Aspects of Home and Health over a Nine-year Period among Very Old People in Latvia

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The aim is to present the nine year follow-up results from the first longitudinal study on home and health among single-living very old people in Latvia. Data derived from the comprehensive interdisciplinary ENABLE-AGE Survey Study, which was designed to investigate how the home environment affects health trajectories along the process of aging. At baseline, 303 community-living people 75-85 years-old participated in Latvia. Nine years later, 59 were possible to follow-up. Interviews were conducted during home visits and contained questions and observations on person and environment. The findings highlight changes in home and health aspects along the later stages of the process of aging. Preliminary results show that life satisfaction and perceived health increased and symptoms of depression decreased during the study period. Participants perceived themselves as more dependent in daily activities compared to nine years earlier, and meaning of home changed to some extent in the Latvian context.

Objective 1: After attending this activity, participants will have knowledge on changes of aspects of home and health among very old people in Latvia along the process of aging.