

participants under quarantine, quantitatively measured of mental health or psychological well-being, and characterized outcomes by age.

**Results:** Of 894 initial results, 20 studies met criteria and were included in the analysis. Studies comprise a total of 106,553 participants from eight countries, age range 6-100, involved two epidemics (COVID-19, SARS), and used 27 tools used to assess psychological responses to quarantine. The majority (70%) of the studies utilized recruited participants through online surveys, utilizing open web and snowball recruitment. Of the 20 studies, one found greater distress in older adults relative to younger adults on a COVID-19 distress scale, one study found no significant differences, and 18 studies found lower negative outcomes in older participants in at least one metric.

**Conclusions:** Older adults in this review generally have lower stress and less negative emotions under quarantine than younger adults. It is unknown how this compares to the pre-pandemic state. More representative and longitudinal studies are needed to better measure the impact of quarantine on the mental health of older adults.

**Clinical Implications:**

As existing scales may not capture the full extent of pandemic's psychological effects on older adults, clinicians must be vigilant in monitoring older adults' mental health in quarantine.

**Note:**

The full article was accepted for publication in *Clinical Gerontologist* WCLI on May 6, 2021

<https://doi.org/10.1080/07317115.2021.1928355>

**406 - Supports received by the families of people with neurodegenerative disease: a quantitative and qualitative approach.**

**Authors:** Alba Aza, María G. Vela, Eva González, Isabel Vicario-Molina, María Begoña Orgaz y Marta Badia

**Keywords.** Neurodegenerative disease; Families; Focus Groups; FQoLS-ND; Services.

**Introduction:** When neurodegenerative disease (ND) is diagnosed, the family's quality of life (FQoL) changes drastically. Within the concept of FQoL, the supports they receive from others at the community level and from services is one of the most important issues. Nonetheless, studies available using a mixed-methods approach are still limited. Consequently, the objective was to study the domains of support from services and support from others (emotional and practical), through the application of a quantitative instrument and the conduction of focus groups.

**Method:** Three hundred relatives of people with ND, recruited from Regional Health Management of Castille and 14 Leon (Spain) completed the instrument FQOLS-ND, a specific scale for measuring quality of life in families caring for people with a ND. The mean age of the sample is 62.4 years and the majority are females (70%). In addition, a focus group was carried out with 10 family members (70% females, mean age= 61.6) aiming at the analysis of the quality of life domains.

**Results:** The domains support of others (emotional and practical) and support from services achieved low quantitative levels specially in terms of achievement ( $M_{emotional}=3.30$ ;  $SD_{emotional}= 1.21$ ;  $M_{practical}= 3.09$ ,  $SD_{practical}= 1.26$ ;  $M_{services}= 2.83$ ;  $SD_{services}= 1.02$ ;). In the focus group, the main topics mentioned as negatively affecting the FQoL were social isolation, access and correct follow-up in specialized care

services, lack of information on the diagnosis and progression of ND and on the needs of the person, and lack of empathy of professionals and others.

**Conclusions:** ND negatively and significantly affects the family as a whole. Despite this, the emotional and practical support they receive from both other community members and professionals and services is still very insufficient. Therefore, it is important to raise awareness of the needs of this population and to carry out transformations in the attention provided.

#### **407 - Living through the pandemic as an older person: Long-term psychological impacts in low- and middle-income countries**

Clarissa Giebel, Bwire Ivan, Maria Isabel Zuluaga, Suresh Kumar, Mark Gabbay, Gabriel Saldarriaga, Isaac Ddumba

**Background:** The pandemic has put a huge strain on people's mental health, with varying restrictions affecting people's lives. Little is known how the pandemic affects older adults' mental health, particularly those living in low- and middle-income countries (LMICs) where restrictions are affecting people's access to basic necessities. Thus, the aim of this 3-country study was to understand the long-term impacts of the pandemic on the mental well-being of older adults with and without dementia in LMICs.

**Methods:** We are collecting 30 baseline and 15 follow-up interviews with older adults (aged 60+), people with dementia, and family carers in Colombia, India, and Uganda, as well as a baseline and follow-up focus group with health and social care professionals in each country. Interviews are conducted remotely over the phone due to pandemic restrictions, with data collection taking place between March and July 2021. Transcripts are translated into English before being analysed using thematic analysis.

**Results:** To date, we have completed close to 90 baseline interviews and 3 focus groups with health and social care professionals. Analysis is ongoing, but findings are capturing the detrimental second wave in India and follow-up interviews will capture the longitudinal impacts on mental health.

**Conclusions:** Whilst vaccines are starting to be rolled out in LMICs, albeit at different rates, the virus will likely take much longer to be somewhat managed in LMICs. This leaves more room for people's physical as well as mental health to be impacted by the restrictions, and with often limited mental health service coverage, it is all the more important to understand the impact of the pandemic on older people's mental health.

#### **408 - Muscle strength is an important predictor for limitations in basic activities of daily living among people with severe disability**

Jinni Wang, Jialan Wu, Lizhu Liang, Rui Ye and Xiaoyan Liao\*

**Objective:** This study aimed to identify predictors of limitations in basic activities of daily living (BADL) among people with severe disabilities.

**Methods:** 4075 long-term care beneficiaries with severe disabilities in Guangzhou, China, were included during July 2018 and March 2019. BADL was assessed using the Barthel index (BI). Muscle strength was measured by using the Lovett Rating Scale. Age, gender, comorbidities, and muscle strengths were