THE IMPACT OF A RESOURCEFULNESS TRAINING INTERVENTION ON RELOCATED OLDER ADULTS' ADJUSTMENT

Alois K. Bokhorst, PhD, RN, H.S.M.I.
Marquette University, Milwaukee, WI
Jacquie A. Zauszniewski, PhD, RN-BC, FAAN
Case Western Reserve University, OH

Introduction

- The population of older adults.
- Relocation to retirement communities.
- The effects of relocation.
- Resourcefulness.

Purpose

- To evaluate the effects of a resourcefulness training (RT) intervention on positive cognitions, resourcefulness, relocation adjustment and adaptive functioning among relocated older adults.
The Resourcefulness Training Intervention (RT)

- Two small groups with 10 elders in each group.
- One session every week for six weeks. The eight skills constituting RT (Personal and Social).
- RT is innovative in using principles of learning and memory enhancement.

Method

- Subjects: 65 & older & cognitively intact.
- Random assignment: RT or diversional group.
- Data collection: before and after the intervention.

Measures

<table>
<thead>
<tr>
<th>Variables</th>
<th>Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading Comprehension</td>
<td>The Depressive Inventory Scale</td>
</tr>
<tr>
<td>Attitude Toward Reading</td>
<td>The Social Provisions Scale</td>
</tr>
<tr>
<td>Information Anxiety</td>
<td>The Scale of Information Anxiety</td>
</tr>
</tbody>
</table>
Results

- Age: 65 to 92 (M = 78 years).
- 2/3 of the sample reported having had no high school diploma (n=19).
- Almost 40% of the sample reported some high school or a high school diploma (n=19).

Results-Cont.

Measures of Outcome Measures for the intervention group (n = 19)

<table>
<thead>
<tr>
<th>Measures</th>
<th>T1-Mean (SD)</th>
<th>T2-Mean (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading comprehension</td>
<td>84.6 (10.3)</td>
<td>89.6 (8.0)</td>
</tr>
<tr>
<td>Adjective function</td>
<td>71.8 (11.8)</td>
<td>106.8 (15.0)</td>
</tr>
<tr>
<td>Attention duration</td>
<td>17.1 (9.0)</td>
<td>17.2 (9.1)</td>
</tr>
</tbody>
</table>

Comparison between the control and the intervention group on the outcome measures post intervention (time 2)

<table>
<thead>
<tr>
<th>Measures</th>
<th>Control Group</th>
<th>Intervention Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading comprehension</td>
<td>96.5 (6.5)</td>
<td>92.7 (6.5)</td>
</tr>
<tr>
<td>Adjective function</td>
<td>101.5 (12.0)</td>
<td>101.5 (12.0)</td>
</tr>
<tr>
<td>Attention duration</td>
<td>15.3 (2.4)</td>
<td>15.3 (2.3)</td>
</tr>
</tbody>
</table>
Discussion

- The study results consistent with other RT intervention studies on RT.
- Small sample size.
- Changes on the outcome measures may not have been noticeable because of the time frame used in this study.

Questions

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College of Nursing
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