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Identifying the assets to increase the social health and well-being of older adults in urban context to contribute to housing decisions in Canada

While various tools aid housing decisions for older adults, their mobility patterns and social well-being remain underexplored. Our research aims to uncover these assets, informing housing options in decision aids. The goal is to enhance social health and well-being in urban settings, promoting shared decision-making for housing choices. This study is part of the broader COORDINATES project, an international interdisciplinary research collaboration between the Netherlands, Sweden, and Canada. Participants: The recruitment process involved community engagement and distributing informational flyers. Eligible participants included individuals who met the following criteria: i) aged 65 years or older, ii) living independently at home, either with a partner, a family member, or alone. Data collection: We conducted sociodemographic, health, and quality of life surveys. A walking interview, averaging 15 minutes, was conducted to explore participants' mobility characteristics. Additionally, we provided a daily journal and a GPS device for participants to complete over a 14-day period, helping us gather insights into their daily routines and mobility patterns. After 14 days, a debrief interview was conducted to gain further insights into participants' mobility patterns during the 14-day period, with the daily journal serving as a prompt for this discussion. Data analysis: Descriptive data were analyzed using SAS software. The daily journal data were digitalized and imported into an Excel spreadsheet. GPS data analysis was conducted using QGIS. For qualitative analysis, we employed a deductive content analysis approach aligned with the principles of Asset-Based Community Development (ABCD). Qualitative data from interviews were transcribed verbatim by independent researchers and subsequently imported into NVivo 12 for systematic coding and analysis. Results: We collected qualitative data from 14 participants, 8 from Alberta and 6 from Quebec, detailing their transportation preferences, cultural engagements, and mobility insights. Proximity to family and friends emerged as a vital influencer of social life, as indicated by nearly all participants (n=13). Furthermore, participants (n=14) provided intricate insights into the role of their neighborhoods. Weather conditions were a significant factor (n=13), impacting mobility routines. Unanimously, cars were the primary mode of transportation for all participants. [Funding: Joint Programming Initiative More Years Better Lives (JPI MYBL)].