



**AKDENİZ UNIVERSITY
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GERONTOLOGY**

ABSTRACT BOOK



**XI. INTERNATIONAL
SYMPOSIUM OF SOCIAL
AND APPLIED
GERONTOLOGY**

**20-21-22 NOVEMBER, 2024
ANTALYA**





XI. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY

XI. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY

EDITOR

Prof. Dr. Nilüfer KORKMAZ YAYLAGÜL

EISBN: 978-625-00-2617-5

20-21-22 NOVEMBER, 2024

AKDENİZ UNIVERSITY / ANTALYA



XI. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY

SYMPOSIUM PRESIDENT

Prof. Dr. Nilüfer KORKMAZ YAYLAGÜL, Akdeniz University, Türkiye

HONORARY BOARD

Hulusi ŞAHİN, Governor of Antalya
Muhittin BÖCEK, Mayor of Antalya Metropolitan Municipality
Prof. Dr. Özlenen ÖZKAN, Rector of Akdeniz University
Prof. Dr. Aygen YILMAZ, Dean of Akdeniz University Faculty of Health Sciences
Saffet ACAR, President of National Council on Aging
İpek ŞENCAN, Member of the Çallı Holding Board of Directors
Tarık DURU, Member of the Duru Group Board of Directors

SCIENTIFIC COMMITTEE

Emeritus Prof. Dr. Terence SEEDSMAN, Victoria University, Australia
Prof. Dr. Adile Öniz ÖZDOĞAN, Near East University, Cyprus
Prof. Dr. Ahmet AKGÜL, Istanbul Cerrahpaşa University, Türkiye
Prof. Dr. Ahmet Turan IŞIK, Dokuz Eylül University, Türkiye
Prof. Dr. Andreas KRUSE, Heidelberg University, Germany
Prof. Dr. Bernd SEEBERGER, UMIT University, Austria
Prof. Dr. Cem ERGUN, Mehmet Akif Ersoy University, Türkiye
Prof. Dr. Elanur KARABULUTLU, Erzurum Technical University, Türkiye
Prof. Dr. Emine ARSLAN, Selçuk University, Türkiye
Prof. Dr. Emre Şenol DURAK, Abant İzzet Baysal University, Türkiye
Prof. Dr. Funda DEMİRTÜRK, Tokat Gaziosmanpaşa University, Türkiye
Prof. Dr. Gerhard MÜLLER, UMIT University, Austria
Prof. Dr. Gerhard Naegele, Dortmund Technical University, Germany
Prof. Dr. Gülüşan ÖZGÜN BAŞIBÜYÜK, Akdeniz University, Türkiye
Prof. Dr. Hafız KHAN, West London University, England
Prof. Dr. Hasan Hüseyin BAŞIBÜYÜK, Akdeniz University, Türkiye
Prof. Dr. Hiroko AKIYAMA, Tokyo University, Japan
Prof. Dr. Hisao OSADA, J.F. Oberin University, Japan
Prof. Dr. Hüseyin ESECELİ, Bandırma Onyedi Eylül University, Türkiye
Prof. Dr. İsmail TUFAN, Akdeniz University, Türkiye
Prof. Dr. Muammer TUNA, Muğla Sıtkı Koçman University, Türkiye
Prof. Dr. Mustafa Cihan CAMCI, Akdeniz University, Türkiye
Prof. Dr. Murat ŞENTÜRK, Istanbul University, Türkiye
Prof. Dr. Nazmiye YILDIRIM, Bolu Abant İzzet Baysal University, Türkiye
Prof. Dr. Nilüfer KORKMAZ YAYLAGÜL, Akdeniz University, Türkiye
Prof. Dr. Rolf Heinze, Ruhr-Bochum University, Germany
Prof. Dr. Sevim ÇELİK, Bartın University, Türkiye
Prof. Dr. Sibel KOÇAK, Zonguldak Bülent Ecevit University, Türkiye
Prof. Dr. Hicran BEKTAŞ, Akdeniz University, Türkiye
Assoc. Prof. Dr. Aslı KILAVUZ, Ege University, Türkiye
Assoc. Prof. Dr. Aynur KIZILIRMAK, Nevşehir Hacı Bektaş Veli University, Türkiye
Assoc. Prof. Dr. Emete TOROS, Girne University, Cyprus



XI. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY

- Assoc. Prof. Dr. Emre BİRİNCİ, Anadolu University, Türkiye
Assoc. Prof. Dr. Gülhan KÜÇÜK ÖZTÜRK, Nevşehir Hacı Bektaş Veli University, Türkiye
Assoc. Prof. Dr. Fatma HASTAOĞLU, Sivas Cumhuriyet University, Türkiye
Assoc. Prof. Dr. Hilal SEKİ ÖZ, Kırşehir Ahi Evran University, Türkiye
Assoc. Prof. Dr. Işıl KALAYCI, Süleyman Demirel University, Türkiye
Assoc. Prof. Dr. İlkay KAYACAN KESER, Akdeniz University, Türkiye
Assoc. Prof. Dr. Mehtap PEKESEN, Akdeniz University, Türkiye
Assoc. Prof. Dr. Mete Kaan NAMAL, Akdeniz University, Türkiye
Assoc. Prof. Dr. Mithat DURAK, Abant İzzet Baysal University, Türkiye
Assoc. Prof. Dr. Mukaddes ÖRS, Akdeniz University, Türkiye
Assoc. Prof. Dr. Mustafa ÇOBAN, Akdeniz University, Türkiye
Assoc. Prof. Dr. Neşe KARAKAŞ, Malatya Turgut Özal University, Türkiye
Assoc. Prof. Dr. Nil TEKİN, Board Member of Turkish Alzheimer Association
Assoc. Prof. Dr. Nur Elçin BOYACIOĞLU, Istanbul Cerrahpasa University, Turkey
Assoc. Prof. Dr. Özgür NALBANT, Alanya Alaaddin Keykubat University, Turkey
Assoc. Prof. Dr. Ramazan BAYER, Malatya Turgut Özal University, Turkey
Assoc. Prof. Dr. Rabia Hürrem SİNGİN, Malatya Turgut Özal University, Turkey
Assoc. Prof. Dr. Seda SÖNMEZ, Akdeniz University, Turkey
Assoc. Prof. Dr. Sera ÇETİNGÖK, Istanbul Cerrahpasa University, Turkey
Assoc. Prof. Dr. Sevinç SÜTLÜ, Burdur Mehmet Akif Ersoy University, Turkey
Assoc. Prof. Dr. Sibel DOĞAN, Istanbul Rumeli University, Turkey
Asst. Prof. Dr. Aslı Gözde AKIŞ, Balıkesir University, Turkey
Asst. Prof. Dr. Dudu KARAKAYA, Akdeniz University, Turkey
Asst. Prof. Dr. Esra ERDOĞAN, Ondokuz Mayıs University, Turkey
Asst. Prof. Dr. Çiğdem BOZKIR, Inonu University, Turkey
Asst. Prof. Dr. Çiğdem Fulya DÖNMEZ, Muğla Sıtkı Koçman University, Turkey
Asst. Prof. Dr. Fatma Sıla AYAN, Istanbul Gelisim University, Turkey
Asst. Prof. Dr. Gökçe Yağmur GÜNEŞ GENCER, Akdeniz University, Turkey
Asst. Prof. Dr. Hasan Hüseyin AVCI, Akdeniz University, Turkey
Asst. Prof. Dr. Hatice POLAT, Malatya Turgut Özal University, Turkey
Asst. Prof. Dr. Hatice Selin IRMAK, Istanbul Cerrahpasa University, Turkey
Asst. Prof. Dr. İkuo MURAKAMİ, Akdeniz University, Turkey
Asst. Prof. Dr. Mehmet EFE, Muş Alparslan University, Turkey
Asst. Prof. Dr. Sibel ÇAYNAK, Antalya Bilim University, Turkey
Asst. Prof. Dr. Şengül AKDENİZ, Akdeniz University, Turkey
Asst. Prof. Dr. Sümeyra Mihrap İLTER, Osmaniye Korkut Ata University, Turkey
Asst. Prof. Dr. Tahsin Barış DEĞER, Çankırı Karatekin University, Turkey
Asst. Prof. Dr. Tümer ULUS, Istanbul Cerrahpasa University, Turkey
Asst. Prof. Dr. Vahid RASHEDI, Iran University of Medical Sciences
Research Asst. Dr. Deniz PAMUK, Muş Alparslan University, Turkey
Research Asst. Dr. Dilek KOCABAŞ, Akdeniz University, Turkey
Lecturer Dr. Deniz ÖZAL, Akdeniz University, Turkey
Lecturer Dr. Banu DEMİRDAŞ, Malatya Turgut Özal University, Turkey
Lecturer Dr. Hande KIRIŞIK, Ankara University, Turkey
Lecturer Dr. Semra GÜNDOĞDU, Akdeniz University, Turkey
Lecturer Sif SIGURLAUGARDÓTTIR, University of Iceland



XI. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY

Research Asst. Ahmet AYTEPE, Muş Alparslan University, Turkey
Research Asst. Muhammed Said ULUPINAR, Tokat Gaziosmanpaşa University, Turkey
Research Asst. Tule GÜLTEKİN, Istanbul Cerrahpasa University, Turkey
Lecturer Barkın DERE, Malatya Turgut Özal University, Turkey
Lecturer Emel MÜLAYİM, Akdeniz University, Turkey
Lecturer Nisa YILDIZ, Osmaniye Korkut Ata University, Turkey
Lecturer Nuran Gül BORAZAN, Sütçü İmam University, Turkey
Lecturer Yaşar Faruk GÜRDAL, Isparta Süleyman Demirel University, Turkey

ORGANIZING COMMITTEE

Prof. Dr. phil. habil. İsmail TUFAN, Akdeniz University, Turkey
Prof. Dr. Hasan Hüseyin BAŞIBÜYÜK, Akdeniz University, Turkey
Prof. Dr. Mustafa Cihan CAMCI, Akdeniz University, Turkey
Prof. Dr. Gülüşan ÖZGÜN BAŞIBÜYÜK, Akdeniz University, Turkey
Prof. Dr. Nilüfer KORKMAZ YAYLAGÜL, Akdeniz University, Turkey
Asst. Prof. Dr. Gökçe Yağmur GÜNEŞ GENCER, Akdeniz University, Turkey
Asst. Prof. Dr. İkuko MURAKAMİ, Akdeniz University, Turkey

SECRETERIAT

Research Asst. Özlem ÖZGÜR, Akdeniz University, Turkey
Research Asst. Barış KILIÇ, Akdeniz University, Turkey
Research Asst. Jülide YILMAZ, Akdeniz University, Turkey
Research Asst. Muhammed Said ULUPINAR, Akdeniz University, Turkey
Expert Gerontologist Şule ÖZTÜRK
Gerontologist Mehmet Doğan SOYLU

SCIENTIFIC PROGRAM

November 20, 2024 - Wednesday

Day 1

09.00-09.30: Registration

09.30-10.00: Opening Ceremony and Musical Performance (University)

10.00: Opening Speeches

Chair of the Symposium: Prof. Nilüfer Korkmaz YAYLAGÜL

Founder Chair: Prof. İsmail TUFAN

Dean: Prof. Dr. Aygen YILMAZ

Provincial Director of Family and Social Services: Galip SÖKMEN

Director General of Disability and Elderly Services: Dr. Yasin AKAR

Vice Rector: Prof. Dr. Ayşe Gülbin ARICI (if attending)

Presentation of Appreciation Certificate to Tazelenme Universities

Director General of Disability and Older Adults Services: Dr. Yasin AKAR

10.45-12.00: KeyNote Speaker Prof. Gloria GUTMAN

Lunch Break

12.00-13.00

I. Session: Innovative Approaches in Aging Studies

13.00-14.30

Moderator: Prof. Hasan Hüseyin BAŞIBÜYÜK

1. Prof. Anne-Sofie HELVİK, Büşra Nur TEMÜR, Süleyman ŞAHİN, Nilgün AKSOY, Selma ÖNCEL – *Living and Aging: Exploring the Experiences with Healthcare Services and Aging Among Turkish Individuals Aged ≥60 in Norway*
2. Assoc. Prof. Abdallah ABUDAYYA, Annabel Hamre, Zada Pajalic, Hanne Knudsen Cervino, Nima Wesseltoft-Rao - *Experiences and Challenges of the Use Subacute and Acute Dysfunction in the Elderly-SAFE Work Team Coordinators Experiences and Challenges in the Introduction and use of SAFE in Home-Based Nursing: A Qualitative Study from the Norwegian Context*
3. Nima Wesseltoft-Rao, Zada Pajalic, Annabel Hamre, Assoc. Prof. Abdallah ABUDAYYA - *Home Care Nurses' Experiences of the Use and Introduction of the Subacute Functional Decline in the Elderly Instrument*

4. Asst. PhD. Mihael NEDELJKO., Assoc. Prof. Boris Miha Kaučič - *Well-being and Life Satisfaction Among Sexual and Gender Minority (SGM) in Old Age: The Role of Sexual Orientation*

Q&A

II. Session: Aging In Japan

14.30-16.00

Moderator: Asst. Prof. Ikuko MURAKAMI

1. Mayuko ONO, Ph.D, Prof. Hisao OSADA - *Gratitude Research Among Older Adults In Japan: Current Status And Future Perspective*
2. Prof. Yukiko OSADA, Prof. Dr. Hisao OSADA - *Reminiscence and Life Review in Old Age*
3. Gambe NAYUTA - *Future Perspectives and Reconstruction Choices for Disaster Victims in Aging Regions: Case Studies of the 2011 Great East Japan Earthquake and the Noto Peninsula Earthquake of 2024*
4. Prof. Kiyoshi KANEBISHI - *Earthquake Disasters and Collective Trauma*

Q&A

Break

16.00-16.15

III. Session

16.15-17.30

Moderator: Asst. Prof. Esra ERDOĞAN

1. Assoc. Prof. Sevinç SÜTLÜ, Lec. Özge KUTLU - *Profiles of Older Adults Based on Local Living Situations in Burdur Province*
2. Lec. PhD. Hande KIRIŞIK SÜRER, Prof. Nilüfer KORKMAZ YAYLAGÜL - *Caregiver Burden Reduction Initiative for Informal Caregivers of Alzheimer's Patients: Structured Caregiver Support Program*
3. Lec. PhD. Fatma Banu DEMİRDAŞ, Prof. Nilüfer KORKMAZ YAYLAGÜL - *The Effect of Health Promotion Comprehensive Training Intervention on the Frailty of Elderly Family Caregivers*

Q&A

Closing

November 21, 2024 - Thursday

Day 2

09.30-10.00: November 21 Gerontologists' Day: Wreath Laying Ceremony at Cumhuriyet Meydanı

10.30-17.00: Poster Presentations

11.00-12.15: KeyNote Speaker Prof. Dr. Andreas KRUSE

12.15-13.00: XII. İbrahim Şencan Gerontology Awards

Lunch Break: 13.00-14.00

I. Session: Inclusive Societies in Aging World

14.00-15.30

Moderator: Prof. Cihan CAMCI

1. Prof. Andreas MOTEL-KLINGEBIEL - *Late working life between need for extension and risk of exclusion - a European comparative perspective*
2. Prof. Christoph STRUNCK - *Don't be Fooled by Longevity Research! Why Social Determinants are Crucial for Healthy Aging*
3. Phd. Meghann Catherine WARD, Prof. Yasemin Afacan - *DEMENTIA in Ankara and the Nature of Surroundings [DEMANS 24-26]: A Horizon Europe proposal exploring the effects of everyday home and family environments on the health, well-being and identity of aging women*
4. Fatima SALOMONI, Prof. Matthias Drilling - *Towards Inclusive Ageing: Addressing Challenges in Representing Diverse Older Adults*

Q&A

II. Session: Geriatrics

15.30- 17.00

Moderator: Prof. Dr. Teslime ATLI

1. Habibe ÖZÇELİK, Asst. Prof. Hasan Hüseyin AVCI - *An Overview of the Sociodemographic Characteristics of Gerontologists First Appointed to the Institutions Affiliated to the Ministry of Health in Terms of Employee Health*
2. Dr. Tuğba TURGUT - *Falls in the Older Adults*
3. Dr. Hilal HEYBELİ - *Changes that Occur With Aging*
4. Dr. Serdar CEYLAN - *Nutrition in Older Adults*

