

Conclusion: Findings highlight the importance to recognize and to treat depression to maintain HRQOL of PWDs in LTC facilities. Longitudinal studies are needed to better understand the long-term changes in HRQOL of PWDs.

P30: Neuro-therapeutic play with Asian older adults: a qualitative analysis.

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Neuro-therapeutic intervention joins play for older adults with and without cognitive decline in Asia. During the Covid-19 outbreak, older adults report an increased isolation and increased risk for cognitive decline and medical complications than younger populations. It is therefore reasonable to implement creative nonpharmacological interventions to satisfy older adults psycho-social needs while maintaining their cognitive functioning without being burdened with healthcare costs. In this interventional study, a group of 60 older adults aged 60 years old and older participated in sand tray activity for six weeks. Participants were interviewed for their experiences with six sand tray activities under social distance restrictions in Taiwan. Thematic analysis techniques are applied to examine the interviewing data to identify comment themes across participants. The qualitative results show that social connection is the need of older adults during the pandemic, that neuro-therapeutic play satisfies older adults' emotional needs, and that sand tray activity offers an opportunity for older adults to exercise their brain. Implications are discussed.

P37: A systematic review on inequalities in accessing and using social care in dementia – from pre- and pandemic times to moving beyond

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Objectives: To evaluate and synthesise the evidence base on barriers and facilitators to accessing and using community-based social care in dementia.

Design: Mixed-methods systematic review

Setting: Community-based social care

Participants: People living with dementia and unpaid carers

Measurements: Seven databases were searched in March 2022, including English and German evidence published from 2005 focusing on inequalities in community-based social care for dementia across the globe. Titles

and abstracts were screened by two reviewers, with all full texts screened by two reviewers also. Study quality was assessed using QualSyst.

Results: From 3,904 screened records, 39 papers were included. The majority of studies were qualitative, with 23 countries represented. Barriers and facilitators could be categorised into the following five categories/themes: Situational, psychological, interpersonal, structural, and cultural. Barriers were notably more prominent than facilitators, and were multi-faceted, with many factors hindering or facilitating access to social care linked together.

Conclusions: People with dementia and carers experience significant barriers in accessing care in the community, and a varied approach on multiple levels is required to address systemic and individual-level barriers to enable more equitable access to care for all.

P38: A qualitative study on the impacts of stressful life events on the mental health of older adults in Colombia

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Background: Many older adults in Colombia have lived through violent and stressful life events, particularly in areas of poverty where the problem of mental ill-health is commonly stigmatised in lower- and middle-income countries. The aim of this qualitative study was to understand the impact of stressful life events on the mental health and wellbeing of older Colombians living in areas of relative poverty.

Methods: Older adults (aged 60+) living in the Turbo region in Colombia were interviewed face-to-face between August and December 2021. Participants were recruited via snowball sampling based on criteria of ethnicity, gender, age, and place of residence. Transcripts were coded in Spanish and English by at least two research team members, using inductive thematic analysis.

Results: Twenty-six older adults participated in the study. Four overarching themes were generated: Living in violent and dangerous communities; Disturbing gender violence and gender roles; Lack of mental health awareness; Coping mechanisms. Older adults experienced a long narrative of stressful life events, from their youth into old age. Younger generations appeared to disrespect older members of Society, and participants witnessed a constant availability of around them – both interpersonal and within their neighbourhoods. Without any mental health support or awareness, older adults coped by merely accepting the extreme situations or seeking solace in their faith.

Conclusions: The health system and Government need to build up trust in its institutions and generate an awareness of mental health, as older Colombians will not approach psychological support otherwise.