of improvised dramatic expression, and the expansion of social engagement.

ONLINE DIGNITY THERAPY AND PHOTO COLLAGES: THE NARRATIVES OF ISRAELI AND ITALIAN OLDER ADULTS IN THE COVID-19 ERA

Shoshi Keisari,¹ Talia Elkarif,² Giada Mola,³ Ines Testoni,⁴ and Silvia Piol,⁵ 1. *University of Haifa, Department of Gerontology, Faculty of Social Welfare and Health sciences,*

Mount Carmel, HaZafon, Israel, 2. University of Haifa, School of Creative Arts Therapies, Faculty of Social Welfare and Health Sciences, Mount Carmel, HaZafon, Israel, 3. Università degli studi di padova, DPSS Department, padova, Veneto, Italy, 4. Università degli studi di padova, FISPPA Department, Section of Applied Psychology, Padova, Veneto, Italy, 5. Università degli Studi di Padova, Padova, Veneto, Italy

The social isolation imposed by the Covid-19 pandemic has significantly affected older adults, and has impacted both their physical and mental health. The pandemic has led to an increase in ageism associated with poorer mental health and a lower sense of dignity, self-esteem and contribution to society. This cross-cultural study involved 24 participants from Italy and Israel aged 79 to 92. The aim was to develop a brief art-based online intervention to enhance the participants' sense of dignity and sense of meaning in life during this time of crisis. The process focused on the creation of digital photo-collages that captured the participants' values through three perspectives: their past experiences, legacy, and future perspectives. It employed an arts-based research methodology to explore the participants' experiences by analysing their relationship with the artistic expression, the photo collage, and its creative process.

AN INTERGENERATIONAL ZOOM MUSIC THERAPY GROUP DURING COVID-19

Racheli Lital Gvili, *Bar-Ilan University, Bar-Ilan, University, Ramat Gan, HaMerkaz, Israel*

The COVID-19 pandemic has led to an increase in ageist attitudes and psychological distress and loneliness among older people. The social isolation exacerbated the intergenerational segregation between young and older adults, and has also been expressed within families, since grandparents could not meet their grandchildren in person. The present study involved an intergenerational music intervention, as a vehicle to bridge the gap between grandparents and grandchildren at the COVID-19 pandemic. 41 grandparents aged 56-80, and 45 grandchildren aged 9.9-11.8 took part. Of these, 21 pairs of grandparents and grandchildren participated in a weekly online intergenerational zoom music therapy group for eight weeks, and the rest constituted a waitlist-controlled group. All participants completed the same questionnaires during the same time periods before and after the intervention. The results point to the effectiveness of participation in the sessions in improving intergenerational connections and psychological well-being, and in reducing ageist attitudes and loneliness.

Session 4535 (Symposium)

EMERGING TELEHEALTH ADVANCES FOR MENTAL AND COGNITIVE HEALTH IN LATE LIFE

Chair: Cindy Woolverton Co-Chair: Patricia Bamonti

Discussant: Lauren Moo

Over the last year, mental health services offered virtually have increased significantly in response to COVID-19. The rapid adoption of telehealth practices has raised many questions about how to develop and deliver effective interventions for older adults targeting their mental and cognitive health. In this symposium, we present on the feasibility