Q&A

Break

17.00-17.15
Panel: Biogerontology
17.15- 18.30
Moderator: Prof. Hasan Hüseyin BAŞIBÜYÜK
1. <u>Asst. Prof. Sevda HASTAOĞLU ÖRGEN</u> - <i>Distinctive Features of Aging</i>
2. <u>Prof. Ertan Mahir KORKMAZ</u> - <i>Key Phenomenon in Aging: Epigenetic Changes</i>
3. <u>Prof. Mahir BUDAK</u> - <i>Aging and Bioinformatics</i>
Q&A
Kapanış
November 22, 2024 - Friday
Day 3
I. Session:
09.30-11.00
Moderator: Asst. Prof. Sümeyra Mihrap İlter
1. Prof. Emine YILMAZ, Assoc. Prof. Sibel ARGUVANLI ÇOBAN, <u>Assoc. Prof. İsa DEMİR</u> , Assoc. Prof. Türkan AKYOL GÜNER, Lec. Aydın OLCAY ÖZKAN , Res. Asst. Muhammed Macit DEMİR - <i>Profiles of Older People Based on Local Living Situations in Zonguldak</i>
2. Asst. Prof. Sevcan Toptaş Kılıç S, Asst. Prof. Tahsin Barış Değer, <u>Assoc. Prof. Songül KAMIŞLI</u> - <i>Evaluation of a Psychoeducation Program for Employees Providing Services in a Nursing Home: A Pilot Study Example</i>
3. <u>Asst. Prof. Aslı Gözde AKIŞ</u> - <i>Challenges and Long-Term Impacts of Older Carers in Caregiving Process</i>
4. <u>Asst. Prof. Tahsin Barış DEĞER</u> , Asst. Prof. Hakkı KALAYCI - <i>Living Conditions of the Older People in Çankırı</i>
Q&A
Lunch Break
11.00-11.15
II. Session:
11.15-12.45

Moderator: Prof. Muammer TUNA

1. Assoc. Prof. Çağlar Özbek, Doç. Dr. Hilmi Etcı, Prof. Serap ÖZEN - *General Outlook of Aging Women Unemployment in Turkey and Comparison of Tr32 Region*
2. Prof. Muammer TUNA, Tuğba BAYRAKTAR - *Oral History Study on Life Experiences of 85+ in Muğla*
3. Prof. Muammer TUNA, Deniz ÇAKMAZ - *Intergenerational Interaction and Experience Transfer*
4. Asst. Prof. Hatice GÜLSOY, Assoc. Prof. Özgür Nalbant, Res. Asst. Fadime Toru, Sevinç Öz - *Cyberchondria in Elderly Individuals: The Role of Tazelenme Universities in Alleviating Health Anxiety*

Q&A

Lunch Break:12.45-14.00

III. Session

14.00-15.30

Moderator: Prof. Gülüşan ÖZGÜN BAŞIBÜYÜK

1. Prof. Mithat DURAK, Prof. Emre Şenol DURAK - *The Mediating Role of Positive Affect, Negative Affect, and Flourishing on the Relationship Between Worry and Life Satisfaction in Older Adults*
2. Assoc. Prof. Gülhan KÜÇÜK ÖZTÜRK, Res. Asst. Barış KILIÇ, Prof. Gülüşan ÖZGÜN BAŞIBÜYÜK - *Psychosocial Experiences of Individuals with Mothers Diagnosed with Alzheimer's*
3. Res. Asst. PhD. Sonay CANER-YILDIRIM - *Adapting to a New Interaction Paradigm: Older Adult Academics; Perceptions of Generative Artificial Intelligence in Extraordinary*
4. Lec. PhD. Ercüment AKSOY - *Spatial Assessment of the Risks of Air Pollution on Older People Using Earth Observation Technology*

Q&A

IV. Session

15.30-16.45

Moderator: Assoc. Prof. Gökçe Yağmur GÜNEŞ GENCER

1. **Konuşmacı:** PhD. Zahide YUVAKGİL, S. Fehmi AKÇİÇEK - *Stereotyping of Aging: Portrayals of older characters in childrens books in Türkiye*
2. **Konuşmacı:** Veliye YİĞİTALP, Hatice ŞİMŞEK KESKİN, Pınar SOYSAL - *Determination The Relationship Between Sleep Disorders And Falls In The Older Adults Who Applied Geriatrics Outpatient Clinic*

3. Konuşmacı: Çiğdem TÜYSÜZ, <u>Lec. PhD. Hatice OĞUZ ÖZGÜR</u> - <i>Quality of Life in Old Age: The Example of Disaster-Victim Elderly</i> Q&A
Closing Speech 16.45-17.45
November 23, 2024 - Saturday Social Program Kaleiçi Tour, Departure from University 11.00

November 22, 2024 - Friday Day 3 Parallel Sessions
I. Session: 9.30-11.00
Moderator: Assoc. Prof. Gülhan KÜÇÜK ÖZTÜRK 1. Res. Asst. Özlem ÖZGÜR - <i>Applied Gerontological Service Model in Rural Areas: The Case of İbradı</i> 2. Res. Asst. Jülide YILMAZ - <i>Dementia-Friendly Initiatives: Examples from Around the World</i> 3. Lec. Nisa YILDIZ - <i>Experiences of Older Adults Participating in a Self-Compassion Programme</i> 4. Şule Sidrenur ÖZTÜRK - <i>Path Analysis: A Study within the Concept of Loneliness</i> Q&A
II. Session: 11.00-12.30
Moderator: Lec. PhD. Fatma Banu DEMİRDAŞ 1. Res. Asst. Barış KILIÇ - <i>A Bibliometric Analysis of Articles with 'Gerontology' in Their Titles</i> 2. Deniz AKKAYA KOZAK - <i>Emotion Studies in Gerontopsychology: A Bibliometric Analysis</i> 3. Lec. Barkın DERE - <i>Investigation of Polypharmacy in the Older Adults through a Life Story Study</i>



XI. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY

4. Lec. Furkan ULUSAL - *Ciritçi Abdullah as an Example of Positive Elderly Representation in Television Series*

Q&A

TAZELENME UNIVERSITIES WORKSHOP PROGRAM		
20.11.2024 ÇARŞAMBA / 1.GÜN		
TIME	TOPIC	LOCATION
09.30	Opening Ceremony and Music Performance	Akdeniz University Atatürk Conference Hall
10.00	Opening Speeches: Presentation of Appreciation Plaque to Tazelenme Universities (EYHGM)	
10.45-12.00	Keynote Speaker: Prof. Dr. Gloria GUTMAN	
12.00-14.00	Lunch Break	
14.00	Introduction	Akdeniz University Faculty of Health Sciences, Ibrahim Sencan Gerontology Center, Seminar Room
14.10	Presentation on the Status of Tazelenme Universities in Turkey (EYHGM)	
14.30	Presentation on the Development of Tazelenme University Program Implementation Guide (Akdeniz Tazelenme University)	
15.00	Break	
15.15	Presentations by Tazelenme Universities <ul style="list-style-type: none">· Akdeniz University (Antalya)· Muğla Sıtkı Koçman University· İstanbul Nişantaşı University (Foundation)· Anadolu University (Eskişehir)· Girne University (Foundation, Cyprus)· Malatya Turgut Özal University· Sivas Cumhuriyet University· Alanya Alaaddin Keykubat University (Antalya)· Muş Alparslan University· Yozgat Bozok University	
17.00	Closing of Day 1	Akdeniz University Social Facilities Restaurant
18.00	Dinner	
21.11.2024 THURSDAY / DAY 2		
TIME	TOPIC	LOCATION

10.00	<p>Group Discussions: Recommendations, Needs, and Issues for Developing and Expanding Refresher Universities</p> <p>Group 1: Operating Refresher Universities</p> <ul style="list-style-type: none"> · Akdeniz University (Antalya) · Muğla Sıtkı Koçman University · İstanbul Nişantaşı University (Foundation) · Anadolu University (Eskişehir) · Girne University (Foundation, Cyprus) · Malatya Turgut Özal University · Sivas Cumhuriyet University · Alanya Alaaddin Keykubat University (Antalya) · Muş Alparslan University · Yozgat Bozok University <p>Group 2: Universities Preparing to Start Education</p> <ul style="list-style-type: none"> · Yüksek İhtisas University (Foundation, Ankara) · Mersin University · Osmaniye Korkut Ata University · Tokat Gaziosmanpaşa University · Çanakkale 18 Mart University · Batman University · Kırşehir Ahi Evran University · Erzincan Binali Yıldırım University · Balıkesir University · Karadeniz Technical University (Trabzon) · Dokuz Eylül University (İzmir) · Erzurum Technical University 	Akdeniz University Faculty of Health Sciences, Ibrahim Sencan Gerontology Center, Seminar Room
12.00	Lunch Break	
14.00	<p>Group Presentations:</p> <p>Group 1 Presentation</p> <p>Group 2 Presentation</p>	
15.00	Break	
15.15	Evaluation and Final Report	
16.00	Distribution of Certificates of Participation/Appreciation and Closing	

Posters		
Posters	Presenter	Title
Poster 1	Nuriye YILMAZ	Cognitive Assessment of Older Adults Applying to the Gerontology Clinic
Poster 2	Fatma ALKAN	Depictions of Older Adults in Anime Films Directed by Hayao Miyazaki
Poster 3	Ayşe Nur ERDOĞAN	Impact on Leisure Time Activities from the Experience of Spouse Loss in Older Adults
Poster 4	Ezgi PEKTAŞ	Physical Activity in Older Adults: Barriers and Motivating Factors
Poster 5	Veronika GOCIEKOVA	The Roles of Age References in Narratives of Aging Adults: A Qualitative Study



XI. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY

Dear scientists,

We are excited to organize the XI. International Symposium on Social and Applied Gerontology, which is an important platform for knowledge sharing and collaboration in the field of ageing studies.

The main theme of the symposium is "Ageing from Gerontological and Geriatric Perspectives". Within this scope, national and international expert academics, researchers, health professionals, and policymakers will come together to share their knowledge and experiences and discuss the most current research and applications in ageing. The aim of the symposium is to contribute to the development of policies and practices aimed at improving the quality of life of older individuals by addressing the ageing process from gerontological and geriatric perspectives.

On behalf of the Gerontology Department of Akdeniz University, we are honoured to invite you to the "XI. International Symposium on Social and Applied Gerontology" and hoping to see you in Antalya.

Prof. Dr. Nilüfer KORKMAZ YAYLAGÜL
SYMPOSIUM PRESIDENT



XI. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY

KeyNote Speaker

Gloria Gutman, Burnaby (Canada)

Gloria Gutman, PhD, developed the Gerontology Research Centre and Department of Gerontology at Simon Fraser University (SFU) and was Director of both from 1982–2005. She is currently a Research Associate and Professor Emeritus at SFU. Dr. Gutman is the author/editor of 23 books, the most recent (with Claire Robson & Jen Marchbank) titled *Elder Abuse in the LGBTQ2SA+ community* (Springer, 2023). During her career, Dr. Gutman has held a number of high profile roles including two terms as President of the Canadian Association on Gerontology, President of the International Association of Gerontology and Geriatrics, and President of the International Network for Prevention of Elder Abuse. Currently, she is President of the North American chapter of the International Society for Gerontechnology, Vice-President of the International Longevity Centre-Canada, and a member of the Research Management Committee of the Canadian Frailty Network (CFN-NCE). Previously she served on the World Economic Forum’s Council on the Ageing Society, World Health Organization’s Expert Advisory Panel on Aging and Health, and the CIHR-Institute of Aging Advisory Board. In 2007 she was awarded the Order of British Columbia and in 2010 an LLD (honoris causa) by the University of Western Ontario for her work “as an international authority in the field of gerontology” and was named one of Canada’s “best 45 over 45” by *Zoomer Magazine*. In 2012, she was awarded a Queen Elizabeth II Diamond Jubilee Medal by the Government of Canada, and in 2016, she was appointed to the Order of Canada, the country’s highest civilian honour.



XI. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY

KeyNote Speaker

Andreas Kruse, Heidelberg (Germany)

Prof Dr Dr h.c. Andreas Kruse, born in 1955, has been Director of the Institute of Gerontology at Heidelberg University since 1997.

Prof Kruse studied psychology, philosophy, psychopathology and music at the Universities of Aachen and Bonn and at the Cologne University of Music. He received his doctorate in psychology from the University of Bonn with the grade 'Summa cum laude et egregia' and his habilitation in psychology from the University of Heidelberg. The former founding director and professor of the Institute of Psychology at the University of Greifswald was Dean of the Faculty of Behavioural and Empirical Cultural Sciences at the University of Heidelberg from 2007-2011. From 1999-2002, Prof. Kruse was a member of the commission convened by the former Secretary-General of the United Nations, Kofi Annan, to draw up the International Plan of Action on Aging and from 2010-2012 he was coordinator of the Federal Chancellor of the Federal Republic of Germany's dialogue on the future. He has been Chairman of the Federal Government's Ageing Report Commission since 2003 and a member of the German Ethics Council since 2016, of which he was Deputy Chairman from 2016-2018.

Prof Kruse has received numerous international and national awards, including the 1st Presidential Award of the International Association of Gerontology and the Federal Cross of Merit, personally awarded by the Federal President Prof Köhler for his contributions to generational research and international and national policy advice. In 2010, he received an honorary doctorate from the University of Osnabrück.

He has been a member of the Heidelberg University Council since October 2018.

**Living and aging: Exploring the experiences with healthcare services and aging among
Turkish individuals aged ≥ 60 in Norway**

Anne-Sofie Helvik¹, Büşra Nur Temür, Süleyman Şahin, Nilgün Aksoy, Selma Öncel
¹anne-sofie.helvik@ntnu.no

Abstract is based on a study performed in Norway and findings are reported in a submitted manuscript.

Introduction: The aim of this study is to gain knowledge from older (60 +years) first-generation immigrants, aging in Norway regarding their experiences with healthcare services and aging. We want to explore experiences older people of Turkish origin have regarding healthcare services and aging in Norway.

Methods: This study used a qualitative approach with individual interviews once between February and June 2023. The sample consisted of 17 individuals, all aged 60 or older, of Turkish origin, immigrated to and living in Norway. All participants resided in and around the same city in the middle part of Norway. Reflexive thematic analysis was used.

Results: Two main themes and five sub-themes were identified. The first theme “Utilization of the healthcare service to their best” with the sub-themes a) “Communication through a translator: Expressing health problems” and b) “From physician to physician: Seeking a second opinion in health” and the second theme “Being born in Türkiye: Aging in Norway” with the sub-themes: a) “Between two worlds: Efforts to establish balance”, b) “Family ties and care preferences: Understanding the care preferences” and c) “Two cultures, one life: Lifestyles”.

Conclusion: This study reveals experiences Turkish individuals living in Norway have with conveying and explaining their health problems through a translator, their wish for a second opinion regarding health, their efforts to balance between two cultures, family ties and care preferences, and cultural differences regarding aging. These findings offer valuable perspective for healthcare providers and social workers in developing cross-cultural communication strategies. This study contributes towards understanding older Turkish immigrants and how healthcare services fit their needs.

Key Words: Key Words, Aging, Healthcare services, Migration, Qualitative study

**Experiences and challenges of the use Subacute and Acute Dysfunction in the Elderly-
SAFE Work team coordinators experiences and challenges in the introduction and use
of SAFE in home-based nursing: A qualitative study from the Norwegian context**

Abdallah Abudayya¹, Annabel Hamre¹, Zada Pajalic¹, Hanne Knudsen Cervino, Nima
Wesseltuft-Rao¹

Institute for Nursing, Faculty of health, VID Specialized University, Norway¹
abdallah.abudayya@vid.no

Introduction/Purpose: Old age is the leading cause of impaired bodily function, which gradually increases healthcare service needs. To offer the best possible care in the home and to be able to detect health-related functional impairment at an early stage, it is necessary to carry out systematic and structured observations. The assessment tool Subacute and Acute Dysfunction in the Elderly (SAFE) has been developed explicitly for these structured observations. This study aims to explore the experiences and challenges of home-based care work team coordinators (WTCs) regarding the introduction and use of SAFE.

Method: The present qualitative study was performed following Consolidated Criteria for Reporting Qualitative Research (COREQ) guidelines. The data were collected through individual interviews (n = 3) and focus group (FG) interviews (n = 7). The interview transcripts were analysed using the Gioia method.

Results: Five aggregated dimensions were identified: Varying acceptance of SAFE, Structuring and quality-assurance of home-based nursing practice, Obstacles for the integration of SAFE in daily practice, Acceptance and use of SAFE require continuous supervision and SAFE contributes to increased quality of nursing care.

Conclusion: The introduction of SAFE contributes to a structured follow-up of functional status in patients receiving home care. In order to incorporate the tool into home care practice, it is essential to set aside time to introduce the tool and to support nurses' use of it by offering continuous supervision

Key Words: nursing assessment, nursing home care, nursing observations, older people

Home Care Nurses' Experiences of the Use and Introduction of the Subacute Functional Decline in the Elderly Instrument

Nima Wesseltoft-Rao¹, Zada Pajalic¹, Annabel Hamre¹, Abdallah Abudayya¹

Institute for Nursing, Faculty of health, VID Specialized University, Norway¹

abdallah.abudayya@vid.no

Introduction/Purpose: Registered nurses are crucial in home care nursing for elderly patients, as detecting geriatric conditions can be difficult due to age-related changes or communication barriers. Disability is often overlooked in elderly care, requiring different assessment tools to determine patient status and necessary nursing interventions. During the COVID-19 pandemic, the subacute functional decline in the elderly (SAFE) instrument was implemented in some Oslo districts to detect early signs of sub acute functional decline in hospital and home care settings. However, the nurses' perception of this new assessment tool and its effectiveness has not been evaluated.

