

# 33<sup>rd</sup> Euro Nursing & Medicare Summit

October 08-10, 2018 | Edinburgh, Scotland

## Resilience of older adults with dementia and implications for nursing and care

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Although the conventional image of older adults especially those with dementia are often associated with disability and dependence, there has been evidence to support the claim that older people with or without dementia do not necessarily fit into that stereotype and many people with dementia continue to maintain wellbeing and live a meaningful life despite clinical neuropathology. In line with the biopsychosocial perspective to take account factors to the person and their social contexts which contribute to the individual's resilience in face of adversity, it is therefore important to work out what helps and hinders in this respect. The aim of this research was to explore the individual and social attributes and mechanisms of resilience among older adults with dementia. The study consisted of a thematic literature review on international and local Chinese publications; a mixed-method research on resilience of older adults with dementia. Findings of literature review revealed a knowledge gap in Chinese literature on resilience of older people in comparison with international publications; little is known about resilience of people with cognitive deterioration as dementia is often considered as negating the ability to develop resilience. Empirical results suggested most people with dementia understand the concept of resilience and feel they have the capacity to be resilient. Apart from similarities with results in Western literature on attributes and mechanisms of resilience, results in this study demonstrated cultural differences and individual diversities. Findings not only add to local evidence on resilience literature, but also contribute to the understanding of ethnic and cultural differences, and further lead to international comparison. In relation to clinical practice, results suggest that nurses should be aware of patients' resilience when prioritising care and designing interventions. Implications for older people with dementia, policy makers, service providers, and the wider community were also discussed.

### Biography

Jia Guo is a Clinical Psychologist with research interest in cognitive impairment among older adults, resilience in older age, aging and elderly care, lifespan development, as well as the development of health concept. She has completed both her PhD and MSc degrees at the University of Edinburgh, UK. Her previous work has been focused on children and adolescence, their developmental trajectories and mental health. Currently, she is doing research among older adults and those with cognitive impairment in particular, and teaching at Peking University Health Science Centre, China.

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