

Resilience through Relocation in Older Adulthood

An Interpretative Phenomenological
Analysis

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Background of the Study



Empirical Background



Stress and
Relocation

Resilience

Coping

Theoretical Foundations

Developmental
Stage (Erikson,
1950)

The Resilience
Portfolio Model
(Grych et al.,
2015)

Biblical Integration

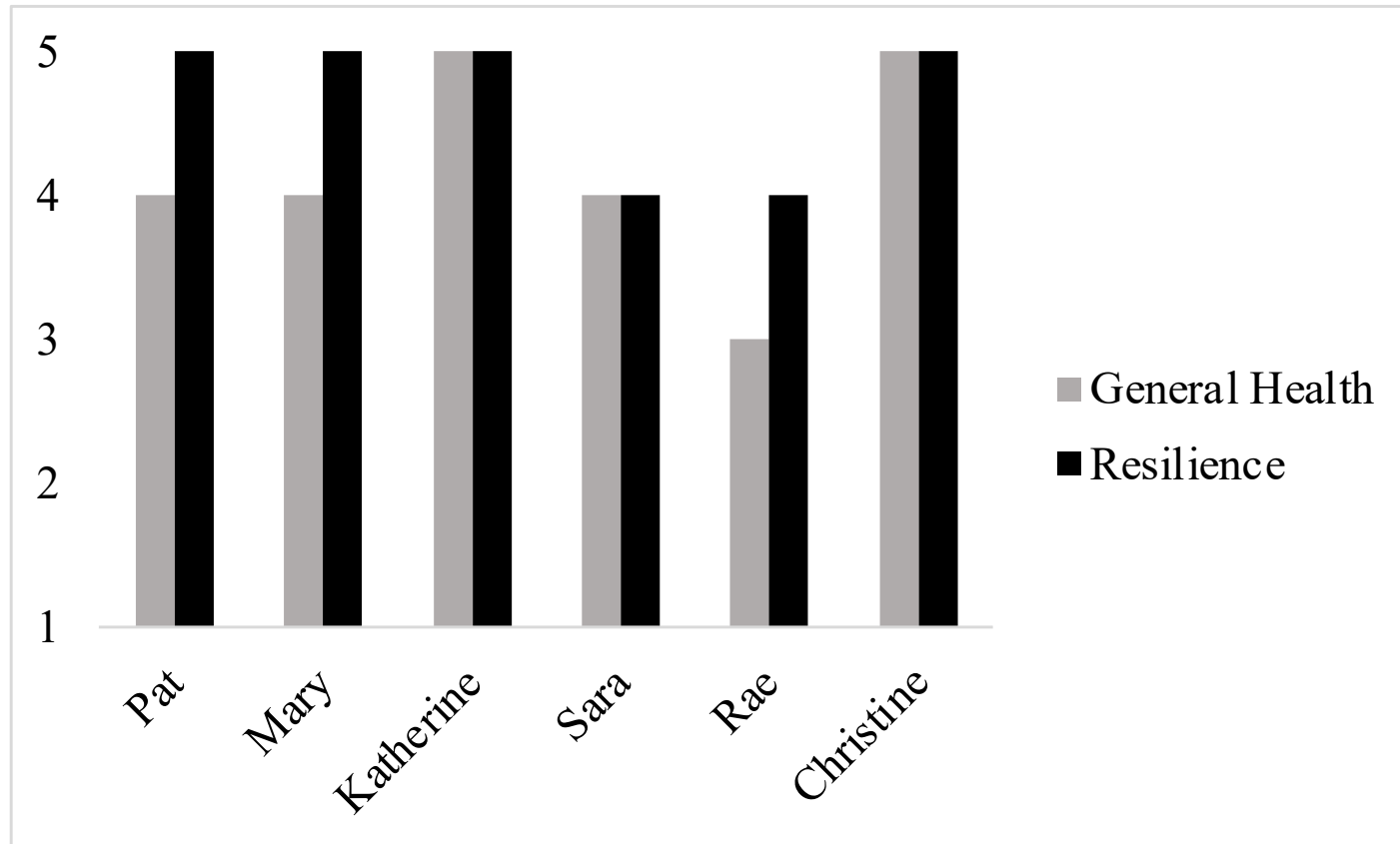
Research Questions



Method: Data Collection



Descriptive Results



- Six participants
- 65 years old and up
- Living independently in Shelbyville, IN
- English-speaking
- Relocated within 3 years of the study
- White females
- 4 retired, 1 working full-time, 1 volunteering
- 1 GED, 3 some college, 1 bachelor's degree, 1 master's degree

Method: Interpretative Phenomenological Analysis



Trustworthiness of the Study

Credibility

Transferability

Dependability

Confirmability

Results: Group Experiential Themes



Group Experiential Themes

MOVING INVOLVES CHALLENGES AND STRESS

- Sorting through and getting rid of sentimental items is difficult. 3/6
- All the decisions that must be made during a relocation can become overwhelming. 3/6
- Moving away from a home can cause feelings of loss and grief to resurface. 4/6

RESILIENCE TAKES TIME

- Time is an important component of the resilience process. 5/6
- The resilience process sometimes involves working through doubts, but arranging a home to one's preferences over time supports resilience. 3/6
- Resilience can be an interactive process for people who do not live alone. 3/6

SIGNS OF SUCCESSFUL ADJUSTMENT

- Feeling safe in one's new home 5/6
- Identifying the new house as "home" 4/6

POSITIVE SOCIAL CONNECTIONS SUPPORT RESILIENCE

- Support through affirmation 5/6
- Support through practical help 5/6
- Support through intentional connectivity 4/6
- Support through volunteering and helping others 3/6

PERSONAL STRENGTHS SUPPORT RESILIENCE


- Positive focus 6/6
- Spirituality and faith 5/6
- Personality traits 5/6
- Hobbies 3/6



Discussion



Empirical Background



Stress and
Relocation

Resilience

Coping

Implications



Empirical implications: The results addressed three literature gaps: an understudied population (older adults), an understudied topic (resilience through relocation), and an understudied context (relocation to independent living).



Theoretical implications: Resilience Portfolio Model and other resilience theories are focused on trauma, violence, or disaster rather than ordinary stressors like relocation.



Practical implications: Formal interventions or self-help

Limitations



Subjectivity



Limited
Sample
Diversity



Lack of
Gender
Diversity

Future Directions



Future Directions

- Future research on this topic should be structured to allow time for successful adjustment.
- A quantitative study could be used to measure various aspects of resilience through relocation in older adulthood within a broader and more diverse sample.
- Further study could explore the potential relationship between the Resilience Portfolio Model and relocation in older adulthood.
- A future study could be conducted to compare the experiences of males and females who relocate to independent living situations in older adulthood.
- Future research could also test resilience interventions such as those mentioned in the literature for use to support recently relocated older adults.



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