This study aims to explore home care nurses' experiences and perceptions regarding the introduction and use of the new assessment tool, SAFE. Objectives were to conduct focus group interviews and perform qualitative analysis.

Method: The study followed Consolidated Criteria for Reporting Qualitative Research guidelines, had a qualitative design, and included 15 out of 60 permanently employed RNs at Oslo municipality's home care service in Frogner district. Data was collected via three focus group interviews and analyzed thematically

Results: The study identified three themes: (1) Nurses learned to use SAFE through direct experience due to a lack of standard introduction or training. (2) SAFE supported patient-centred care by enabling communication, preventive work, and identifying patients' needs. (3) Integrating SAFE into electronic databases and daily clinical work could improve nursing efficiency.

Conclusion: Overall, using SAFE can improve patient outcomes and care quality in home care, but clear guidelines, ongoing support, and standardized procedures are crucial for its effectiveness. Regular updates and complete management support are also necessary. The study's findings align with previous research and can guide the development and implementation of tools in home care to enhance patient outcomes and the quality of care delivered.

Key Words: nursing assessment, assessment of healthcare needs, home care service, observations, aged

Well-Being And Life Satisfaction Among Sexual And Gender Minority (Sgm) In Old Age: The Role Of Sexual Orientation

Asst. Mihael Nedeljko, PhD cand.¹, Assoc. Prof. Dr. Boris Miha Kaučič^{2,1}

¹Alma Mater Europaea University, Maribor Slovenia,

e-mail: mihael.nedeljko@gmail.com

²Institute for Education, Work and Care, dr. Marijan Borštnar Dornava, Slovenia, e-mail:

kaucic@siol.net

Introduction/Purpose: SGM older adults, including those who identify as gay, lesbian, bisexual, transgender, queer, or other non-heteronormative orientations and gender identities, often encounter a distinct range of challenges. These include health-related issues, social isolation, and discrimination, all of which can negatively affect their overall well-being. Research on well-being and life satisfaction in this group is limited, particularly outside the United States, with much of the existing literature treating this population as "hidden" or under-researched. Well-being itself is a multifaceted concept, involving physical, social, and psychological dimensions, while life satisfaction serves as a subjective measure of one's quality of life, often tied to feelings of happiness and fulfillment. The purpose of the study was to determine how sexual orientation and life satisfaction influence well-being among SGM older adults.

Method: Data from a non-random purposive sample of 318 SGM older adults in Slovenia (aged 50+) was collected using a survey. To measure life satisfaction, we used the standardised and validated Satisfaction with Life Scale – SWLS. Well-being was measured with the standardised and validated WHO well-being indicator scale. Sexual orientation was measured on an ordinal scale. In phase one, an exploratory factor analysis (EFA) was performed for both constructs. This was followed by confirmatory factor analysis. The structural equation modelling was performed with the maximum likelihood (ML) estimation using the AMOS 27 software.

Results: EFA formed one factor for both constructs. The fit of the structural model was checked with reliability indices (RMSEA=0.067, NFI=0.952, CFI=0.971, NNFI=0.962) and chi-square value ($\chi^2/df = 101.508/42$; $p < 0.001$), which are within the prescribed limits and thus relevant. We find that life satisfaction has a statistically significant effect on well-being ($\gamma_1 = 0.482$, $p < 0.001$) and hypothesis H1 is accepted. We also included the sexual orientation control variable in the model, and we note that it has a weak but statistically significant ($\gamma_2 = 0.143$, $p < 0.001$) effect on well-being in SGM older adults. Gay and lesbian individuals reported higher subjective well-being than others in the SGM group.

Conclusion: Life satisfaction significantly affects well-being in SGM older adults, aligning with general population studies. Sexual orientation may also influence well-being, highlighting the complexity of factors affecting SGM older adults. *The identified factors should be considered when developing and designing programmes to support the SGM, which can contribute to improved health in this population.*

Key Words: Life Satisfaction, Old Age, Sexual and Gender Minority, Sexual Orientation, Well-being

Gratitude Research Among Older Adults In Japan: Current Status And Future Perspective

Mayuko ONO, Ph.D¹, Hisao OSADA, Ph.D²

¹Tokyo Metropolitan Institute for Geriatrics and Gerontology, onom@tmig.or.jp

²J.F. Oberlin University, h-osada@obirin.ac.jp

Introduction/Purpose: Japan is a super-aging society with an aging rate of 29.1%, which is expected to rise even further. As a result, research on well-being in later life is becoming increasingly important. Among such research, gratitude among older people is gaining attention as a topic in Japan. Although gratitude has been suggested to influence not only mental and physical well-being, but also acceptance about the end of life, there is still a scarcity of research on this topic worldwide. This presentation aims to introduce the latest research on gratitude among older adults in Japan and discuss its current status and future perspectives.

Methods: The significance of gratitude studies and two key research projects on older adults in Japan are presented.

Results: Findings in Japan have revealed that gratitude among older adults comprises three distinct elements. Additionally, a new tool for measuring gratitude has been developed.

Conclusion: The findings presented are expected to advance research on gratitude among older adults in Japan and contribute to the global development of gratitude research.

Keywords: gratitude, components, scale development, older adults

Reminiscence And Life Review In Old Age

Yukiko Osada, Ph.D.¹, Hisao Osada, Ph.D.²

¹J.F.Oberlin University, yu-osada@obirin.ac.jp

²J.F.Oberlin University, h-osada@obirin.ac.jp

It is widely acknowledged that recalling and discussing past experiences in old age is a crucial aspect of the developmental tasks of older adults. This process of revisiting the past, including both positive and negative aspects, contributes to a sense of acceptance and peace, particularly in the face of mortality.

Given the many positive effects of reminiscence, it is no surprise that reminiscence and life review therapies are increasingly being integrated into clinical settings for older adults.

In Japan, many intervention studies on group reminiscence therapy for dementia have been reported. Since measuring the effects of reminiscence therapy alone in daily life is difficult, the results are not always precise. Still, reminiscence therapy is recognized as one of the essential activities in long-term care facilities.

I believe that a life review is an effective way to achieve peace of mind. Based on the presenter's extensive experience, this report presents an initiative on reminiscence and life review therapies providing reliable, insightful information.

Key Words: Reminiscence, life review, activity, therapy

**Future Perspectives and Reconstruction Choices for Disaster Victims in Aging Regions:
Case Studies of the 2011 Great East Japan Earthquake and the Noto Peninsula
Earthquake of 2024**

Gambe Nayuta¹

¹Tohoku University, E-mail; gambe.nayuta.r1@dc.tohoku.ac.jp

Introduction/Purpose: Introduction/Purpose: The purpose of this report is to elucidate how future perspectives are constructed and which elements are prioritized in the context of livelihood reconstruction. Japan has the highest aging rate in the world, with the population aged 65 and over reaching 29.1% as of 2023. Particularly in rural areas, the demographic decline among younger populations exacerbates the severity of aging. This situation significantly impacts the premise of resuming work and life in the same location after a disaster is eroded, leading to painful choices involving relocation to distant areas or the abandonment of livelihoods. Such social circumstances represent the manifestation of potential issues faced by aging regions, necessitating academic inquiry.

Method: To clarify the realistic situation surrounding these issues, interviews were conducted with 12 families affected by major disasters. The findings reveal that three primary elements are currently emphasized concerning prospects for livelihood reconstruction: (1) Prospects for the family's future, (2) Calculations regarding the costs of restoring livelihoods and living conditions, and (3) The recovery policies and pace of surrounding households.

Results: First, regarding the prospects for the family's future, it was found that the presence of children who have already moved to metropolitan areas significantly influences the future plans of the parental generation. Many in the parental generation describe themselves as the "last generation" and express that their homes have fulfilled their role. Consequently, the motivation to actively reconstruct homes locally diminishes, and there may be no urgency to do so.

Second, some individuals perceive the costs of restoring livelihoods and living conditions as "not commensurate." Due to the migration of the younger generation, there are sentiments that the benefits obtained from the costs necessary for home and livelihood reconstruction are minimal or that the benefits themselves lack significance.

Third, the recovery policies and pace of surrounding households were found to have a significant impact on the very concept of livelihood reconstruction. The surveyed area is predominantly composed of elderly households. Individual circumstances related to the inability to demolish or renovate homes reveal a waiting period for decisions based on "what others will do."

Conclusion: This report endeavors to illuminate the elements constituting post-disaster livelihood reconstruction perspectives and the issues they face through the narratives of residents. The prospects for the family's future is seen to be significantly transformed against the backdrop of local social trends such as aging and the migration of younger generations. These factors may serve as determinants in the framework for disaster recovery in aging regions.

Key Words: Future perspectives, livelihood reconstruction, family and community

Earthquake Disasters and Collective Trauma

Kiyoshi Kanebishi, Ph.D. ¹

¹Kwansei-gakuin University Faculty of Sociology, email: soms9005@yahoo.co.jp

Introduction/Purpose: This report is to clarify the relationship between earthquake disasters and collective trauma. An innumerable number of apparitions (ghosts) have been witnessed in the areas of Japan affected by the 2011 Tōhoku earthquake and tsunami disaster. While the phenomena of these apparitions could be called unscientific, it has become clear that, in order to consider the background to these apparitions, academic consideration is necessary for reaching deep into Japanese religious consciousness regarding how people mourn the loss of the deceased to whom they never had the chance to say goodbye.

Method: To clarify the background of this phenomenon, several dozen people were interviewed in the tsunami-affected areas.

Results/Conclusion: In conclusion, this identification is possible because the “living deceased” who live on in the present continuous sense, can exist in deaths which become intimate. We live in a world which is irreversible, in the sense that we typically cannot go back in time. Existing religion advocates irreversibility, and has created a steadfast structure in which the stably silent deceased are separated and farewelled from the world of the living.

However, because the missing persons who were swept away by the 2011 tsunami have not come back, cracks have continued to develop in this religious structure over an extended period. As a result, a paradigm reversal has occurred in the irreversibility of religion. This has created deceased who can continue to live as if, so to speak, a grilled fish reverted to a living fish that resumes energetically flapping around. The attitude towards these living deceased is grounded in the approach to life of those who remain.

Key Words: collective trauma, apparitions (ghosts) phenomena, “living deceased”

Profiles of Older Adults Based on Local Living Situations in Burdur Province

Sevinç Sütü¹, Özge Kutlu²

¹Department of Gerontology, Faculty of Health Sciences, Burdur Mehmet Akif Ersoy University, Burdur, Türkiye, ssutlu@mehmetakif.edu.tr

²Elderly Care Program, Çavdır Vocational School, Burdur Mehmet Akif Ersoy University, Burdur, Türkiye, okutlu@mehmetakif.edu.tr

Introduction/Purpose : The rapidly ageing population in Türkiye makes the need to obtain information on the living conditions and well-being of older individuals more important than ever. Factors such as sociodemographic characteristics, health status and social support systems that determine the quality of life of older individuals shape their daily life experiences and interactions with society. At the same time, these factors guide the development of policies at both individual and social levels. This study aims to determine the difficulties faced by the elderly population and the intervention areas that can improve these conditions by addressing the living conditions of individuals aged 65 and over living in Burdur province from a gerontological perspective.

Method: The sample of the descriptive study consists of 362 people aged 65 years and over living in Burdur province. Within the scope of the study, a questionnaire consisting of 75 questions was applied to determine their sociodemographic characteristics and profiles related to their living conditions. In the analysis of the data, descriptive statistics were used.

Results: 54.4% of the participants were female and 45.6% were male. Most of the participants (94.5%) were homeowners and 56.9% of them were retired. The level of education is generally low, 21% of the participants do not have a diploma and 51.9% are primary school graduates. The rate of participants who are satisfied with their health status is 56.9% and 59.9% of the participants have at least one chronic disease. 8.8% of the participants stated that they never go out of the house. 8.8% of the participants think that their relatives may not help them when they are in trouble. Although most of the participants (64.3%) are generally satisfied with their lives, they do not have an optimistic expectation for the future.

Conclusion: It was observed that the majority of the elderly did not have a hobby and participation in social activities was low. Likewise, the proportion of those willing to volunteer remained low. Social activities, hobby courses and training programmes can be organised for the elderly to increase their social participation. Establishment of effective social support networks that will improve the quality of life of the elderly should be encouraged. The rate of those who have information about the services provided by the state to the elderly is limited and the level of awareness about the services especially for the elderly in need of care is at a low level. There is a need for activities to publicise the services.

Key Words: Elderly profile, elderly welfare, living conditions

Caregiver Burden Reduction Initiative for Informal Caregivers of Alzheimer's Patients: Structured Caregiver Support Program*

Hande Kırıřık Sürer¹, Nilüfer Korkmaz Yaylagül²

¹Ankara University, Haymana Vocational School, Elderly Care Program,
handek@ankara.edu.tr

²Akdeniz University, Faculty of Health Sciences, Department of Gerontology,
niluferyaylagul@akdeniz.edu.tr

Introduction/Purpose: Alzheimer's disease (AD), one of the most prevalent illnesses in advanced age, profoundly affects not only the patients but also their families and caregivers. Due to its chronic and progressive nature, AD necessitates long-term care. Caregivers of Alzheimer's patients, particularly those managing pronounced neuropsychiatric symptoms, experience higher levels of stress, burden, and depression compared to caregivers of individuals with other conditions. The aim of this study is to present the Structured Caregiver Support Program (SCSP) as an intervention to alleviate the burden experienced by caregivers of Alzheimer's patients.

Findings: The SCSP was designed to reduce the caregiving burden of informal caregivers of Alzheimer's patients. In developing the intervention program, a draft model was created by reviewing intervention studies in both Turkish and English-language literature. Revisions were made based on feedback from experts in the field. The program comprises educational sessions on the disease and caregiving process, alongside practical strategies and information to support caregivers' mental health. The intervention is structured as a group program consisting of eight sessions.

Conclusion: The SCSP can be regarded as a model program in the domains of intervention gerontology and applied gerontology. Gerontologists working in healthcare and caregiving services can utilize the SCSP as a practical intervention tool. The program is cost-effective and easy to implement, making it a valuable resource for central and local governments, policymakers, and practitioners. Furthermore, it serves as a model intervention program that can inspire similar initiatives.

Keywords: Alzheimer's disease, caregiver burden, intervention gerontology

*This study was developed from the doctoral thesis "Evaluation of the Effect of a Structured Caregiver Support Program on Caregiver Burden, Psychological Well-Being and Psychological Resilience Levels of Informal Caregivers of Alzheimer's Patients".

The Frailty of Elderly Caregivers

Fatma Banu Demirdaş¹, Nilüfer Korkmaz Yaylagül²

¹banu.demirdas@ozal.edu.tr

²niluferyaylagul@akdeniz.edu.tr

Introduction-Objective: Globally, informal care is more likely to meet care needs than professional care and care institutions. Care is usually provided by family members. Informal caregiving is a sensitive and complex process. The burden of caregiving creates an additional source of stress in the individual's daily life and social relationships. In this context, being an older caregiver or aging in caregiving means facing stress-related challenges. The resources (physical, psychological, material, etc.) required to meet daily tasks and needs in the care process tend to diminish in old age. This limits the individual's ability to adapt to old age and the act of caregiving. It causes them to neglect their own health needs and to engage in risky behaviors (poor diet, nicotine and alcohol consumption, etc.). This leads to an increased risk of chronic illness and frailty, a geriatric syndrome.

Frailty can be defined as the difficulty in adapting to internal and external stress factors with age. Without intervention, it can progress and lead to new health problems, reduced independence, hospitalization and death. An important issue related to caregiving is that elderly caregivers are not aware of these negativities and risks. Therefore, elderly caregivers are less likely to seek social and medical assistance. In addition, the frailty of the caregiver negatively affects the care recipient, as the caregiver is unable to provide the necessary care due to his/her own health problems or is unable to continue providing care. In this context, interventions to prevent and improve frailty in older caregivers are invaluable.

Interventions to prevent and manage frailty consist of psychosocial and behavioral interventions. Psychosocial interventions include interventions to improve the emotional and social support system of caregivers. Behavioral interventions include promoting healthy lifestyle behaviors, reducing behavioral risk factors and promoting behaviors that can be effective in protecting/improving health. However, while there are many intervention studies in the literature on the prevention of frailty in elderly individuals, there is no study on the frailty of caregivers, a special group among the elderly.

Conclusion: The proportion of elderly caregivers among caregivers is increasing. This situation negatively affects both the caregiver and the care receiver. Therefore, it is an important necessity to identify the needs and risks of elderly caregivers in the field of health and social services, and to develop and disseminate gerontological measures and interventions for them.

