



Forgiveness and life satisfaction in frail older adults

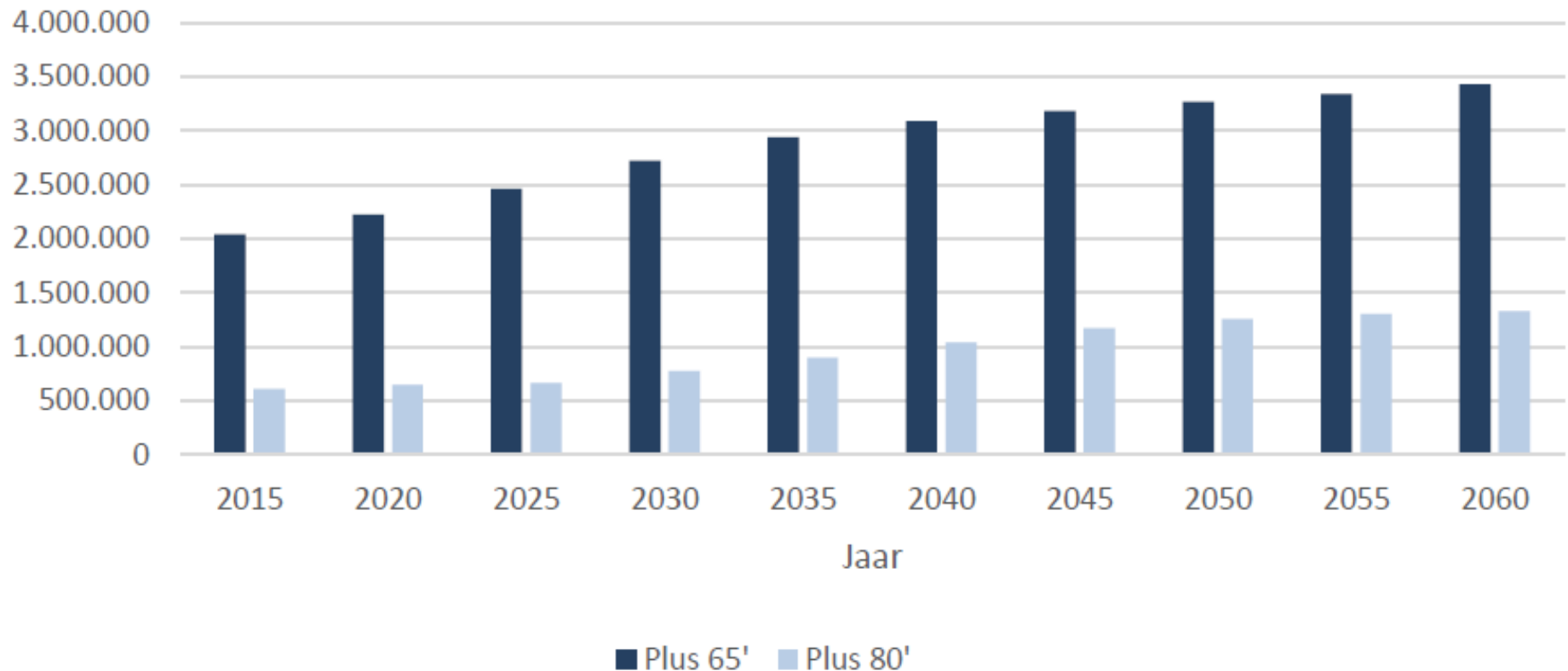


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Forgiveness and life satisfaction in frail older adults



