**NITC Summit 2019 -** https://nitc.trec.pdx.edu/events/transportation-communities-summit-2019

**Title**: Family Member’s Transportation and Depression Symptoms of Residents in Nursing Homes: The Mediating Effect of Social Support

**Objective**(s):

1. Discuss the importance of connected communities, driven by transportation, in facilitating relationship between family members and residents in nursing homes.
2. Evaluate areas for assessing transportation access and opportunities for community members to maintain social connection with residents in nursing homes.
3. Identify areas for increased interdisciplinary collaborative efforts to address the needs our aging community members

The involvement in care of family members to residents of nursing homes (NHs) is found to be critical to the well-being and quality of life of older adults and is key to person-centered care (Koren, 2010). The challenges in transportation access may limit the social opportunities and connections between family members and residents in NHs, leading to a decreased ability to participate in resident care planning, provide social support, and monitor resident health, which are integral features of person-centered care and overall quality of life indicators (McCreedy, Loomer, Palmer, Mitchell, Volandes, & Mor, 2018).

The lack of visitation and social support of family members to residents in nursing homes places residents at an increased risk for social isolation, loneliness, and depression due in part to other aspects of aging (e.g., loss of loved ones, chronic medical problems, diseases; NIMH, n.d.). It may be through these positive social interactions and social connections between community and their family members residing in long-term care that residents may have a reduction in loneliness (DeWall, 2013) and decreased symptoms of depression (National Institute on Aging, n.d.).

This poster presents findings from an exploratory, sequential mixed-methodological study that explored the effect of family members’ transportation on depression symptoms of residents in nursing homes. From a sample of 86 nursing home residents and family members (N=86), phase one reports results of the primary analysis, a regression with a mediator, which allows to understand the mechanism through which transportation effects the dependent variable, depressive symptoms, mediated by social support and visitation. Next, phase two reports results from a qualitative follow-up with 11 family members (n=11), to gather an in-depth understanding of visitation to and from the nursing home. Findings extend beyond existing literature, and have significant implications for policy, research, and practice.

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