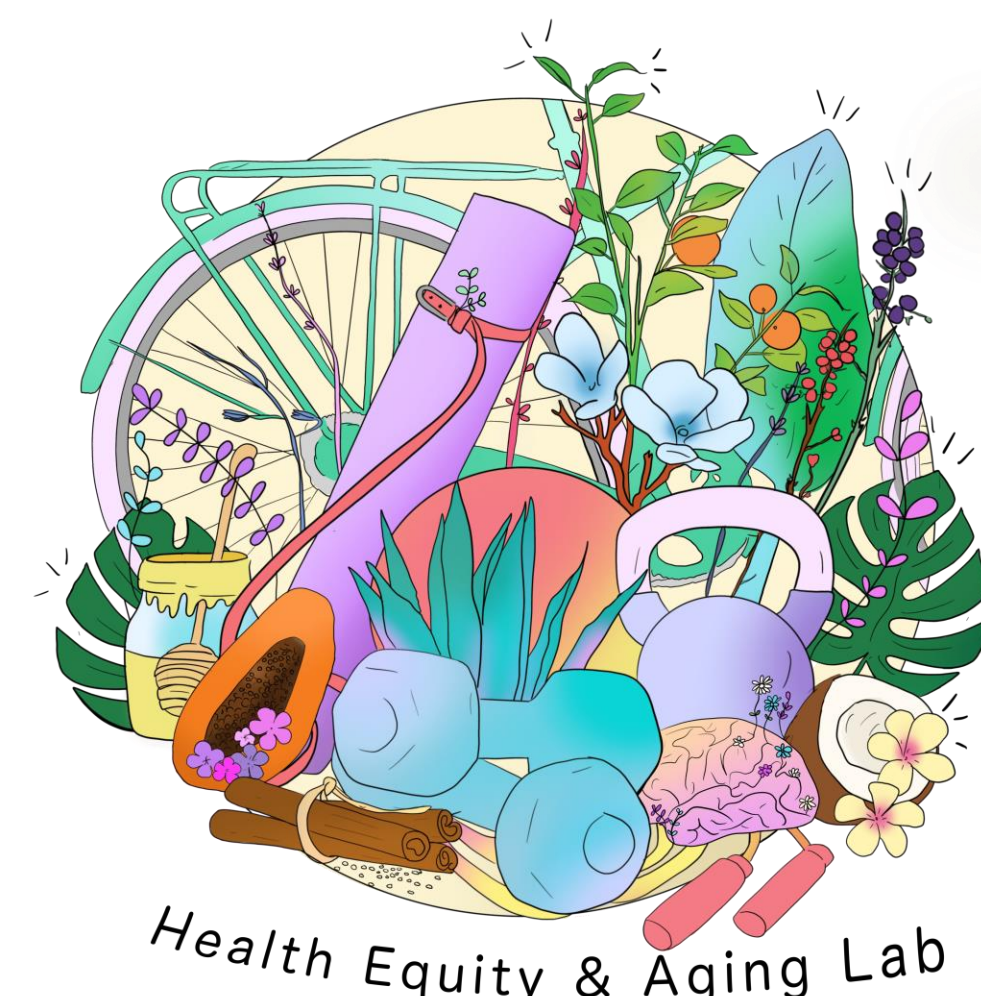


# COVID-19 and Adult Day Services: Perspectives of Adult Day Center Participants

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## INTRO

The emergence of COVID-19 led to the closing of Adult Day Centers (ADC's), resulting in a growing need for activities, services, and resources to support ADC participants while having limited information from participants regarding the impact of COVID-19

## METHODS

- 1) Semi-structured interviews were conducted using questions surrounding about activities of daily living, adult day center activities, pre and post COVID-19
- 2) Interviews were open and axially coded to design a codebook. Final codes were analyzed through an inductive and deductive approach to find emerging themes

Age	ADC	Sex	Ethnicity
64	Circle of Friends	F	African American
88	Ada Niles	F	African American
94	Ada Niles	F	African American
72	Accolade	F	African American
72	<u>Xilin</u>	F	Latino
71	<u>Xilin</u>	F	Latino
66	<u>Xilin</u>	F	Latino
75*	<u>Xilin</u>	M	Latino

## RESULTS

Eight interviews were conducted with seven adult day center participants and one caregiver, 4 themes emerged;

- 1) Positive and negative changes in home activities and exercise since the COVID-19 virus
- 2) Communication barriers due to lack of technology knowledge and preference for in-person interactions
- 3) Dependence on caregivers or family members for daily activities, necessities, and transportation
- 4) Resources and support offered from Adult Day Centers

Older adults showed **decreasing interest over time**, if any, in their online programs due to **dislike for the use of technology**

Findings indicate that older adults greatly valued their **in-person** experiences with exercising **alongside others** and in **forming close bonds** along the way



**Translation:** *"People started to take less interest...they started to separate from the group...then you kind of lessen your own desire to continue exercising...me because I have my sons, and my daughter, and my daughter-in-law and **when one doesn't help me the other does**, but there are people who, well, they have their phone but nothing else, they don't know how to use it, so this was more difficult... **you see it was beautiful, it was interesting, I tell you that we behaved like children, we laughed, and we had fun and finally that was what we were looking for right? To have a bit of distraction, a bit of feeling happy"***

- (Participant 190, XILIN, 66 years)

Adult Day Center Participants (N=27)	
Age	74.6±7.8 years
BMI	28.9 ±7.5 kg/m <sup>2</sup>
Mini Mental State Exam	25.3 ±3.3
Self-Identified African American	43.8%
Self-Identified Latino	37.5%
Males	18.52%
Short Performance Physical Battery	6.7±3.1 points
Timed Up and Go	15.1±5.0 seconds
Dependent Status	12.5%

## DISCUSSION

Digital or mobile health programs should consider inclusive platforms that are easy to understand and maneuver to be accessible to older adults. The role of social networks should be incorporated into social opportunities in programming to promote the forming of meaningful connections.