Keywords: Elderly caregivers, frailty, health promotion, gerontological intervention

Late Working Life Between Need for Extension And Risk of Exclusion – A European Comparative Perspective

Andreas Motel-Klingebiel¹

¹Linköping University, Division Ageing and Social Change, Sweden andreas.motel-klingebiel@liu.se

Introduction – 'The impact of demographic ageing on the labour market is becoming more pronounced' (EC 2020b: 15), while digitalisation and the green transition are causing shifts in production and industry structures of many countries (Eurofound 2023; NCM 2020). None of these trends in themselves will create specific benefits for older workers, and increases in working life expectancy are not uniform. Shifts in work and employment create winners and losers, and can exacerbate existing problems of inequality and risks of exclusion, threatening the productivity and resilience of European societies and economies. The key question of this talk is whether there are examples of good practice for equal and inclusive participation in paid work at any level, and what lessons can be learned from them.

Methods – The EIWO research programme is an international comparative mixed-methods study, using different research approaches and data types between policy publications and macro-statistics, register-based micro information, survey data, biographical and expert interviews and company case studies.

Results – Focusing on inequality and exclusion risks in extended late working life, and on preventive policies in a comparative perspective, EIWO shows how job loss, health interruptions, caring responsibilities and unwanted labour market exits, combined with low chances of re-entry, are key drivers of inequality and social exclusion in general and economic exclusion in late working life in Europe in particular. EIWO also shows how sectoral structure, branch policies and company practices can impact inequality - or can have the opposite effect -, and shows potentials for lifelong learning policies.

Conclusion – Extending working lives is an inevitable necessity in the context of demographic change, but it is linked to growing inequalities and unequally distributed risks of exclusion, not only in the labour market but also in terms of resources, life chances and well-being after exit and retirement. European and national policies and employers' strategies, as well as age stereotypes and age discriminatory practices at all levels, play a key role. The promotion of lifelong learning and age integration as part of multi-level life course policies is discussed as a multi-level policy option to address the problems of inequality and exclusion risks in late working life.

Key Words – Late working life, social inequality, exclusion risks, multilevel, social change

Don't Be Fooled By Longevity Research! Why Social Determinants Are Crucial For Healthy Ageing

Prof. Dr. Christoph Strünck¹

¹University of Siegen, School of Life Sciences, christoph.struenck@uni-siegen.de

Introduction/Purpose: The emerging trend of longevity research focusses on slowing down processes of ageing. This approach falls back behind an integrated concept of health and healthy ageing. Quality of life is as important as life expectancy itself. Gerontology can show that social determinants are crucial for healthy ageing in a broad sense. The paper discusses those determinants and presents scenarios from practice that support healthy ageing.

Method: Using current reviews on determinants of healthy ageing as well as scenarios from gerontological practice.

Results: Recent reviews of empirical studies reveal that social determinants for healthy ageing are highly important. Among those determinants are faith, social support, financial security, or community engagement. There are interdependencies between those determinants, too. Intensity and causal directions are not yet fully clear. It is clear, however, that quality of life and healthy years during life span are influenced by social determinants. Scenarios from gerontological practice show how those insights can be turned into support for healthy ageing.

Conclusion: The aim of longevity research distracts from the most important issue of healthy ageing: good quality of life for all elderly people. To achieve this overarching goal, gerontology delivers main insights. Looking at ageing as a social process, social determinants can be dealt with to support healthy ageing.

Key Words: Longevity, social determinants of healthy ageing, interdependencies, quality of life, gerontological practice

DEMENTia in Ankara and the Nature of Surroundings [DEMANS 24-26]: A Horizon Europe proposal exploring the effects of everyday home and family environments on the health, well-being and identity of aging women

Dr. Megh  nn Catherine Ward¹, Prof. Dr. Yasemin Afacan²

¹Departments of Interior Architecture, Environmental Design, and Neuroscience, Bilkent University, meghannward@gmail.com

²Departments of Interior Architecture, Environmental Design, and Neuroscience, Bilkent University, yasemine@bilkent.edu.tr

Introduction: This symposium paper will be the first exclusive presentation related to the project ‘DEMANS24-26’: a research fellowship project funded under the Horizon Europe Marie Sk  łodowska-Curie Actions funding scheme. Since the COVID-19 pandemic, we have witnessed a globally disproportionate impact on the well-being of people living with dementia, particularly those who are community-dwelling. This has included reduced access to healthcare and increased risk of loneliness, isolation, and depression. Consequently, the ‘home’ (i.e. ‘ageing in place’) has become a vital space of care that remains lesser-researched in dementia studies. This can be richly explored in the country of T  rkiye, which borders the West, East, and Global South, and has a distinctly blended modern and collectivistic outlook regarding familial ties and gender roles. Focusing on T  rkiye’s capital city, Ankara, this project will explore the physical (natural, built, material, biophilic) and social (spousal, familial, communal) features of home environments, examining the relations between dementia, place-based experiences, daily living, and well-being.

Methods: Inspired by integrated theories on relational and in-the-moment well-being, this project adopts a mixed methods case study design, including survey data and interviews, with the hope of conducting ethnographic home visits. and asks the overarching research question: "How do everyday interactions with both physical and social features of home environments promote or hinder the health, well-being and identity of older women living with dementia?" The research has strong interdisciplinary links across architecture, human geography, anthropology, and gerontology. There will be an exchange of knowledge between the Northern Irish research candidate and the university hosting the project, Bilkent University's Interior Architecture and Environmental Design department.

Results: The project aims to generate new scientific knowledge on the relations between dementia, gender, city life, family dynamics, and housing types in the context of Turkey. Some of the project outputs will provide guidance on the future designs of dementia-friendly apartments and housing.

Key Words: Dementia; ‘ageing in place’; relational well-being; women; interdisciplinary.

Towards Inclusive Ageing: Addressing Challenges in Representing Diverse Older Adults in Policy

Fatima Salomoni¹, Matthias Drilling²

¹ University of Applied Science and Art NorthWestern Switzerland,
e-mail: Fatima.salomoni@fhnw.ch

² University of Applied Science and Art NorthWestern Switzerland,
e-mail: Matthias.drilling@fhnw.ch

Introduction/Purpose: This research explores the inclusion of older adults in ageing-in-place policy development and urban planning through a scoping review. It aims to investigate how the voices of diverse older individuals are represented and incorporated into age-friendly community (AFC) development initiatives, addressing gaps in participation from marginalized groups such as ethnic minorities, LGBTQ+ communities, people with disabilities, and socioeconomic groups.

Method: The scoping review followed Arksey and O'Malley's (2005) framework, with the inclusion and exclusion criteria collaboratively developed by the research team. A comprehensive search was conducted across databases such as Web of Science, MEDLINE, AgeLine, PsycINFO, CINAHL, and ASSIA. The search yielded 4,734 records, which were screened and reviewed. After the removal of duplicates, 3,500 records remained for the initial title and abstract screening, followed by a full-text review. The studies included participants aged 50 and above, with a focus on interventions and policies related to age-friendly communities, particularly regarding the representation of marginalized and diverse older adults. The data was analyzed for intervention diversity, representation depth, and challenges to inclusion in AFC initiatives.

Results: The review highlights significant gaps in the inclusion of diverse older populations in AFC policies. Mechanisms that support inclusion, such as participatory workshops, community-led advisory panels, and collaborative leadership models, show promise but are inconsistently applied. Challenges include power imbalances, cultural and socioeconomic barriers, and insufficient governance frameworks that fail to sustain the long-term engagement of marginalized groups. Some initiatives, such as community mapping and visual storytelling, have been successful in promoting inclusion, but these efforts need to be more widespread.

Conclusion: The scoping review emphasizes that while AFC initiatives aim to be inclusive, the integration of diverse older adults remains limited. Overcoming barriers such as governance issues, sustainability of engagement, and cultural competence is critical. Strengthening feedback loops and ensuring that marginalized voices are not only heard but also acted upon is essential to creating truly inclusive age-friendly communities that support ageing-in-place. Policy adjustments must prioritize the ongoing participation of diverse older populations to ensure equity in urban planning and social policy.

Key Words: Age-Friendly Communities, Ageing-in-Place, Diversity, Inclusion, Older Adults

An Overview of The Sociodemographic Characteristics of Gerontologists First Appointed to The Institutions Affiliated to The Ministry Of Health In Terms of Employee Health.

Habibe Özçelik¹, Hasan Hüseyin Avcı²

¹Faculty of Nursing, Akdeniz University, hozcelik@akdeniz.edu.tr

²Medical Faculty, Akdeniz University, hasanavci@akdeniz.edu.tr

Introduction/Purpose: Gerontologists form a specialized workforce dedicated to serving older adults, a group often considered disadvantaged. In Türkiye, the first collective placements of gerontologists within institutions under the Ministry of Health were initiated in April 2023. This study aims to present an overview of the sociodemographic characteristics of these newly appointed gerontologists, with a particular focus on occupational health.

Method: This descriptive study targeted all 100 gerontologists appointed to public institutions, using a purposive sampling method. Sixty-four participants agreed to participate, but four were excluded due to incomplete data, resulting in a final sample of 60 participants. Data were collected using a form developed by the researchers.

Results: Among the participants, 88.3% (n=53) were female, and 85.0% (n=51) were married. Approximately half were aged 24 or 25, with fewer appointees in older age groups; the ages ranged from 23 to 32, with a mean of 26.13 ± 2.15 years. Over half (53.3%, n=32) were graduates of Istanbul University, and 80% (n=48) graduated between 2019 and 2021. Twenty percent (n=12) reported prior Professional experience, including roles in care homes (8), nursing homes (4), rehabilitation centers (2), hospitals (1), municipalities (1), and social service centers (with some listing multiple workplaces). One individual also provided independent counseling services. Regarding their current placements, 53.3% (n=32) were at Training and Research Hospitals, 25% (n=15) at University Hospitals, 18.3% (n=11) at City Hospitals, and 3.3% (n=2) in Socialization Districts. Notably, 88% of participants were aware that their job involved certain risks, and 68% reported knowing ways to mitigate these risks. Of the participants, 37% believed that occupational accidents could be partially prevented, while 63% felt they were entirely preventable.

Conclusion: Gerontologists in Türkiye are primarily appointed at younger ages. Over half have identified occupational risks and report knowledge of protective measures. To enhance occupational safety, it is recommended that further initiatives and research be undertaken to ensure all gerontologists possess sufficient knowledge and experience in risk prevention.

Keywords: Gerontologists, Occupational Health, Employee Safety, Sociodemographic Characteristics, Public Health Institutions

Falls In Elderly People

Dr. Tuğba Turgut¹

¹Antalya Education and Research Hospital, Department of Geriatrics
drtugbaonacan@hotmail.com

Introduction/Purpose: Geriatric evaluation of falls in elderly people in our country

Methods: All individuals over the age of 65 who apply for health care should be screened for ‘fall risk’. To measure the risk of fall, ‘the timed get up and go’ test is applied to elderly people living in community, and various scales (STRATIFY, FRAT, FRHOP ext.) are used for elderly people living in hospitals or institutions.

Results: In a study on elderly people living in the community with an average age of 73.9 in Turkey, the frequency of falling at least once in the last year was reported as 39%, and in those living in the community and aged 80 and over, it was reported as 35.4%.

Conclusion: Falling is a preventable condition in the elderly. For this reason, multidisciplinary teams should be formed in hospitals or health centers and fall screening should be carried out in every level of health care institutions.

Key words: elderly people, fall, prevention

Falling is defined as a sudden and involuntary movement of the body to the ground or to a lower level than before. Falls constitute a significant public health problem in the elderly population with their medical, social and economic consequences. (Şimşek et al., 2020).

Fall frequency is at a lower rate than it should be because older individuals accept falling as a natural consequence of aging and do not care if they do not suffer a serious injury when they fall. (Phelan et Al., 2015; Luk et Al., 2015). While external causes of falls are more easily recognized, internal causes may be more difficult to recognize and provide against. Therefore, all individuals over the age of 65 who apply for health services should be screened for “fall risk.”

While the ‘timed up and go test’ is applied to the elderly living in the community to measure the risk of falling, various scales (STRATIFY, FRAT, FRHOP, etc.) are used in the elderly living in hospitals or institutions.

As a result, in order to prevent falls in the elderly, it is important to provide adequate training to healthcare workers to increase the awareness of the patient and their relatives.

The establishment of multidisciplinary teams in hospitals or health centers that will allow a multidisciplinary approach to eliminate the causes of falls; home visits by health professionals, widespread use of wearable technology, and implementation of community-based exercise programs for young and healthy elderly are the practices that should be prioritized.

Changes That Occur With Aging

Dr. Hilal Heybeli¹

¹Antalya Kepez State Hospital, drhyblhl@hotmail.com

Aging is a prolonged process characterized by a diminished capacity to adapt to environmental factors, commencing at birth and persisting until death. It reflects a progressive decline in function across all biological structures, from cells to organs, representing the cumulative effects of regressions occurring over time in the growth and development of the organism, alongside a reduction in functional abilities. Aging is complex, multifactorial, progressive, and irreversible, characterized by largely predictable changes that manifest over time. Understanding the pathological alterations associated with aging requires a comprehensive knowledge of the normal aging process. Aging is a heterogeneous process associated with an increased susceptibility to a variety of diseases. Different organs within the same individual age at varying rates, influenced by multiple factors, including genetic predisposition, lifestyle choices, and environmental exposures.

Key factors involved in the aging process include cellular senescence, stem cell exhaustion, alterations in intercellular communication, genomic instability, loss of proteostasis, mitochondrial dysfunction, and nutritional changes. Age-related changes can be observed at the cellular level, within organ systems, sensory organs, and in physical appearance. While cells remain metabolically active, their capacity for proliferation and regeneration diminishes.

Changes in physical appearance include a decline in overall physical performance, graying of hair, reduction in subcutaneous fat, the formation of wrinkles, and thinning and loss of elasticity in the skin, often leading to a decrease in stature. Lean muscle mass and total body water decrease, while the relative percentage of body fat increases. There is an elevated risk of dehydration and increased toxicity from medications. The resting metabolic rate declines, resulting in dysfunction in coordinated physiological systems.

The skin becomes thinner and drier, and there is an increase in sensitivity to touch, temperature, and pain. Protection against trauma and ultraviolet radiation decreases, leading to delayed wound healing. Changes in taste perception, a reduction in saliva production, and gingival recession may occur. Olfactory discrimination may deteriorate, while visual acuity decreases, necessitating greater illumination for clear vision, accompanied by dryness in the eyes. Difficulty in understanding high-frequency sounds and consonants such as c, k, p, s, and t may manifest. Tinnitus and balance disorders are also common.

Vascular elasticity diminishes, and thickening of cardiac valves occurs. Perfusion to critical organs such as the kidneys, liver, brain, and muscles declines. The prevalence of arrhythmias, diastolic heart failure, atherosclerosis, myocardial infarction, and systolic hypertension increases, often with a decreased response to antihypertensive agents.

Chewing ability, saliva secretion, and gastric emptying rates decline. Symptoms such as xerostomia, appetite loss, nutritional deficiencies, urinary incontinence, and increased constipation may arise. Impairments in balance and gait may also be observed.

In addition to physiological changes, a multitude of psychosocial factors influence the aging process. Life events such as economic difficulties, retirement, children leaving the home, bereavement, and reduced social roles are prevalent. These transitions necessitate adaptation to the newly established circumstances. Inadequate adaptation can lead to various psychological issues, including adjustment disorders, hopelessness, depression, irritability, and anxiety.

In conclusion, aging is an unavoidable phenomenon marked by a decline in physiological functions, increased vulnerability to diseases, reduced organ reserves, and functional regression. Thus, old age should not be viewed as a pathological condition but rather as a natural process that warrants acceptance.

Key Words: Aging, physiological changes, pathological alterations

Nutrition in Older Adults

Serdar Ceylan Antalya City Hospital, Geriatrics Clinic, Clinical Nutrition Unit,
serdarceyla@gmail.com

The science of nutrition examines all aspects of the interactions between food, nutrients, life, health, and disease. It can be divided into two main categories: preventive and clinical nutrition. Preventive nutrition focuses on how dietary intake and nutrients influence the risk of developing diseases such as cardiovascular diseases, obesity, diabetes, dementia, and cancer at both population and individual levels. Its primary goal is to prevent diseases by promoting healthy eating patterns, such as the Mediterranean diet.

Clinical nutrition, on the other hand, deals with the prevention, diagnosis, and management of nutritional and metabolic changes associated with acute and chronic diseases or conditions resulting from energy and nutrient deficiencies or excesses. It particularly aims to address malnutrition and its adverse health outcomes. Malnutrition is commonly observed in older adults due to the catabolic processes of aging and is frequently associated with conditions such as cancer, stroke, dementia, and Parkinson's disease. It is categorized into disease-related and non-disease-related malnutrition.

Malnutrition is a significant issue in the community, hospitals, and nursing homes. Various assessment tools are used for malnutrition screening, with the Mini Nutritional Assessment-Short Form (MNA-SF) and the Malnutrition Universal Screening Tool (MUST) being among the most commonly utilized.

