

by affiliation of various protective and supportive services. According to the Elder Abuse Prevention Law, elder abuse is defined as those inflicted by caregivers. Therefore, there is a big problem that abuses by non-caregivers are excluded from the coverage of the law. We are currently investigating abuses by non-caregivers to clarify the proportion of excluded cases among those reported to Elder Protective Services. I would like to talk about preliminary result of our investigation.

#### PHYSICAL RESTRAINT OF OLDER ADULTS AT HOME: PRELIMINARY ANALYSIS OF A PROSPECTIVE COHORT STUDY

Asa Inagaki, Ayumi Igarashi, Maiko Noguchi-Watanabe, Mariko Sakka, Chie Fukui, Taisuke Yasaka, Masumi Shinohara, and Noriko Yamamoto-Mitani, *The University of Tokyo, Tokyo, Japan*

Our study aimed to explore the prevalence and factors of physical restraints among frail to dependent older adults living at home. We conducted an online survey to ask about the physical/mental conditions, demographics, service utilization, and physical restraints of community-dwelling older adults. Either home care nurse or care managers who were responsible for the older adult answered the survey that were conducted at baseline and one month later. We obtained data from 1,278 individuals. Physical restraint was reported for 53 (4.1%) participants. Multiple logistic regression revealed the factors associated with physical restraints at home: having been restrained at baseline, having pneumonia or heart failure, receiving home bathing, or using rental assistive devices were associated with physical restraints at one month. The findings could be used to promote discussion about which services prevent physical restraints and what we should do to support clients and their family to stay at home safely.

#### GETTING INVOLVED WITH POLICY AS A GRADUATE STUDENT

Haley Gallo, *University of Southern California, Los Angeles, California, United States*

The third speaker is University of Southern California PhD candidate Haley Gallo. Haley will discuss strategies for connecting research to policy as a graduate student, as well as aging-policy internship opportunities for graduate students, including the GSA's Greg O'Neill Policy Internship. Haley's research focuses on policies that promote the goals of the Age-Friendly Cities and Communities initiative. She is passionate about including older adults—particularly those from groups who are traditionally left out—in the development of research and policy that affects people of all ages.

### SESSION 6075 (SYMPOSIUM)

#### POLICY SERIES: ESPO/ SOCIAL RESEARCH, POLICY, AND PRACTICE SECTION SYMPOSIUM: CONNECTING AGING RESEARCH TO POLICY: INSIGHTS AND STRATEGIES FOR EARLY-CAREER RESEARCHERS

Chair: Claire Pendergrast

Co-Chair: Jennifer May

A wide range of policy issues, from healthcare to transportation to social insurance, influence health and wellbeing

for older adults. Gerontologists have the opportunity to get involved with policy at any scale, from the organizational or community level to local, state, or federal policy. This symposium brings together a diverse panel of emerging and established academics to discuss strategies for early career researchers to understand and participate in aging policy activities. Panelists will discuss opportunities for researchers to contribute their expertise to policy discussions, and will share their own experiences and perspectives on participating in the policy process. Specific topics covered will include aging policy internship opportunities for graduate students, academic involvement with advocacy efforts to promote healthcare access to older adults, strategies for designing and conducting impactful and policy research, approaches to collaboration with diverse stakeholders to connect research to policy, and strategies for communicating policy-relevant research findings to general public and policy audiences. This symposium will reflect the SRPP's strong commitment to connecting research to policy and practice, and will provide early career scholars with strategies to connect their own research to policy in order to inform decision-making and improve health and quality of life for older adults.

#### ADVOCACY AS AN ACADEMIC AND NURSE PRACTITIONER

Lori Martin-Plank, *University of Arizona, Pipersville, Pennsylvania, United States*

The first speaker is Dr. Lori Martin-Plank, an established academic at the University of Arizona, College of Nursing. Dr. Martin-Plank will provide her experiences in advocating for older adults in Pennsylvania and nationally through professional organizations, meeting with coalition partners to promote access to care for vulnerable older adults in rural areas by promoting full practice authority for nurse practitioners, and advocating for full home health authority for nurse practitioners. Dr. Martin-Plank will share how she is active in advocacy and policy at the local, state and federal levels, and how to build a presence and relationship with legislators on The Hill and State Capitol. Dr. Martin-Plank is a family, gerontological, and mental health nurse practitioner, practicing in Pennsylvania, New Jersey, and Arizona.

#### POLICY-RELEVANT RESEARCH AND MEDIA COMMUNICATION

Pamela Herd, *Georgetown University, Washington, District of Columbia, United States*

The second speaker is Dr. Pamela Herd, Professor of Public Policy at Georgetown University. Dr. Herd will discuss her approach to conducting innovative and impactful policy-relevant research, as well as her experience communicating research to policymakers and the public through op-eds and other forms of media. Dr. Herd's research focuses on inequality and how it intersects with health, aging, and policy. She also has expertise in survey methods and administration. Her most recent book, *Administrative Burden*, was reviewed in the *New York Review of Books*. She has also published editorials in venues such as the *New York Times* and the *Washington Post*, as well as podcasts, including the *Weeds*, produced by Vox media.