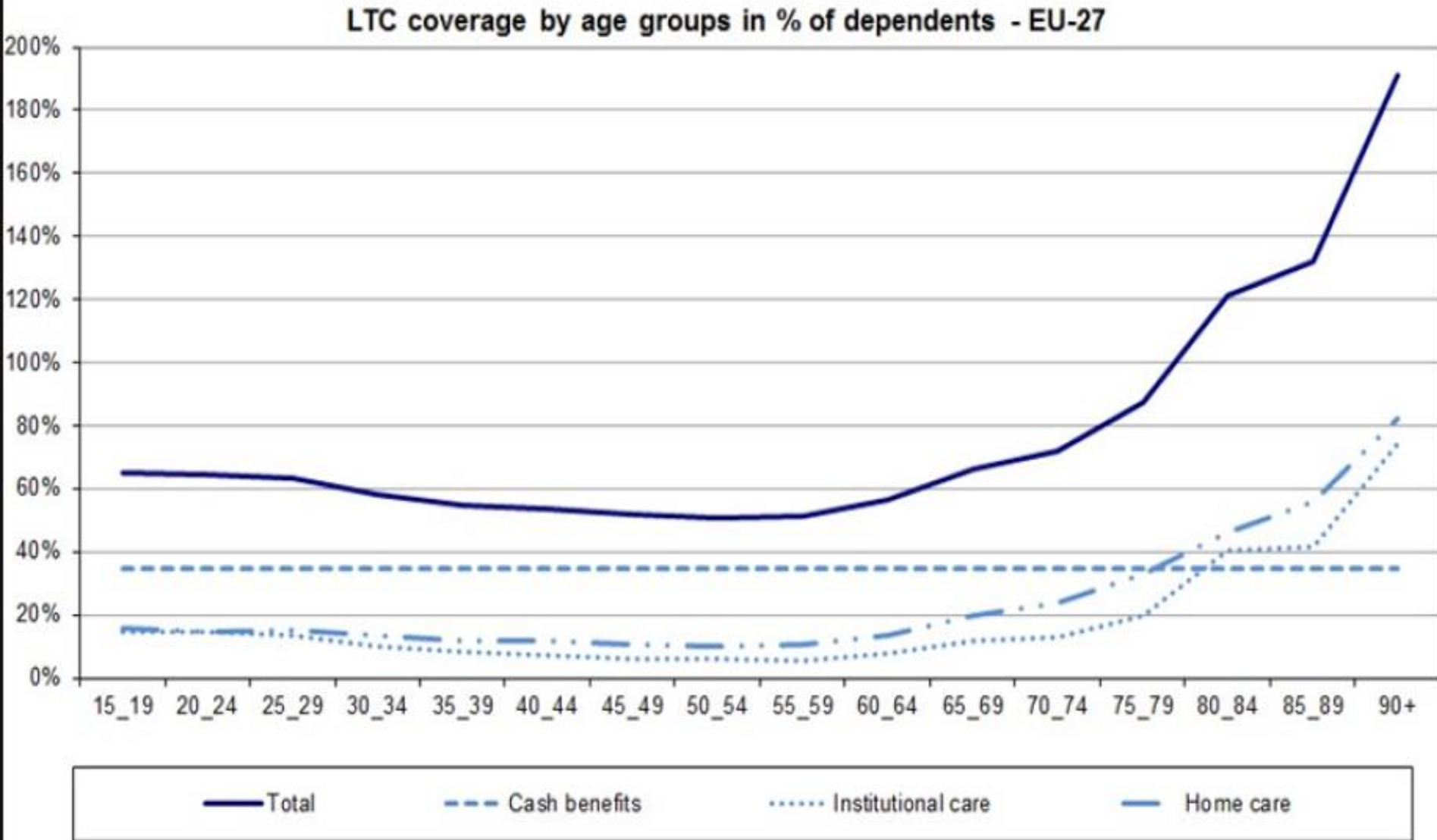
- Older adults in Belgium:





- Older adults in Belgium:
 - 2016: 15% aged 65+; 3% aged 85+
 - 2060: 17% aged 65+; **7%** aged 85%

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Bron: Commissie dienstverlening (DG ECFIN), based on 2012 AR.



- Frail older adults:

A nursing home is an institution providing nursing care 24 h a day, assistance with activities of daily living and mobility, psychosocial and personal care, paramedical care, such as physiotherapy and occupational therapy, as well as room and board.

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Frail older adults:
challenges



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Impact on well-being



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Forgiveness as a
resource?



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Forgiveness:

- A possible way to cope with a transgression
- A reframing process
- Writing of a new narrative

Tendency to forgive others a coping process in late life increasing life satisfaction?

[Erikson's idea of the psychosocial crisis in late life]



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- Research question:
 - Is forgiveness a predictor for change in life satisfaction for these older adults? Can forgiveness predict growth in life satisfaction over time in frail older adults?





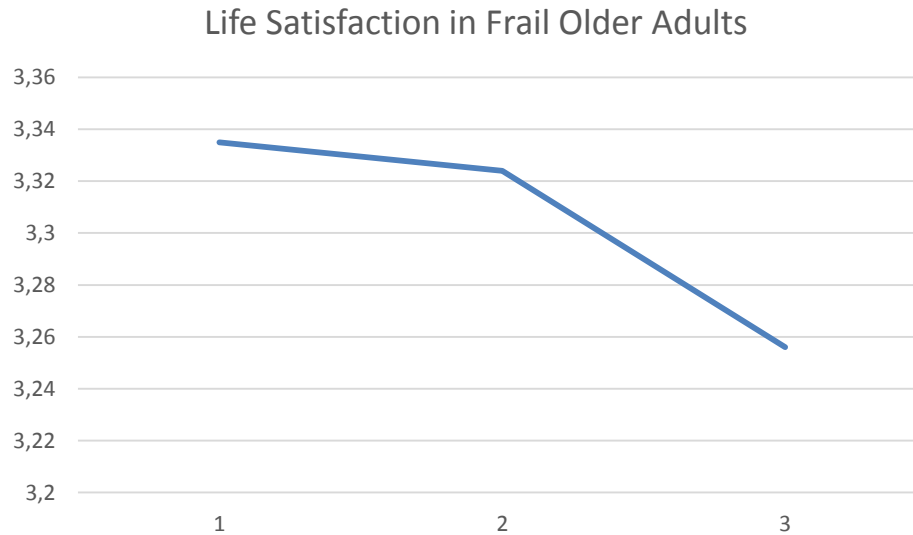
- Study design:
 - Longitudinal study; 3 measurement waves, every 6 months
 - 27 nursing homes in Flanders
 - T1: 327, T2: 269, T3: 211
 - Structured interviews/
standardized instruments