As age increases, the likelihood of unintentional weight loss rises due to factors such as cancer, psychiatric disorders, gastrointestinal, endocrine, cardiopulmonary, infectious, rheumatologic, renal, and neurological diseases. Additionally, dental problems, swallowing difficulties, gastrointestinal atrophy, pancreatic insufficiency, polypharmacy, living alone, depression, and insufficient income in older adults increase the risk of weight loss. This weight loss often impedes successful aging.

Unless an older adult has morbid obesity, weight loss is generally not desirable. Weight loss can lead to sarcopenia, falls, fractures, and frailty, increasing dependence on daily living activities and triggering a cascade that may lead to mortality. Research on body mass index (BMI) has shown that the lowest mortality rates occur within a BMI range of 24.0–30.0 kg/m². Ideal BMI values have been identified as 31–32 kg/m² for women and 27–28 kg/m² for men. Conversely, functional capacity decline, walking and balance problems, fall risk, reduced muscle strength, and malnutrition are more prevalent in individuals with a BMI below 25 kg/m² or above 35 kg/m². An older adult should consume 30 kilocalories per kilogram of body weight per day and 1 gram of protein per kilogram of body weight per day while ensuring adequate intake of micronutrients. If no restrictive health conditions are present, women should consume at least 1.6 liters and men at least 2 liters of fluids daily. Diet restrictions should be minimized.

Furthermore, nutritional education should be provided to older adults and caregivers to raise awareness and offer fundamental knowledge about nutrition problems. This education aims to encourage adequate nutritional intake among individuals at risk of malnutrition or already experiencing it.

Keywords: Clinical nutrition, malnutrition, sarcopenia, older adults

Distinctive Features of Aging

Sevda Hastaoğlu Örgenl

1Sivas Cumhuriyet University, Vocational School of Health Services, 58140, Sivas

e-mail: hastaoglu@cumhuriyet.edu.tr

Aging, as a biological process, refers to the changes that an organism undergoes over time. Research conducted in recent years has made significant progress in understanding the basic mechanisms of aging and the distinctive features that emerge during this process. In light of the studies conducted, genomic instability, telomere erosion, epigenetic changes, loss of proteostasis, irregular nutrient perception, mitochondrial dysfunction, cellular aging, stem cell depletion, changes in cellular communication, impaired autophagy, dysbiosis (microbiome disorders), and chronic inflammation are suggested as distinctive features of aging. These factors can accelerate the aging process by making it difficult for cells to perform their normal functions. For example, damage to DNA reduces the ability of cells to proliferate, which leads to the appearance of signs of aging. Similarly, chronic inflammation can negatively affect general health by shortening the lifespan of cells.

The aging process has profound effects not only on physical health but also on mental and emotional health. The risk of cognitive decline, dementia and other neurological diseases increases with age. This reduces the quality of life of elderly individuals and increases the social burden.

Various strategies have been developed to slow down aging or reduce its effects. Healthy lifestyle choices, regular exercise, balanced nutrition and stress management can be effective in reducing the negative effects of aging. In addition, scientists are working on new treatment methods that target the aging process. These treatments have the potential to promote cell renewal and help prevent diseases associated with aging.

In conclusion, aging is a complex process and is affected by many factors. Continuing research on aging will allow significant progress to be made in the future in terms of healthy aging.

Key Words: Aging, aging processes, biological aging

A Key Phenomenon in Aging: Epigenetic Alterations, Present and Future

Prof. Dr. Ertan Mahir Korkmaz

Sivas Cumhuriyet University, Faculty of Science, Department of Molecular Biology
and Genetics, 58140, Sivas

e-mail: ekorkmaz@cumhuriyet.edu.tr

The aging process, characterised by a physical decline in biological functions and increased vulnerability to disease, has been one of the most significant research areas of the current century. In this context, elucidating the role of genetic, epigenetic, molecular and environmental factors facilitates the expansion of our knowledge about ageing and longevity, thereby enabling the development of appropriate diagnostic, therapeutic and preventive pathways. One of the most well-known hallmarks of the ageing process is the occurrence of significant epigenetic changes at all levels of chromatin and DNA organisation. Although numerous biological processes are vital in the aging process, epigenetic alterations are of particular importance because of their importance in gene regulation and cellular identity. Epigenetic alterations resulting from DNA methylation, histone modifications, chromatin rearrangements, non-coding RNAs and mobile genetic elements play a key role in the aging process. There is increasing evidence to suggest that these epigenetic changes are significantly associated with genome instability, which is an important hallmark of ageing. Here, we present a summary of epigenetic alterations in ageing, the role of epigenetic mechanisms in this process, studies showing how these mechanisms may contribute demonstrating, and to ageing, and the current status and future of research on epigenetic diagnostics and biomarkers, which have significant potential in extending lifespan efforts.

Keywords: longevity, aging, epigenetics, genome instability, DNA methylation



XI. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY

Aging and Bioinformatics

Mahir Budak¹

¹Department of Molecular Biology and Genetics, Faculty of Science, Sivas Cumhuriyet
University, 58140, Sivas

e-mail: mbudak@cumhuriyet.edu.tr

Aging is a complex phenotype affected by a combination of genetic and environmental factors. Although many studies have addressed age-related cellular and physiological changes, our knowledge of the molecular causes of aging is limited. Considering the biological complexity and heterogeneity of the aging process, it is clear that a full understanding of the mechanisms underlying aging can only be achieved through the integration of different data types and sources and new computational methods that can provide this integration. Bioinformatic approaches can provide researchers with new opportunities to understand the mechanisms of aging. Combining the results obtained from single-cell analysis with systems biology tools will allow the construction of interaction networks and the investigation of how these networks are disrupted during aging and disease. The development of high-throughput technologies such as next-generation sequencing, proteomics, metabolomics, which can investigate different biomarkers and monitor them simultaneously with high accuracy and specificity during the aging process, offers unique opportunities to the field of gerontology. Although the capacity to generate big data has increased significantly over the years, there are difficulties in the integration, interpretation and sharing of these data. In this presentation, a review of the omics approaches and database collections that have emerged in aging research is discussed. The need for developing methods that focus on the integration of different types of data will be highlighted and their characteristics will be discussed.

Key Words: Bioinformatics, Aging, Omics, Database

Profiles of Older Adults Based on Local Living Situations in Zonguldak

Prof. Dr. Emine Yılmaz¹, Assoc. Prof. Sibel Arguvanlı Çoban², Assoc. Prof. İsa Demir³, Assoc. Prof. Türkan Akyol Güner⁴, Lecturer Aydın Olcay Özkan⁵, Res. Asst. Muhammed Macit Demir⁶

¹Zonguldak Bülent Ecevit University, dresipahi@yahoo.com

²Zonguldak Bülent Ecevit University, sibelacoban@beun.edu.tr

³Zonguldak Bülent Ecevit University, isa.demir@beun.edu.tr

⁴Zonguldak Bülent Ecevit University, turkanaguner@beun.edu.tr

⁵Zonguldak Bülent Ecevit University, aydin.ozkan@beun.edu.tr

⁶Zonguldak Bülent Ecevit University, m.demir@beun.edu.tr

Introduction/Purpose: With the appropriate economic and political practices, every age category in a society can be transformed into an actor in increasing social welfare. The development of social policies for the older population is only possible through the social, economic, demographic and cultural profiling of this population. This study aimed to reveal the profiles of 65+ individuals living in Zonguldak based on their living conditions. In this study, aging was investigated through various variables: Income status in terms of household income level; residential conditions and material conditions in terms of access to medical services; social interaction in terms of access to social networks; learning and experience in terms of cooperation and activity, continuation of personal development, structure of interests, continuation of the learning process, social and physical mobility and socialization process; social disposition and participation in terms of older adults services, measures and institutional representation of the interests of the older adults; health in terms of caring for the health of the older adults; and finally social support network in terms of emotional attention, practical support and meeting the need for care.

Method: The population of the study, which was organized by the Gerontology Departments Advisory Board (GEDAK), consisted of individuals over the age of 65 residing in Zonguldak, quantitative research method was preferred in the study, and a questionnaire consisting of 74 questions was implemented to 383 individuals using stratified random sampling technique. The data obtained and recorded were transferred to the SPSS program and the data were evaluated in this program.

Results: The study's findings indicate that 61% of participants report life satisfaction. In comparison, 26% are widowed, 68% lack a formal school diploma and have completed only primary education, and 2.7% are retired but continue to work. Additionally, 24% of older adults live separately from their children, and 91.8% reside on their property. However, 26% live in housing that does not meet their needs, 52% reside far from hospitals, 90% live away from social and cultural facilities, such as cinemas and theaters, and 74% describe their living environment as hilly and physically inadequate for residence. In terms of health, 48% are satisfied with their current health status, though 20% report psychological discomfort. Orthopedic issues affect 43% of the participants, visual impairments are present in 49%, and 75% suffer from chronic illnesses. Regarding their outlook on future health, 41% of older adults express a negative perspective. Furthermore, only 9% are members of a non-governmental organization, 1% have previously been members of a trade union, 28% have a computer at home, 43% own an internet-enabled technological device, and 61% do not own a vehicle. Awareness of services for the older adults are notably low, with 57% unaware of available services, and nearly 90% do not regularly take vacations.

Conclusion: As a result, it is considered that the data obtained can be employed both for Türkiye and Zonguldak to improve health and social policy for the older population.

Key Words: Aging, older adults, health, social policy

**Evaluation of a Psychoeducation Program for Employees Providing Services in a
Nursing Home: A Pilot Study Example**

Sevcan Toptaş Kılıç S,¹ Tahsin Barış Değer², Songül Kamışlı³

¹sevcantoptaskilic@karatekin.edu.tr, Çankırı Karatekin University Gerontology Department

²tahsinbarisd@karatekin.edu.tr, Çankırı Karatekin University Gerontology Department

³songulkamisli@karatekin.edu.tr, Çankırı Karatekin University Gerontology Department

Introduction/Purpose: Determining the psychosocial needs of staff providing care services in nursing homes and strengthening them psychosocially is important both for the employees themselves and for maintaining the psychological health of the elderly individuals they care for. This study was planned with the aim of strengthening and supporting the psychological and social aspects of the staff providing care to the elderly in a nursing home in Çankırı.

Method: The research is a quasi-experimental pilot study with a pre-test and post-test follow-up design. The data obtained from the study were analyzed using SPSS (Statistical Package for Social Sciences) version 22.0 by the researchers. In the analysis of descriptive data, numbers, percentages, and means were used, while nonparametric tests were employed for pre-test and post-test comparisons. Data collection tools included a Personal Information Form, the Connor-Davidson Resilience Scale, the Depression Anxiety Stress Scale, and the Empathy Tendency Scale. To structure the content of the program, a preliminary evaluation was conducted with nursing home care staff to identify their psychosocial needs, and the needs were determined. The psychoeducation program was prepared according to the psychosocial needs of the care staff. Ethical committee approval and institutional permissions, as well as necessary consents from the care staff, were obtained to conduct the research. Since the care staff worked in shifts, volunteers were divided into two groups. Both groups received the same psychoeducation content on different days of the week. Before and after the education, participants completed the personal information form and data collection tools. The psychoeducation program prepared for the care staff consisted of a total of 7 sessions, each lasting approximately 90-120 minutes.

Results: A total of 15 care staff members voluntarily participated in the study regularly. The average age of the participants was 38, more than half were married and high school graduates (66.6%), and they had been working as elderly care staff for an average of 10 years. In the pre-test and post-test comparisons, no significant difference was found in the scale scores at the end of the psychoeducation program provided to the participants.

Conclusion: Although the staff reported positive opinions about the program, this was not reflected in their scale scores. It is suggested that in such intervention studies, the work situation of the care staff should be considered when planning participation in the education program. It is also recommended that the education content be planned by reviewing the educational background of the staff and that assessment tools beyond scales, such as focus groups and culturally relevant evaluation tools, be used for measurement and follow-up.

Key Words: Older person, Care staff, Psychoeducation

Challenges and Long-Term Impacts of Older Carers in Caregiving Process

Aslı Gözde Akış¹

asligozde.akis@balikesir.edu.tr

Introduction: Informal caregivers are an invisible yet crucial part of the healthcare system. Long-term care systems largely rely on these voluntary caregivers. However, increasing life expectancy, declining fertility rates, and greater workforce participation among women have amplified the demand for informal caregiving while reducing the available number of caregivers. In this context, older individuals are assuming a significant portion of family caregiving, taking on more responsibility in the care process of older adults.

Method: From a gerontological perspective, the caregiving responsibilities of older adults are not merely a part of the aging process but reflect the cumulative effects of social, economic, and health conditions throughout life. Thus, evaluating caregiving within a life course framework, examining how individuals' experiences over their lifetimes influence one another and their long-term consequences, provides an important tool for understanding the caregiving process. The caregiving trajectory shapes a significant path in an individual's life, and the impact of this experience on personal well-being can persist even after caregiving ends. This study focuses on older carers through a life course perspective, examining the challenges they face and the long-term effects of caregiving.

Findings: In general, older carers make significant contributions to caregiving through two key care relationships: spousal and parental care. In many countries, 20-30% of informal caregivers are aged 65 and older. As the age of the care recipient increases, the likelihood that the caregiver is also elderly rises. Spousal care is one of the most common forms of caregiving among older adults, with nearly half of individuals aged 75 and older providing care for their spouse or partner. This group is particularly vulnerable to physical and psychosocial health risks. Most caregivers tend to neglect their own health, which can lead to long-term health problems. Caregivers with lower socioeconomic status, those battling chronic illnesses, and those lacking social support are at an even greater risk. The effects of caregiving extend beyond the caregiving period, with caregivers often facing long-term health and financial challenges after caregiving ends.

Discussion/conclusion: In conclusion, the challenges faced by older carers are critical issues that must be addressed in health policy and social support mechanisms. The caregiving career that unfolds over the life course leaves long-term effects and can profoundly impact caregivers' well-being even after caregiving ends. Developing appropriate support systems for older carers, both during and after the caregiving process, is essential to ensure their well-being and the sustainability of their contributions to society.

Key words: older carer, caregiving, life course perspective.

Living Conditions of The Older People In Çankırı

Tahsin Barış Değer¹, Hakkı Kalaycı²

¹Çankırı Karatekin University, Faculty of Health Sciences, Department of Gerontology,
drbarisdeger@gmail.com

²Çankırı Karatekin University, Faculty of Humanities and Social Sciences, Department of
Sociology, hakkikalayci@karatekin.edu.tr

Introduction/Purpose: This study was conducted to assess both the objective living conditions and subjective perceptions of older adults residing in Çankırı, with the goal of establishing a localized profile of aging and developing social policy recommendations to address the needs of this population.

Method: The study included 422 individuals aged 65 and older from the province, districts, and villages of Çankırı. Stratified sampling was employed, dividing the population into age-based strata to reflect age group proportions. Assistance from district governorships and village heads (muhtars) facilitated access to older residents in more remote areas. A convenience sampling method was utilized, and data were collected through a survey on living conditions, designed to assess the local circumstances of older adults in various cities across Türkiye. Faculty members from all Gerontology Departments in the country contributed to finalizing the survey. Face-to-face interviews were conducted with participants, and descriptive statistics were used for data analysis. Cross-tabulations with Pearson's Chi-Square test were also employed to explore causal relationships.

Results: Among the older adults surveyed, 52% had a pension between €301-400. Additionally, 20.4% lived alone, 93.9% resided in their own homes, and 70.9% had at least one chronic illness. Notably, 38.4% expressed an interest in pursuing further education, while 67.2% had never taken a holiday. Regarding satisfaction levels, 54.5% reported general life satisfaction, and 48.1% were satisfied with their health. Factors associated with higher life satisfaction included higher income, home ownership, a suitable living environment, positive relationships with children and friends, and the absence of neurological disorders.

Conclusion: As a social policy recommendation, the study suggests implementing employment projects for older adults and establishing an active living center and a dementia support center in Çankırı.

Keywords: Older adults, Living conditions, Life satisfaction, Social policy, Gerontology

The General Overview of Aging Female Unemployment in Turkey and Comparison with the TR32 Region

Doç. Dr. Çağlar Özbek¹

Doç. Dr. Hilmi Etcî²

Prof. Dr. Serap Özen³

¹Muğla Sıtkı Koçman University, Faculty of Economics and Administrative Sciences,
Department of Labor Economics and Industrial Relations, caglar@mu.edu.tr

²Muğla Sıtkı Koçman University, Faculty of Economics and Administrative Sciences,
Department of Labor Economics and Industrial Relations, hilmietci@mu.edu.tr

³Muğla Sıtkı Koçman University, Faculty of Economics and Administrative Sciences,
Department of Labor Economics and Industrial Relations, serapozen@mu.edu.tr

The technological and scientific advancements of the 21st century, along with transformations in health, nutrition, and care services, are changing the demographic structure along with the improvement in the quality of life. The rapid impact of this demographic change, particularly on the aging population in the labor market, is inevitable. Approaches supporting employment policies that will ensure the aging population remains in the labor market longer, such as active aging and productive old age, are emerging. These approaches are gradually increasing the employment rates of the aging population in the labor market. It is more than an assumption to foresee that older women are in a more disadvantaged position in the labor market conditions, which could be exacerbated. The aging of the female labor force will increase problems such as low wages, insecure working conditions, de-unionization, and job insecurity in the coming years. However, unemployment, especially among older women, has been and continues to be one of the primary issues. Like in all age groups, there is a visible difference in the rates between men and women in the aging female labor force. Therefore, aging female unemployment is one of the main problems of today. This study aims to present the general overview of aging female unemployment in Turkey based on TÜİK datasets and compare it with data from the TR32 region, where the average life expectancy is high, in order to highlight the region's aging female unemployment issue.

