Innovation in Aging, 2023, Vol. 7, No. S1

older adults and communities of color. This article explores the differences in experiences of older Haitian and older US adults at the onset of the COVID-19 pandemic. Since wealth creates accessibility to needed resources, including the best healthcare and support services, the disproportionate risk and impact of COVID-19 on older adults required a focused look at how older adults in vulnerable countries such as Haiti fared when compared to older adults in the United States. Using data collected from a sample of 240 Haitian older adults in August 2020 and 204 US older adults in June 2020, the findings indicated that Haitian older adults experienced more significant psychological, financial, and emotional distress due to the COVID-19 outbreak than their US older adult counterparts. The results of this study revealed the challenges that older adults faced at the onset of the pandemic, which was more pronounced in developing countries. However, the surge in violence in Haiti in the first quarter of 2023 killed more people than the COVID-19 outbreak. This research provides important insight for developing and framing policies and interventions that are not modeled on the measures taken elsewhere but adapted to a country's reality and the population's actual needs.

Abstract citation ID: igad104.3641

THE FEASIBILITY OF TAI CHI WITH MUSIC FOR HEALTH IN INDIVIDUALS LIVING WITH ADRD AND THEIR CAREGIVERS

Yan Du1, Emma Blackmon1, Christina Smith2, Cindy Robles2, Sandeep Subramanian1, Sue Jee1, Kylie Meyer3, and Penny Roberts4. 1. UT Health San Antonio, San Antonio, Texas, United States, 2. WellMed Charitable Foundation, San Antonio, Texas, United States, 3. Case Western Reserve University, Cleveland, Ohio, 4. Loyola University New Orleans, New Orleans, Louisiana, United States

Caregiving demands associated with cognitive and physical function decline in care recipients (CRs) living with Alzheimer’s disease and related dementias (ADRD) contribute to compromised health and quality of life among ADRD caregivers. In turn, the affected health of caregivers affects the quality of CR and their health. TaiChi or music is evidenced to be beneficial for the generation population and those with various health conditions. This pilot project assessed the feasibility and preliminary efficacy of an 8-week TaiChi with music (TCM) program on individuals with ADRD (e.g., physical and cognitive function) and their family caregivers (e.g., caregiver distress and quality of life). Outcomes were compared between baseline and post-intervention using paired t-tests. Qualitative interview data exploring the perceptions of participating in TCM program were analyzed using content analysis. Five dyads were enrolled in this study (CR age=77.4±6.8; Caregiver age=62.6±6.7). The overall class attendance rate is 65%. Among the small but diverse sample, adult child care dyads had higher class attendance (93%); spousal care and CR with severe cognitive impairment dyads had lower attendance (46%). Improvements were found in assessed health outcomes for both CR and caregivers, and CR’s physical function significantly improved at 8-week (p=0.016). Qualitative data revealed perceived balance improvements; Caregivers perceived calmness and peace, and expressed their interest in participating in TCM in the future. TCM may be more feasible in ADRD individuals with mild to moderate cognitive impairment. Future research will evaluate the efficacy of this intervention in a larger sample with a longer follow-up period.