

Older Men's Perceived Barriers and Facilitators
To Relocation Adjustment

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Relocation adjustment, Older men, Perceived barriers and facilitators

Purpose: Many older adults are relocating to independent living communities. The purpose of this study was to identify recently moved men's perceptions of the barriers and facilitators to adjustment to relocation into independent living communities (ILC), **Method:** this descriptive cross-sectional qualitative study used purposive sampling of ten English speaking and reading men aged 65 years or older who moved into ILC within two to 6 months from previous residential settings. Participants were recruited from four independent living communities (2 in Indiana and 2 in North Carolina). Using a semi-structured in depth interview guide, the audio-taped interviews of the men were conducted at their ILC. Demographic data were also collected. Qualitative data management and analysis procedures were guided by Miles and Huberman (1994). Descriptive statistics were obtained for demographic data. **Findings:** The sample consisted of 10 men, ages 77 through 91 years (mean age of 83). While the majority of men were married (50%), 30% were widowed, 10% divorced, and 10% single, never married. Although income ranged from \$15,000 to over \$100,000, 60% had income under \$40,000. themes of factors that facilitated adjustment were Friendships, Social Opportunities, and Provision of Care. Themes of factors that acted as barriers to adjustment were Living with Routines and Transportation Issues. **Discussion:** Identifying men who are at risk for negative consequences of relocation is essential so that interventions can be developed to promote positive adjustment. Knowing what facilitates positive adjustment to relocation for men can be emphasized and barriers to relocation adjustment can be limited.