Keywords: Aging, Old age, Female unemployment, TR32 region.

Life Experiences of Individuals Aged 85 and Over: An Oral History Study (Muğla Example)

Prof. Dr. Muammer Tuna¹, Tuğba Bayraktar²

¹Muğla Sıtkı Koçman University, Faculty of Arts and Sciences, Department of Sociology,
mtuna@mu.edu.tr

²Muğla Sıtkı Koçman University, Institute of Social Sciences, Master's Program in
Sociology, tugbabayraktar004@gmail.com

The aim of this research is to identify the socio-cultural factors that contribute to the long lives of individuals aged 85 and over in the example of Muğla province and, at the same time, to outline a theoretical framework that reveals the socio-cultural reasons for long life. Life expectancy in Muğla is two years above the national average, and it is important to uncover the socio-cultural reasons for long life in Muğla, a city known for being elderly-friendly. In this regard, the focus of our study is to reveal the underlying factors contributing to the long lives of individuals aged 85 and over. A review of the literature shows that there are very few empirical studies on individuals aged 85 and above, and there is no such study in Muğla province. The research was conducted with individuals aged 85 and over, categorized as elderly, living in Muğla. The literature section of the study discusses the concept of aging, aging theories, the extension of life expectancy, and the topic of long life, which has become a subject of interest with the increase in life expectancy. In the methodology section, qualitative methods and techniques, commonly used in the field of sociology, were applied. Based on this, oral history interviews were conducted with 50 participants. Simultaneously, during the data analysis phase, the grounded theory approach was used to code the data. As a result, five themes were formed based on the data obtained from the interviewed individuals: "Peaceful and Stress-Free Life," "Regular Life," "Problems and Challenges," "Leisure Time Use," and "Self-Development." These themes were analyzed in detail in the analysis section, and a theoretical model for long life was proposed based on the findings.

Keywords: Aging, Life Expectancy, Oral History, Grounded Theory

Intergenerational Interaction And Experience Transfer

Prof. Dr. Muammer Tuna¹, Deniz Çakmaz²

¹Muğla Sıtkı Koçman University, Department of Sociology, mtuna@mu.edu.tr

²Muğla Sıtkı Koçman University, Department of Sociology, dcakmaz33@gmail.com

Introduction/Purpose: Multidimensional changes have been experienced in the Turkish society for last decades. One of the most remarkable dimensions of these changes is the change in demographic structure. Accordingly, while the fertility rate is decreasing rapidly, life expectancy and the proportion of elderly population are increasing. In addition, social priorities are changing issues related to old age, ageing and the problems of old age are on the recent social agenda. In this sense, problems such as social integration and especially the social integration of the elderly population arise.

Method: The research project consists of three phases of training programs and a research study to evaluate the effectiveness of these programs. The main theoretical starting point of the programs and research study is the activity or active ageing theory. According to this theory, elderly people who are physically and mentally active are affected less by the negative effects of ageing and can establish more positive relationships with their social environment. In this context, the basic assumption of the project is that the elderly who actively participate in life will easily interact and cooperate with younger generations.

Results: The project includes three phases of programs. First of all, interaction activities carried out with the participation of the younger generations and citizens over 60, who are the target group of the project. In the second stage, interaction programs based on mutual understanding will be implemented with the participation of citizens over 60 and young generations between the ages of 15-20. The project implemented Menteşe District of Muğla Province. In the programs to be implemented in high schools in this district; older generations presented their work, profession and life experiences; while high school students presented their ideas, comments and skills. In this way, it is aimed that the older and younger generations better understand each other, the possibility of intergenerational conflict eliminated and mutual cooperation and solidarity ensured. In the third stage of the program, experience transfer, groups of two formed, consisting of one high school student and one member with the older generation. Each group shoot their interaction as an educational short film and these films shared on social media platforms.

Conclusion: As a result, the proposed intergenerational interaction project is not only an initiative that leads to extremely important social benefits such as preventing intergenerational conflict and ensuring social integration; but also an innovative project that moves further from face-to-face interaction by involving interaction and collaboration through digital channels.

Key Words: active ageing, intergenerational interaction, Tazelenme University

Cyberchondria in Older Individuals: The Role of Tazelenme Universities in Alleviating Health Anxiety

Hatice Gülsoy¹, Özgür Nalbant², Fadime Toru³, Sevinç Öz⁴

¹Alanya Alaaddin Keykubat University, Faculty of Health Sciences Department of Nursing,
hatice.gulsoy@alanya.edu.tr

²Alanya Alaaddin Keykubat University, Faculty of Sports Sciences Coaching Education Department,
ozgur.nalbant@alanya.edu.tr

³Alanya Alaaddin Keykubat University, Faculty of Health Sciences Department of Nursing
fadime.toru@alanya.edu.tr

⁴Alanya Alaaddin Keykubat University, Tazelenme University Office, sevinc.oz@alanya.edu.tr

Introduction-Purpose: Cyberchondria refers to the excessive online search for health-related information, often leading to increased health anxiety. Particularly in older adults, searching for health-related information online can expose individuals to incorrect or incomplete data, exacerbating their health concerns and anxiety levels. This study aims to examine the internet usage habits, health information-seeking behaviors, and levels of cyberchondria among individuals aged 65 and older who attend Tazelenme Universities, an educational model designed specifically for older adults. Tazelenme Universities which is an older adult education model. Additionally, the study seeks to evaluate the impact of the Tazelenme Universities, which connect individuals with expert faculty members, on reducing cyberchondria.

Method: This descriptive and cross-sectional study was conducted between August and October 2024 with 106 individuals aged 65 and over. Data were collected using a Personal Information Form and the Cyberchondria Severity Scale. Participants' internet usage habits, health information-seeking behaviors, and cyberchondria levels were measured. The data were analyzed using SPSS 22.0 software, and percentage distributions were calculated. Appropriate statistical analyses were performed, with a significance level set at $p < 0.05$.

Results: Of the participants, 85.85% were women, and 14.15% were men. Regarding daily internet usage, 35.85% spent less than one hour, 30.19% spent two hours, 24.53% spent 3-4 hours, and 9.43% spent more than four hours online. While 32.08% frequently searched for health-related information, 38.68% reported not trusting the information they found online. The average cyberchondria score was found to be 29.17 ± 8.5 . Time spent on the internet ($p < 0.01$) and trust in online health information ($p < 0.001$) were identified as factors that increased cyberchondria levels. The majority of participants reported that classes and interactions with expert faculty members at Tazelenme Universities had reduced their health anxiety. This finding indicates that the courses offered by the university helped alleviate health concerns among the participants.

Conclusion: The findings of this study indicate that the health information-seeking behaviors of individuals aged 65 and older influence their levels of cyberchondria. Those who spent more time online and trusted the information they found had higher levels of cyberchondria. However, individuals attending Tazelenme Universities reported feeling more secure and informed as a result of the courses taught by expert faculty members and their one-on-one interactions with them. These results suggest that the high-quality academic education provided by the university plays a significant role in helping older adults manage their health concerns. In conclusion, it was found that individuals who had access to accurate and reliable information through Tazelenme Universities experienced a reduction in cyberchondria levels and a decrease in health-related anxiety.

Keywords: Cyberchondria, Elderly Individual, Internet, Nurse, 60+ University Of Refreshment

Running Head: Worry and Life Satisfaction The Mediating Role of Positive Affect, Negative Affect, and Flourishing on the Relationship Between Worry and Life Satisfaction in Older Adults

Mithat Durak¹, Emre Senol-Durak²

¹Bolu Abant Izzet Baysal University,

²Mudanya University *Corresponding author: Assoc. Prof. Mithat Durak
Department of Psychology, Faculty of Arts and Science, Bolu Abant Izzet Baysal University,
Golkoy / Bolu, Turkey, mithat@mithatdurak.com

Studies demonstrate that older adults exhibit lower worry levels than younger adults (Basevitz et al., 2008; Gonçalves & Byrne, 2013; Gould & Edelstein, 2010). The primary focus is to elucidate age differences in worry content through the lens of age-related developmental changes (Diefenbach et al., 2001). Older adults exhibit heightened tolerance for uncertainty and a reduced emphasis on worry (Basevitz et al., 2008); nonetheless, factors that contribute to worry, such as poor health, financial difficulties, loneliness, diminished self-care ability, and persistent feelings of anxiety, continue to be shared among older adults (Borg et al., 2006). Thus, anxiety is a significant psychological factor in understanding late-life psychopathology. Worry correlates with decreased life satisfaction, heightened negative emotions, and impaired functional ability in older adults (Fakouri & Lyon, 2005). All degrees of worry diminish the quality of life in older adults and promote depression (Golden et al., 2011), highlighting the necessity of addressing worry to enhance their health. Hence, this research aims to elucidate the mediating roles of positive affect, negative affect, and flourishing in the relationship between worry and life satisfaction among older people. A total of 243 older persons, aged between 60 and 90, from Türkiye, participated in the study; the mean age was 69.95 years, with a standard deviation of 7.52 years. In addition to the Demographic Information Form, Paper pencil data was collected by utilizing the Satisfaction with Life Scale (SWLS), The Positive and Negative Affective Scale (PANAS), The Flourishing Scale (FS), and the Penn State Worry Questionnaire (PSWQ). Structural Equation Modeling results showed that the relationship between worry and life satisfaction was mediated by positive affect, negative affect, and flourishing. The findings suggest a reciprocal relationship between worry and life satisfaction, so future research should focus on developing interventions that address positive or negative affect and provide opportunities for personal growth and successful development to improve life satisfaction in older people.

Psychosocial Experiences of Individuals with Mothers Diagnosed with Alzheimer's

Gülhan Küçük Öztürk¹, Barış Kılıç², Gülüşan Özgün Başbüyük²

¹Nevşehir Hacı Bektaş veli Üniversitesi Semra ve Vefa Küçük Sağlık Bilimleri Fakültesi
Psikiyatri Hemşireliği AD, Nevşehir, Türkiye. glhnkck@hotmail.com, ORCID: 0000-0002-
9220-6051

²Akdeniz Üniversitesi, Sağlık Bilimleri Fakültesi, Gerontoloji Bölümü, Antalya, Türkiye.

Introduction/Purpose: Alzheimer's disease constitutes the majority of all dementia cases. The increasing caregiving responsibilities for individuals with Alzheimer's can lead to adverse changes within families and result in physical and psychosocial challenges for caregivers. Studies that elucidate the experiences of individuals whose mothers are diagnosed with Alzheimer's contribute significantly to the literature and provide valuable insights for readers. This study aims to explore the psychosocial experiences of individuals whose mothers are diagnosed with Alzheimer's disease.

Method: This qualitative study was designed using a phenomenological approach. The study population consisted of individuals residing in Nevşehir and its surrounding provinces in Turkey, whose mothers were diagnosed with Alzheimer's disease as of 2024. The sample was selected using a purposive sampling method, and participants were recruited through snowball sampling. The study was conducted with 13 individuals who met the following criteria: aged 18 or older, fluent in Turkish, without communication barriers, had a mother diagnosed with mild to moderate Alzheimer's for at least five years, and agreed to participate. Individuals with mothers in the advanced stage of Alzheimer's were excluded. Data were collected using a demographic information form and semi-structured interview forms and were analyzed through content analysis. The study was conducted between January and October 2024 with the approval of the ethics committee and the informed consent of participants.

Findings: Participants ranged in age from 39 to 61 years. Ten were female, three were male, and all had at least two children. The majority were literate homemakers with perceived middle-to-low socioeconomic status. The average duration since their mothers' Alzheimer's diagnosis was 11.9 ± 2.2 years. Findings were categorized under two main themes. Participants reported difficulties in caregiving, a mixture of positive and negative emotions, challenges in adapting to life changes, transformations in their lives due to caregiving, emerging needs caused by caregiving burdens, and the erosive nature of the disease. Additionally, perceptions of caregiving roles varied among participants.

Conclusion: This study provides rich insights into the experiences of individuals with mothers diagnosed with Alzheimer's disease. It reveals that these individuals face significant disruptions in various aspects of life (work, marriage, family, social) due to the disease, with an increasing impact of its destructive nature. Participants were found to require comprehensive support. To address their needs effectively, a support program focusing on disease and symptom management, communication techniques, gerontological approaches, and real-life experiences should be developed. A multidisciplinary, solution-oriented service approach from a holistic perspective is recommended, along with comprehensive studies to better support these individuals.

Keywords: Mother, Alzheimer's Disease, Psychosocial Needs, Qualitative Study

**Adapting to a New Interaction Paradigm: Older Adult Academics' Perceptions of
Generative Artificial Intelligence in Extraordinary Conditions**

Sonay Caner-Yıldırım¹

¹Erzincan Binali Yıldırım University, sonaycaner@gmail.com

Introduction/Purpose: The advent of Generative Artificial Intelligence (Gen AI) technologies signifies a transformative shift in human-computer interaction. Nielsen describes this as "intent-based outcome specification," marking the first new user interface interaction paradigm in 60 years. This paradigm shift moves control over computational processes from the user to the AI models themselves, fundamentally altering how individuals engage with technology. Understanding this shift is particularly crucial for older adult academics, a demographic often underrepresented in digital competence studies, especially those who have experienced extraordinary conditions. In 2023, a devastating earthquake struck several cities leading to ongoing challenges such as continued demolition and rebuilding efforts. Older adult academics (aged 65 and over, approaching retirement) residing in this earthquake-affected region may have unique experiences in adapting to emerging technologies like Gen AI amid these circumstances.

This study aims to holistically examine how the new Gen AI interaction paradigm, the specific experiences of older adult academics, and the context of extraordinary post-disaster conditions intersect to influence technology adoption.

Method: A qualitative phenomenological approach will be employed to deeply understand the lived experiences of the participants. The study plans to engage 6-12 older adult academics selected through purposive sampling. Participants will be academics aged 65 and over, nearing retirement, residing in the earthquake-affected province. Data will be collected through semi-structured, in-depth interviews designed based on literature review, Nielsen's perspectives on the Gen AI paradigm shift, and expert consultations.

Interview questions will aim for:

- Understanding their familiarity with and knowledge of Gen AI.
- Exploring how they have engaged with Gen AI tools in personal and professional contexts.
- Assessing their willingness to adopt new technologies and what drives or inhibits this motivation.
- Identifying both barriers and facilitators related to the new interaction paradigm, age-related factors, and extraordinary living conditions.
- Determining what resources or assistance they require to effectively use Gen AI technologies.

The study is currently in the data collection phase and will be completed by the time of the symposium.

Results: The findings are expected to provide integrated insights into how the new Gen AI interaction paradigm impacts older adult academics living under extraordinary conditions.

Conclusion: By intertwining the new Gen AI paradigm, the demographic focus on older adult academics, and the setting of extraordinary circumstances, this study offers a comprehensive understanding of technology adoption in a dramatically evolving digital world. The results might inform the development of tailored training and support programs that address the unique needs arising from this intersection.

Key Words: Older adult academics, generative artificial intelligence, digital literacy, technology adoption, extraordinary conditions.

Spatial Assessment of the Risks of Air Pollution on Elderly People Using Earth Observation Technology

Ercüment Aksoy^{1*}

¹Vocational School of Technical Sciences, Department of Architecture and City Planning,
Akdeniz University, Antalya, Turkey, ercumentaksoy@akdeniz.edu.tr

Introduction/Purpose: Ageing is a condition that increases the social vulnerability of individuals. In order to protect elderly individuals, who are among the most vulnerable segments of the society, from the adverse effects of global climate change, spatial detection of risks was carried out using earth observation technology.

Method: In this study, spatial coding, sensor data, geographic information systems and remote sensing and geographic information systems technologies were used. Python, QGIS and Google Earth Engine tools, which are open source tools, were used. In the study, NO₂, SO₂ and CO greenhouse gas images of Sentinel 5P -Tropomi satellite in the time interval including 2020, 2021, 2022, 2023 years of Antalya province were used. Road and neighbourhood boundaries from the Open Street Map data of the region, as well as the data on the number of elderly population at the neighbourhood scale of the Turkish Population Administration were obtained and tabulated.

Results: Digital maps were produced using data sets. Maps of NO₂, SO₂ and CO pollutants were produced using Sentinel 5P-Tropomi satellite images. The produced digital maps were produced with a resolution of 1 km. The disadvantaged neighbourhoods among the elderly population were quantitatively revealed.

