Internet use and promote social adaptation, interventions promoting social adaptation among older adults. To increase social adaptation through instrumental use and leisure & entertainment of Internet use among older adults and were associated with control belief and involvement positively predicted all four types and social interaction were not. Additionally, Internet con

The four types of Internet use, whereas information-seeking sociability associated with the social adaptation of older adults among leisure & entertainment were significantly and positively as involvement. These results revealed instrumental use and modeling was employed to compare effects of different types of Internet use: information-seeking, social interaction, instrumental use influence their social adaptation and determine how to exposure. Despite this, little attention has been paid to older information difficulties of older adults with insufficient Internet ex

ADAPTATION AMONG OLDER ADULTS

DIFFERENT TYPES OF INTERNET USE AND SOCIAL

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GENERATING OLDER ACTIVE LIVES DIGITALLY (GOALD) THROUGH SPORT-BASED REMINISCENCE

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How do digitally-delivered meaningful activities, such as sport-based reminiscence, influence older people’s health and well-being and intergenerational relationships? Developing and strengthening older people’s ‘connectivities’ through their links with community, resources and meaningful activities is a key aspect of supporting healthy ageing and reducing health inequalities in later life. Sport-based reminiscence has become an established activity to facilitate social connectivity and increasingly, digital connectivity, which can support an individual’s sense of health and well-being. This paper reports on research undertaken within a three-year research programme on ‘Connectivity and Digital Design for Promoting Health and Well-being Across Generations, Places and Spaces’ focusing on research conducted with four community-based co-production groups in Scotland. The qualitative research was developed with a stakeholder advisory group and co-production groups in care homes and in community. Data was gathered from recording of meetings and researcher observations thematically analysed to document shared experiences of digitally enabled sport reminiscence over a ten month period. We report on the efficacy of live-streamed and digital sport heritage experiences for triggering reminiscence in a hybrid context. We emphasise the need for structured facilitation of hybrid online/in-person reminiscence, which can clearly produce meaningful and enjoyable experiences for older people, and building connectivity.