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- Findings:



Mplus growth model:

RMSEA = .000

CFI = 1.00

SRMR = .013

$I = 5.77, p < .001$

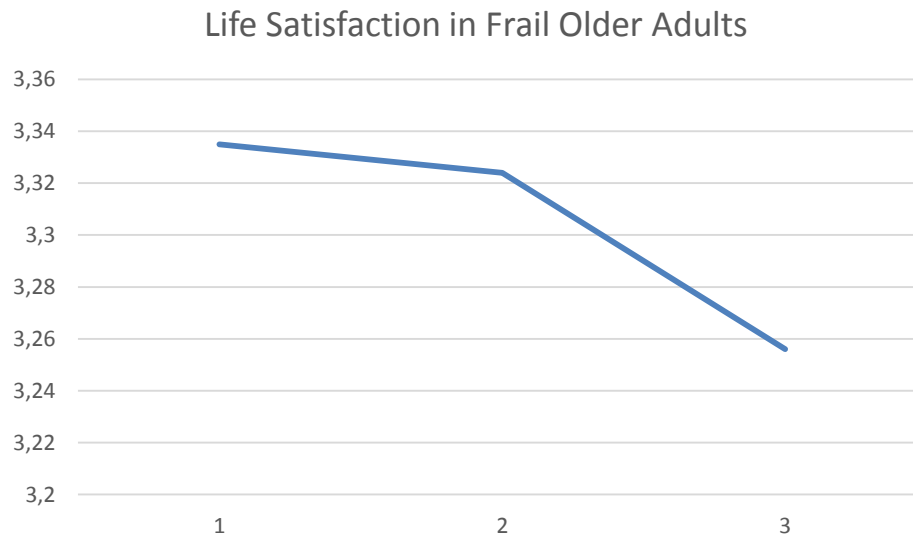
$S = -.46, p = ns$



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Findings:



Tendency
to forgive

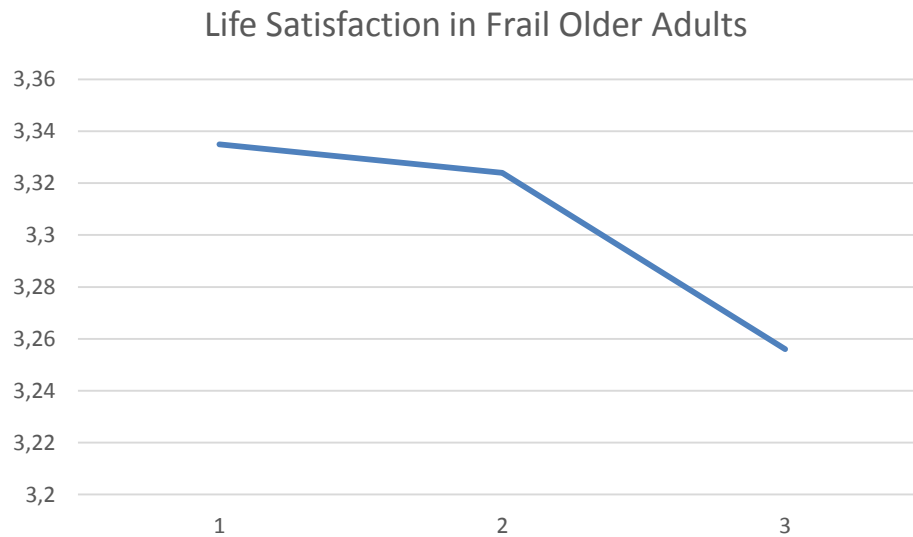
Is forgiveness at T1 a predictor of this change?



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Findings:



Tendency
to forgive

Mplus growth model with
TFG T1 as predictor:

RMSEA = .039

CFI = .997

SRMR = .031

I on TFG = .242, $p < .001$

S on TFG T1 = -.09, $p = ns$



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Conclusion:

Tendency to forgive others seems positively related with life satisfaction in frail older adults at one time point

But it is not a predictor for over time change in life satisfaction



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Remarks:

Self-forgiveness versus other-forgiveness?

Scales versus in-depth interviews?



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Thank you!

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