Conclusion: With this study, the determination of which hazardous gases elderly individuals are exposed to and at what rate has been obtained at a spatial resolution of 1 km in addition to the neighbourhood scale. A significant SO₂ pollutant was detected in the northern region of Kepez district and a high rate of NO₂ pollutant was detected in Muratpaşa and Kepez districts. Traffic was identified as the main pollutant in the study. In particular, it was determined that the storey intersections that provide upper and lower transport and the main road lines feeding these intersections are the region that carries health risks for elderly individuals. The aim of the study is to guide the decision-makers who will carry out studies to prevent future health problems and reduce social vulnerability with a scientific method.

Keywords: Older Adults, Air pollution, Earth Observation, Social Frailty, Google Earth Engine (GEE)

Stereotyping of Ageing: Portrayals of Older Characters in Children's Books in Türkiye

Zahide Yuvakgil¹, S. Fehmi Akçiçek²

¹Department of Health Care Services, Köyceğiz Vocational School of Health Services, Muğla Sıtkı Koçman University, Muğla, Türkiye, zahideyuvakgil@mu.edu.tr

²Department of Internal Medicine, Ege University, İzmir, Türkiye, fehmiakcicek@gmail.com

Introduction/Purpose: Since books are a source from which children learn about old age and aging, it is important to examine the explicit or implicit messages they contain about aging. The aim of this research is to evaluate how older characters are portrayed in children's books in Türkiye for the age of 6 months-10 years.

Method: Qualitative and quantitative techniques were used together in the research. The sample of the research was 336 children's books for the age group of 6 months-10 years that were included in the bestseller list of "*Idefix*" and "*D&R*" online sales platforms in 2020 and that were published in the last 10 years. The content analysis was conducted using the "Book Coding List" in the children's books included in the sample.

Results: There were a total of 8526 characters in the sample, and 503 (5.9%) were coded as older characters. Male older characters (52.3%) were portrayed more than female older characters (33%). In terms of main role, 18.3% of the older characters were depicted as "*grandparents*" (16.3%). Positive portrayals (49.5%) were more frequent than negative portrayals (29.8%) of older characters in the sample. In addition, the general portrayal of 20.7% of the older characters was neutral.

Conclusion: Older characters are underrepresented in children's books. Female older characters are portrayed less often than male characters and in domestic roles. The overall portrayal of older characters is positive. This research is important in drawing attention to ageism in children's books.

Key Words: ageism, aging, children literature, prejudice

Determination The Relationship Between Sleep Disorders And Falls In The Older Adults Who Applied Geriatrics Outpatient Clinic

Veliye Yiğitalp¹, Hatice Şimşek Keskin², Pınar Soysal³

¹Master of Science, Gerontologist

velyeyigitalp@outlook.com

²Dokuz Eylul University, Faculty of Medicine, Department of Public Health,

haticesimsek@yahoo.com

³Bezmialem Vakıf University, Faculty of Medicine, Department of Geriatrics,

dr.pinarsoysal@hotmail.com

Introduction/Purpose: This study aims to investigate the relationship between sleep disorders (insomnia and excessive daytime sleepiness) and falls in older adults patients attending a geriatric outpatient clinic.

Method: The cross-sectional study includes 1342 individuals aged 65 and older who visited the geriatrics outpatient clinic at Bezmialem Vakıf University Hospital between 23 November 2018-15 December 2022. Data were obtained from records resulting from geriatric assessments. The dependent variable is the occurrence of falls in the last year. The independent variable is sleep disorder, determined by insomnia and excessive daytime sleepiness. The Insomnia Severity Index (ISI) was used to identify insomnia, and the Epworth Sleepiness Scale (ESS) was used to identify excessive daytime sleepiness in the older adults. The other variables include the patients' age, gender, marital status, years of education, living situation, self-perceived health compared to peers, presence of chronic diseases, polypharmacy, smoking status, body mass index, fear of falling, presence of depressive symptoms, frailty, muscle strength, and presence of malnutrition. Descriptive variables were presented with percentage distributions, mean±standard deviations, and Pearson Chi-square, Trend Chi-square, and Multiple Logistic Regression Analysis were applied to determine causality.

Results: The participants' average age was 78.8±6.9 years (range 65-98), with 66.9% being female. The prevalence of falls in the past year was 43.7%, the frequency of severe insomnia was 21.7%, and the frequency of excessive daytime sleepiness was 21.5%. According to the Multiple Logistic Regression model created with variables that showed a significant relationship with falls in the univariate analyses, excessive daytime sleepiness increased the risk of falling by 1.57 times (OR=1.57, p=0.009, 95% CI=1.12-2.19) and being very worried about the fear of falling increased the risk by 1.97 times (OR=1.97, p<0.001, 95% CI=1.48-2.61). There was no significant relationship between insomnia and other variables with falls.

Conclusion: Falls and sleep disorders, which are significant geriatric syndromes for the older adults, have been found to be highly prevalent and are associated with each other. Therefore, comprehensive geriatric assessments conducted during routine older adults check-ups in primary healthcare settings and hospital visits are crucial for identifying these issues.

Key Words: older adults, falls, sleep disorders, insomnia, excessive daytime sleepiness

Quality of Life in Old Age: The Example of Disaster-Victim Elderly

Çiğdem Tüysüz¹, Hatice Oğuz Özgür²

¹ol2213836003@isparta.edu.tr, cigdemtuysuz27@gmail.com

²haticeoguz@isparta.edu.tr

Introduction/Purpose: Aging is a process that varies from person to person and has a great impact on quality of life criteria that reflect life expectations, interests and views on socio-cultural status. When assessing quality of life, the physical and mental health, social connections, financial situation and activities etc. of the elderly are often included. These parameters can help identify older adults' needs and enhance their quality of life. They can even assist build sustainable policies to satisfy these needs. In this context, the aim of the study is to present descriptive statistics on the quality of life of the elderly.

Method: In the study, which utilized quantitative research method, survey technique was used and 405 elderly disaster victims from various provinces of Turkey were interviewed. The first part of the survey included questions aiming to collect sociodemographic information and disaster experiences of the elderly. The second part included the Turkish adapted version of CASP-19 Quality of Life Scale for the Elderly. After the quality control of the obtained data was done on the computer, statistical analyses were performed using the relevant programs.

Results: 58% of the participants were female, 42% were male; the average age was 71. The majority of the participants had a low level of education, and most were low and middle income. In addition, 34.1% had at least one health problem. 57% experienced material and moral losses as a result of disasters. 1 This study has been developed using data from the project titled "Measuring the Quality of Life in Disaster Survivors" which is supported by the TÜBİTAK 2209-A-University Students Research Project Support Program. In the study, the mean CASP-19 Quality of Life Scale score for the elderly was determined as 28.11 ± 8.60 and the median was determined as 32 (11-53). The elderly's disaster experiences, health problems, low income and education levels negatively affected their quality of life scores.

Conclusion: Low socio-demographic characteristics, increased dependency, the necessity of displacement due to disasters, the loss of social ties and the necessity of adapting to different spatial and social environments negatively affect the quality of life of the elderly. In addition, these difficulties require the rearrangement of their life aims and expectations.

Key Words: Aging, Disaster, Elderly, Old Age, Quality of Life

Applied Gerontological Service Model in Rural Areas: The Case of İbradı

Özlem Özgür¹, Hilal Yiğit², Saliha Büyükkara³

¹Akdeniz University Faculty of Health Sciences Department of Gerontology,
ozlemozgur@akdeniz.edu.tr

²Necla Yaşar Duru Gerontology Center, hilal_yigitt07@hotmail.com

³Necla Yaşar Duru Gerontology Center, salihaduaci03@gmail.com

Introduction: Aging has increasingly become a significant phenomenon both in our country and worldwide. In our aging population, the rate of aging is rising while the population growth rate continues to decline. Although aging is a universal phenomenon, it is not homogeneous. This situation lays the groundwork for the heterogeneity of problems, needs, and services during the aging period. When individual heterogeneity among older adults is combined with cultural and geographical differences, the process becomes more complex and challenging. In the implementation of services for older adults, instead of a single service model, regional and sociocultural characteristics should also be considered. By ensuring service diversity tailored to the competencies and needs of older individuals, the quality of life for both individuals and families can be enhanced. Similar to urban areas, older individuals and families in rural areas face numerous challenges that reduce their quality of life. In our country, the proportion of dependent older adults in rural areas is 8.6%. For older individuals living alone, with multiple illnesses, and in rural areas, it is critical to plan and provide the necessary support during and after hospital processes under appropriate conditions. Within the framework of the Eleventh Development Plan (2019-2023) issued by the Presidency, arrangements are planned to eliminate or minimize the disparity in health services between urban and rural areas. Additionally, efforts to address the high older population in rural areas are to be intensified.

Method:İbradı is the smallest district of Antalya, consisting of 9 neighborhoods. According to 2024 data, the older adult population rate, defined as individuals aged 65 and over, is 30%. An examination of the district's population structure reveals that older adult population exceeds the young population. It is crucial to develop applied gerontological services in the region, considering the needs and demands of individuals aged 65 and over to support aging in place, while taking into account the socio-cultural context.

Results: The older adult population living in rural areas is at risk of social exclusion due to the disadvantages associated with rural life. Therefore, it is well-recognized that active aging policies need to place special emphasis on older adults residing in rural areas. In the process defined by the World Health Organization as active aging, it is envisaged to maximize opportunities in health, participation, and security to enhance individuals' quality of life. In this context, alongside national central policies, rural-focused policies should not solely concentrate on care and rehabilitation. Instead, appropriate conditions and services should be planned to provide greater opportunities for the aging population, ensuring their inclusion and improved quality of life.

Conclusion: It is thought that by fostering a new community perception regarding healthy aging for individuals aging in rural areas, and by increasing the willingness of community members to work with older adults, the perception of aging in rural areas as an opportunity can be created. This, in turn, could lead to the development of opportunities that support aging in place during the later stages of life.

Key Words: Rural, Aging, Elderly, Applied Gerontology, Aging in Place.

Dementia Friendly Initiatives: Examples from the World

Jülide Yılmaz¹, Nilüfer Korkmaz Yaylagül²

julideyilmaz@akdeniz.edu.tr

niluferyaylagul@akdeniz.edu.tr

Introduction/Aim: The increase in the older population has led to a rise in health issues associated with disability and age-related disease burden within this age group. One of the most significant health issues causing disability in old age is dementia. Dementia is a neurodegenerative disease that causes memory impairment, changes in executive functions, and behavioral alterations, making it difficult for individuals to independently carry out daily life activities. The World Health Organization, through its “Global Action Plan on the Public Health Response to Dementia 2017–2025,” aims to implement principles of “respect, autonomy, equity, dignity, and realizing potential” for dementia patients and their caregivers. In line with this action plan, dementia-friendly communities and initiatives that provide opportunities for social participation for people with dementia have gained prominence.

Method: In this study, research on dementia-friendly initiatives found in the literature has been reviewed. It was observed that dementia-friendly initiatives aim to create more inclusive communities by addressing not only medical needs but also the social, psychological, and emotional needs of individuals.

Findings: In the literature, especially in Western countries, dementia-friendly initiatives include improvements in physical and social environments, such as dementia choirs, accessible neighborhoods for dementia patients, and educational content prepared with the active participation of dementia patients and caregivers to raise awareness in the community.

Conclusion: This study has examined the contributions of dementia-friendly initiatives toward creating more inclusive communities as documented in the literature. It was concluded that supportive living environments are essential for dementia patients and their caregivers.

Key Words: Dementia, Dementia-Friendly Initiatives, Physical Environment, Social Environment.

Experiences of Older Adults Participating in a Self-Compassion Programme

Nisa Yıldız¹, Lutfiye İpek², Sümeyra Mihrap İlter³, Özlem Özgür⁴

¹Osmaniye Korkut Ata University, nisayildiz@osmaniye.edu.tr

²Akdeniz University, lutfiye.ipek@gmail.com

³Osmaniye Korkut Ata University, smihrapilter@osmaniye.edu.tr

⁴Akdeniz University, ozlemozgur@akdeniz.edu.tr

Introduction/Purpose: Ageing is often inherently accompanied by change. Ageing can bring with it various losses, such as loss of employment through retirement, loss of spousal role through widowhood and decline in health and/or physical functioning. Self-compassion can be defined as an attitude of compassion and acceptance towards oneself when experiencing pain or stress, especially in challenging moments. Self-compassion involves three positive qualities - mindfulness, kindness to oneself, and common humanity - overriding their opposites, such as self-criticism, over-identification, and feelings of isolation. Theorists and researchers have also emphasised the importance of resources, which are defined as situational elements that facilitate individuals to adapt to difficulties. The concept of self-compassion can be considered as one of these resources. A qualitative study on self-compassion or self-compassion intervention with older adults in Türkiye was not found. This study is a preliminary study to investigate the experiences and perceptions of older adults who have completed a self-compassion based programme towards self-compassion programmes.

Method: The purpose of this study is to explore the experiences and perceptions of older adults who have completed a self-compassion-based programme towards self-compassion programmes. Since it is aimed to understand the experiences of older adults in depth, this study is a case study from qualitative research designs. The participants participated in a three-session self-compassion programme (each session focusing on a dimension of self-compassion) including practices and theoretical knowledge. Data were collected using a semi-structured interview form. The data were analysed using qualitative descriptive analysis. The participants asked about programme process, evaluation of sessions, outcome of the programme, expectations and suggestions, individual meaning of self-compassion.

Results: Five older adults who participated in the self-compassion program and agreed to be interviewed were interviewed. Participants generally mentioned that the duration could have been longer so that it would have been easier to understand the program. Regarding the continuity of the practices, although the participants remembered the practices they did, they said that they could not continue the practices outside the program due to life circumstances, but that it was beneficial to them when they did. Participants added that the concept of self-compassion was useful for them and that it was important to integrate it into their lives.

Conclusion: Considering the role of the concept of self-compassion especially in the development and protection of psychological health, understanding the experiences of different groups of older adults (by gender, socio-cultural background, generation etc.) considered an crucial step of sustainability and adaptability of self-compassion based programmes.

Key Words: Older Adults, Self-compassion, Geropsychology

Path Analysis: An Examination Within the Context of the Concept of Loneliness

Şule Sidrenur Öztürk¹

¹Meram State Hospital, sulesidrenurozturk@gmail.com

Introduction/Purpose: Theoretical expressions related to the phenomenon of loneliness expressed in the social scientific literature are highly complex. When the concept of loneliness is considered within the scope of path analysis, it can contribute to the practical design of society in the causal contexts of loneliness. Therefore, the aim of the research is to examine the social isolation and social relationships that do not meet expectations associated with loneliness in the literature by using the path analysis method.

Method: Path analysis is known as the basis of causal analysis. While regression analysis clearly distinguishes between dependent and independent variables, path analysis also allows the analysis of interrelationships between variables. The concept of loneliness was examined in three models in the context of demographic information, social isolation, and relationships that do not satisfy expectations.

Results: The first model can partially (at a low level) explain the feeling of loneliness when the variables “social isolation” and “social relationships that do not meet expectations” are effective at the same time. The second model found that the effect of the variable “social isolation” on the variable “feeling of loneliness” through the variable “social relationships that do not meet expectations” is very small. In the third model, when three sociodemographic factors are examined, it is seen that the strongest effect on the feeling of loneliness is made by the variable “age”.

Conclusion: In the study, the methodological deficiencies in path analysis in the Turkish literature were highlighted and these deficiencies were tried to be eliminated by focusing on the methodology in the study. In the analysis, it was assumed that the feeling of loneliness in old age women was affected by two main factors and sociodemographic information was included in this and examined. It was assumed that social isolation contributes to the feeling of loneliness, but loneliness can also be felt if the person does not receive the support and satisfaction they expect despite having a relatively wide social circle. In this context, more detailed and reliable results were obtained by using statistical methods such as correlation analysis and path analysis in the examination of the feeling of loneliness.

Key Words: path analysis, loneliness, old age

A Bibliometric Analysis of Articles with 'Gerontology' in Their Titles

Barış Kılıç¹

¹Akdeniz University Department of Gerontology, bariskilic@akdeniz.edu.tr

Introduction/Purpose: The aim of this study is to conduct a bibliometric analysis of English-language articles published between 1970 and 2024 with the title "gerontology" to examine research trends and significant contributions in this field. Gerontology is a scientific discipline focused on understanding the aging process and enhancing the quality of life for older adults. Thus, analyzing how research in this domain has evolved and identifying its future directions is crucial.

Method: Articles were selected from the Web of Science Core Collection database with the title "gerontology." This timeframe was chosen to capture long-term developments and trends in the field. The Bibliometrix software was utilized for the analysis. The software facilitates the examination of citation metrics, author collaborations, keyword trends, and institutional contributions.

