were more likely to need and utilize paid services. Disparities based on gender, age, and race were also explored. Findings suggest the need to develop effective service promotion strategies and destigmatizing the use of paid services among Veteran families to reduce health disparities in rural regions.

REFLECTIONS ON IDENTITY IN MEMOIRS OF WRITERS WITH APHASIA: LESSONS LEARNED ON THE PATH TOWARD RECOVERY
Hanna Ulatowska,1 and Gloria Olness,2 1. University of Texas at Dallas, Dallas, Texas, United States, 2. University of North Texas, Denton, Texas, United States

Personal stories provide insight into the experience of illness as it intersects with one’s identity. Prior studies by the first author examined identity as manifested in personal accounts of U.S. World War II veterans with and without dementia. The current study examines identity as revealed through written memoirs of middle-aged and older adults who have aphasia, from a cross-section of North American, European, and Australian cultures. The abrupt onset of stroke and associated aphasia, and the subsequent path toward re-engagement in life with an often-chronic communicative impairment, provide a unique window into the nature and evolution of the identity of the writer. The written modality offers an opportunity for reflective formulation that is not afforded to the memoir-writers in their verbal expression. Nineteen memoirs and biographical accounts of individuals with aphasia from a range of primarily individualistic cultures were examined for content reflective of the identity of the author, focused on post-stroke phases of restitution and quest. Primary authors were people with aphasia or rarely their close family member. Some were professional editors, poets or authors. Gender and life backgrounds were varietal. Manifestations of personal identity, its reinforcement, and its evolution were evidenced in: the provision of lessons learned from living with aphasia; content of letters exchanged with friends; engagement with family in life and recovery; fictional and poetic expression; spiritual insight; renewed or altered occupational pursuits; and comments on facing one’s mortality. Findings hold implications for the cross-cultural practice of narrative medicine with the older adult population.

THE PERKS OF DOING HOUSEWORK: ITS IMPACTS ON PHYSICAL HEALTH, MENTAL WELL-BEING, COGNITIVE PERFORMANCE, AND SURVIVAL
Li Chu,1 Xianmin Gong,2 Jennifer Lay,1 Fan Zhang,2 Timothy Kwok,3 and Helene Fung,3 1. Stanford University, Stanford University, California, United States, 2. The Chinese University of Hong Kong, Hong Kong, Not Applicable, Hong Kong, 3. University of Exeter, Exeter, England, United Kingdom, 4. Jinan University, Jinan University, Guangzhou, Guangdong, China (People’s Republic), 5. The Chinese University of Hong Kong, Shatin, N.T., Hong Kong, Not Applicable, Hong Kong

Previous research has shown mixed results regarding the effects of doing housework. While some earlier studies have found no association between performing heavy housework and health, other studies have found various benefits of doing housework, including body leanness and lower mortality rate. This study examined the effects of housework on older adults’ survival over a period of 14 years, and investigated the underlying mechanisms. A total of 2,768 older adults in Hong Kong (female: 47.29%; age: 65-98) from a longitudinal survey study were included in the current analyses. Linear regression analysis revealed that doing more housework was significantly associated with surviving more days (β = 45.36, SE = 6.40, p < .001). We then examined whether the association between housework and survival was mediated by physical health, mental health and/or cognitive functioning using a parallel mediation model with multiple mediators. Results showed a significant partial mediating effect of physical health (β = 1.20, SE = .53, p = .003), a marginally significant partial mediating effect of cognitive functioning (β = 1.35, SE = .70, p = .054) and no mediating effect of mental health. All the analyses remained consistent after controlling for sex, education, marital status, subjective social status and living arrangement. These results suggest that doing housework may benefit survival by improving physical and cognitive functioning. Our findings have implications for better understanding factors that influence mortality, developing accessible physical activity interventions for older adults, and supporting aging in place.

Session 1415 (Symposium)

HETEROGENEITY IN VULNERABILITY AND RESILIENCE AMONG CENTENARIANS
Chair: Daniela Jopp Co-Chair: Charikleia Lampraki Discussant: Dario Spini

Given their exceptional longevity, centenarians have long been considered as examples of successful aging. Yet, with increases in empirical studies, findings suggest that they may show vulnerability and resilience at the same time. This symposium offers a more in-depth perspective on both constructs in centenarians. Zaccaria and colleagues investigated the link between social isolation and loneliness within the Fordham Centenarian Study. Results indicate the existence of four subgroups combining expressions of isolation and loneliness, suggesting different vulnerability patterns in centenarians. Uittenhove and colleagues analyzed patterns of coping strategies in the Second Heidelberg Centenarian Study. Cluster analysis identified two coping profiles, one characterized by a wide coping repertoire including problem-directed and internal strategies, while the other showed low problem-solving. Lampraki and Jopp examined the effects of (lacking) resources and psychological strengths (optimism) on depressive symptoms in the Fordham Centenarian Study. Findings suggest that the effect of resources is mediated by psychological strengths, demonstrating their beneficial value in very old age. Jopp and colleagues report findings from the ongoing SWISS100 Study. Based on telephone interviews conducted during the COVID-19 pandemic, they found that centenarians did not feel vulnerable. While half of the centenarians and their proxies reported no changes in everyday life, the other half experienced substantial challenges due to lack of activities and absence of social contacts due to governmental regulations. In sum, centenarians are vulnerable and resilient at the same time, highlighting the future research needs on its predictors, and the application of this knowledge within the context of crisis.