Results: Annual Scientific Production: A consistent increase in the number of articles published annually has been observed since the 1970s, with notable growth during the 2000s and 2020s. Highly Cited Sources: Journals such as The Gerontologist, Educational Gerontology, and the Journal of Aging Studies emerged as the most frequently cited sources, serving as key platforms for significant research in gerontology. Prominent Authors: Researchers like Peterson DA, Ferraro KF, and Bass SA have been identified as leading contributors to the field. Active Institutions: Institutions such as the University System of Ohio, the State University System of Florida, and the University of North Carolina are among the most prolific in gerontology research. Keyword Trends: Terms like "age," "health," and "older adults" are frequently used, reflecting a strong focus on the aging process and the health of older populations.

Conclusion: This study provides insights into the research trends and contributions within the field of gerontology, offering a comprehensive understanding of its academic landscape. The findings highlight key areas of focus and suggest potential directions for future research. Additionally, they emphasize the importance of academic collaboration in advancing the field.

Key Words: Gerontology, Bibliometric Analysis, Aging, Web of Science

Emotion Studies in Gerontopsychology: Bibliometric Analysis

M.Sc. Deniz Akkaya Kozak¹

denizakkaya07@hotmail.com

Introduction/Purpose: The aging population is at many social, physical and psychological risks. Emotion studies have an important place in the field of gerontopsychology in order to ensure the psychosocial development and support of elderly individuals. Therefore, bibliometric analysis of studies conducted in this field can guide future research trends.

Method: Studies published on emotion studies in the field of gerontopsychology were scanned from the Web of Science database. The keywords “psychology”, “older adults” and “emotion” were used to access relevant publications and bibliometric analysis was performed using the Vosviewer program.

Results: The data obtained using keywords in the Web of Science database was examined, 207 studies published between 1982-2024 were reached. The most frequently used keyword, “aging”, is strongly linked to the keywords “positive psychology” and “emotion regulation”. The most cited study is the article published by Carstensen in 1993, which received 301 citations. The most cited author is Derek M. Isaacowitz; the most cited journal is “Psychology and Aging”.

Conclusion: Recent studies have focused on the areas of “well-being”, “positive psychology” and “emotion regulation”. It is anticipated that studies on emotions in old age will develop on the axis of positive gerontopsychology.

Key Words: Emotion, older adults, positive gerontopsychology

Investigation of Polypharmacy in the Older Adults through a Life History Study

Barkın Dere¹, Kadir Uçkaç², Hasan Hüseyin Başbüyük³

(Please write the name of the presenter in **bold** letters.)

¹Malatya Turgut Özal University, Department of Gerontology, Faculty of Health Sciences,
barkin.dere@ozal.edu.tr

²Malatya Training and Research Hospital, drkadiruckac@gmail.com

³Akdeniz University, Department of Gerontology, Faculty of Health Sciences,
hbasibuyuk@akdeniz.edu.tr

Introduction/Purpose: Polypharmacy usually means the simultaneous use of five or more drugs. Polypharmacy is frequently seen in the older population due to the prevalence of chronic diseases. Polypharmacy makes it difficult to manage an individual's health and can lead to drug-drug interactions and adverse drug reactions. Addressing polypharmacy involves careful review and management of medications (Masnoon et al., 2017). Existing literature generally focuses on quantitative data and clinical outcomes on polypharmacy. This research aims to examine the behaviors and attitudes of older individuals in their own perspectives regarding health care services that lead to polypharmacy through a life story study.

Method: This study utilized the life story study within the scope of narrative research (Creswell, 1998). Purposeful sampling strategy was used when determining participants (Whitehead and Whitehead, 2016). Semi-structured interview questions constitute the material of the study and these questions were asked repeatedly for each drug used by the participant. The sample of the study consists of individuals aged 65 and over in the cardiology ward and 20 people were interviewed.

Results: In the preliminary findings of the study, it was observed that older people who use five or more medications started using their medications without sufficient knowledge about their functions and usage, continued to use them with this lack of knowledge and lost control over their medication use. In addition, it was observed that some older people changed their medication doses without consulting a doctor and made these changes based on their own experiences. Individuals who have limited awareness about the interactions of medications and their effects on health continue to use medications without questioning them, believing that they should be used if the doctor prescribed them. This situation shows that patients need more information about medication management and that trust based solely on the doctor's authority may lead to ignoring the potential risks of medications and interactions between medications.

Conclusion: It is observed that older people who use five or more medications do not have sufficient knowledge about the functions and possible effects of medications in polypharmacy processes. The results indicate that older individuals should be made aware and their health literacy should be increased in order to provide better medication management. A more active role in medication use by older individuals will ensure safer and more effective results in treatment processes.

Key Words: Polypharmacy, older adults, life story

Ciritçi Abdullah as an Example of Positive Elderly Representation in Television Series*

Lecturer Furkan Ulusal¹, Lecturer Dr. Hande Kırışık²

¹Ondokuzmayıs University, Havza Vocational School, Civil Defence and Firefighting
Program, furkan.ulusal@omu.edu.tr

²Ankara University, Haymana Vocational School, Elderly Care Program,
handek@ankara.edu.tr

Introduction/Purpose: In today's media-society relationship, the media plays a decisive role, bringing the concept of representation to the forefront. The media serves as a significant tool that reflects societal perceptions and behaviors. Television, as a medium, is an important part of everyday life. However, the representation of the elderly in television series is often constructed around negative narratives. Elderly individuals are frequently stereotyped as dependent and passive. In contrast, focusing on the positive aspects of aging could foster a more favorable perception of aging and old age. Therefore, the aim of this study is to analyze the character of Ciritçi Abdullah in the series *Gönül Dağı* as an example of elderly representation in television series.

Method: A qualitative research design was adopted for this study. Qualitative content analysis and descriptive analysis techniques were used in the analysis of the research. As a result of the analyses, two main themes and three sub-themes were identified. The first main theme is 'the example of Ciritçi Abdullah in the context of activity theory.' Under this main theme, there are three sub-themes: (1) physical activity, (2) social participation and social support, and (3) social role and family relationships. The second main theme is 'the example of Ciritçi Abdullah in the context of wisdom in old age.'

Results: The research findings reveal that, contrary to the existing literature, the character of Ciritçi Abdullah is depicted as active, with strong social relationships and roles, independent/autonomous, wise, and a respected figure. In this sense, the character of Ciritçi Abdullah stands out as an example of positive elderly representation. Given that the series *Gönül Dağı* addresses a traditional societal structure and reality, it is an expected outcome that it features a positive elderly representation. However, it can be argued that this character is a significant example of a positive portrayal of aging in television series, countering the perception of old age reinforced by popular culture in modern society, which often positions elderly individuals in a lower status.

Conclusion: In conclusion, it can be said that the proliferation of characters like Ciritçi Abdullah in the media could contribute to improving the representation of the elderly and lead to positive changes in negative perceptions, attitudes, behaviors, and narratives toward older adults. In this regard, it is recommended to increase academic studies on elderly representation in the media.

Key Words: Elderly representation, Older adults, Qualitative design.

*This study is an extended version of the article titled 'Representation of the Elderly in the context of Activity Theory and Wisdom in old age in Television Series: The Example of *Gönül Dağı* Series Ciritçi Abdullah' published in the Journal of Institute of Social Sciences of Çukurova University

Cognitive Assessment of Older Adult People Applying to Gerontology Clinics

Nuriye Yılmaz, Sümeyra Mihrap İlter

smihrapilter@osmaniye.edu.tr

yilmazznuriye@gmail.com

Introduction/Purpose: The aim of this study was to retrospectively analyze the cognitive function levels of elderly individuals who applied to the gerontology outpatient clinic in a state hospital in the Mediterranean region. Studies in this field are limited in our country and it is important to evaluate the cognitive functions of individuals applying to gerontology outpatient clinics. In this context, this study aims to contribute to the literature.

Method: The study was retrospective and descriptive and the data collection process was carried out between 02.01.2024 - 01.10.2024. Prior to the study, institutional permission was obtained and the data of 522 elderly adults who applied to the gerontology outpatient clinic of a state hospital in the Mediterranean region were analyzed. Socio-demographic data and mini mental test (MMT) scores of these individuals were evaluated. Baseline characteristics such as mean age, gender distribution, and dementia status of the individuals included in the study were recorded.

Results: The mean age of the individuals included in the study was 72.45 ± 7.36 . 58.6% of the participants were female, 41.4% were male, and 32.4% were diagnosed with dementia. The mean mini mental test score of the older adults who participated in the study was 24.74 ± 4.80 . In addition, 69.9% of the participants had a mini mental test score of 24 and above, while 30.1% had a score below 24.

Conclusion: This study is the first retrospective study in Turkey in which the cognitive function levels of individuals admitted to a gerontology outpatient clinic were examined. The findings obtained may serve as a reference for future studies on the evaluation of cognitive functions of elderly individuals and provide important data for clinical applications. This study, which is expected to contribute to the literature, emphasizes the importance of cognitive evaluations in gerontology outpatient clinics.

Keywords: Aging, Cognitive Assessment, Dementia

Depiction and Perception of Old Age in Japanese Anime and Manga

İkuko Murakami¹, Fatma Alkan²

¹ Department of Gerontology, Faculty of Health Sciences, Akdeniz University,
mikuko1025@yahoo.co.jp

² Department of Gerontology, Faculty of Health Sciences, Akdeniz University,
alkanf1343@gmail.com

Introduction/Purpose: Today, cartoons serve as a significant visual medium for conveying traditional narratives to the present day. The most notable examples of this are Walt Disney in the West and Studio Ghibli in the East, both of which have brought traditional stories to life through animated films. This study aims to compare how old age and elderly individuals are depicted and perceived in Japanese culture, specifically in anime and manga works.

Method: The primary aim of this research is to understand how elderly individuals are viewed and which stereotypes are used to portray them, focusing on Hayao Miyazaki's anime works (from 1988 to 2004). The research questions are: "How are elderly individuals depicted?", "Are the elderly shown to be dependent?", "How are good and bad characters characterized in anime?", and "What is the communication and interaction like between different generations?" The study investigates the concept of old age through four of Miyazaki's anime films: *My Neighbor Totoro*, *Spirited Away*, *Howl's Moving Castle*, and *Ponyo on the Cliff by the Sea*. The analysis techniques include descriptive analysis, document review, semiotic content analysis, and discourse analysis.

Findings: In Miyazaki's anime films, the majority of elderly characters are depicted as elderly women. Of the elderly characters in the four films, 72.6% are women, 19.8% are men, and 6.6% are gender-neutral. Around 59.4% of the characters are cheerful, content, understanding, and kind, while about 36.4% are initially portrayed as irritable, stubborn, and dissatisfied. However, all the films end on a happy note, with the characters undergoing positive transformations. Another noticeable aspect is that almost all of these elderly women are depicted as performing household chores related to cleaning. Miyazaki also addresses physical pain and physiological changes that come with aging in his anime works. These physical issues and complaints are reduced after physical activity, with many of them disappearing completely. These changes include the disappearance of wrinkles, the straightening of a hunched back, the reduction of joint crepitus, and easier movement. These elements demonstrate the importance of physical activity to the audience.

Conclusion: In many countries and fields, the elderly are often thought of as deficient, inadequate, and dependent on care. The findings of this study reveal that social prejudices also exist within Japanese culture. None of the depicted women and men are married, and most live alone, which reflects the characteristics of postmodern society. While elderly individuals may experience a need for care in old age, overall, the elderly are depicted as active, continuing to work and stay engaged. In societies with an aging population, as activity levels increase, improvements in physical conditions and reductions in complaints are observed among elderly women.

Keywords: Anime, semiotic content analysis, stereotypes, media portrayal

Impact On Leisure Time Activities From The Experience of Spouse Loss in Older Adults

Dr. Öğr. Üyesi İkuko Murakami¹, Ayşe Nur Erdoğan²

¹ Akdeniz Üniversitesi Sağlık Bilimleri Gerontoloji Bölümü, e-mail:
mikuko1025@yahoo.co.jp

² Akdeniz Üniversitesi Sağlık Bilimleri Gerontoloji Bölümü, e-mail:
aysenurr.erdogannn@gmail.com

Introduction/Purpose: Although it can also be seen in other periods of life, individuals face loss of spouse more frequently in old age. With this research, it is aimed to reveal how elderly individuals perceive leisure time and to examine how the loss of a spouse affects to using leisure time.

Method: In this study, snowball sampling method and in-depth interview technique were used. The participants of older adults who were interviewed, five men and women aged 65 years and over, residing in the center of Konya city. The participants included in this study were on the condition that they had experienced loss of spouse, five years or more before. Using a semi-structured interview form, interviews and observations were conducted. In analyzing the data, thematic and descriptive analysis method was used with some themes and the answers were categorized according to these themes.

Results: About the findings obtained around the main question, it was determined that the answers were varied depending on the factors of the participants' information, experiences of the loss at a young age or an older age and the situation of the living environment. Participants with lower educational level and economic status had less leisure time perception and they associated leisure time with religious activities, although the evidence provided maybe not sufficient to prove the results in this study, because the majority of participants had low levels of education. According to gender factor, female participants included more details and variety in describing their leisure time activities, compared to male. It looked like difficult for both male and female participants to take different gender role after the death of spouse, for example male participants struggled with housework, female struggled with work outside home and they needed the support of their personal networks.

Conclusion: In this study, it was observed that the presence of children and grandchildren played a significant role in coping with death and in the use of leisure time, although some studies obtained different results.

Key Words: Loss of spouse, leisure time, gender roles, education level, gender

Physical Activity in Older Adults: Barriers and Motivating Factors

Ezgi Pektaş

ezgipektas96@gmail.com

Introduction/Purpose: Physical activity offers significant benefits for older adults, including improved muscle strength, enhanced balance, reduced risk of falls, and better overall health. The World Health Organization recommends at least 150 minutes of moderate aerobic activity per week and strength-training exercises at least twice a week for older adults. However, physical activity levels in this population often fall below these recommendations. Therefore, understanding the barriers and motivating factors that influence physical activity participation in older adults is crucial for developing effective strategies to increase engagement. This study aims to explore the barriers and motivating factors affecting physical activity in older adults and highlight strategies for promoting it.

Method: This study synthesizes findings from existing literature reviews focusing on barriers and motivators influencing physical activity among older adults. The analysis is particularly based on data from five systematic reviews provided, alongside other relevant research articles. The findings were categorized into themes addressing the factors that hinder or facilitate physical activity participation in this demographic.

Results: Key barriers to physical activity include health issues, fear of falling, environmental factors, lack of motivation, and social isolation. Additionally, perceptions of physical inadequacy and age-related stereotypes can further discourage participation. On the other hand, significant motivators include social support, health benefits, enjoyable activities, and accessible exercise spaces. Group activities and guided programs also stand out as effective tools for encouraging participation.

Conclusion: To promote physical activity in older adults, programs should be tailored to individual needs and take into account health conditions and environmental constraints. Creating safe, accessible spaces that foster social interaction can enhance motivation. Furthermore, the support of healthcare professionals and targeted educational initiatives play a critical role in encouraging active lifestyles among older adults.

Key Words: Physical activity, older adults, barriers, motivators

The Roles of Age References in Narratives of Aging Adults: A Qualitative Study

Veronika Gociekova¹, Anna Sevcikova¹, Gabriela Gore-Gorsewska^{1,2}, Martina Rasticova³

¹The Psychology Research Institute, Faculty of Social Studies, Masaryk University, Brno, Czech Republic, 460188@mail.muni.cz, 319690@mail.muni.cz

²Institute of Psychology, Faculty of Philosophy, Jagiellonian University, Kraków, Poland, 518407@mail.muni.cz

³Department of Management, Faculty of Business and Management, University of Technology, Brno, Czech Republic, rasticova@fbm.vutbr.cz

Introduction/Purpose: Beliefs about aging, both societal and personal, shape how older adults experience and respond to age-related changes. This study focuses on how individuals aged 65+ internalize or resist stereotypes and beliefs about aging. Specifically, the aim is to examine how these beliefs in form of age references influence their emotional well-being and adaptation to age-related challenges.

Method: Data were drawn from three research projects on relationships, sexuality, and employment in later life, each with a minimum age requirement of 50. For the purpose of this study, we selected 50 participants aged 65+ from a total pool of 177 in-depth interviews. Grounded theory and consensual qualitative research methods were used to identify and analyze themes related to context and function of age references.

Results: Preliminary results highlight four key contexts in which participants referred to age: (1) Seeking Balance Between Autonomy and Limitations in Later Life, (2) Navigating Societal Expectations vs. Personal Views, (3) Legitimizing End-of-Life Reflections, (4) Justifying the Sense That Something is Truly No Longer Needed. In these contexts, references to age served two primary

Functions: Providing Relief and Navigating Decline—along with an additional dimension - Avoidance of Mentioning Age. Participants employed these reference to manage their experiences of decline and to seek relief from the discomfort associated with aging.

Conclusion: These preliminary findings suggest that age references play a key role in how older adults navigate the aging process. They served to normalize limitations, express discomfort, or avoid confronting declines, helping individuals adapt and maintain emotional balance.

Key Words: aging, beliefs, coping mechanisms, stereotypes, well-being



XI. INTERNATIONAL SYMPOSIUM OF SOCIAL AND APPLIED GERONTOLOGY