

# The role of leisure in older adults moving to new homes: Preliminary findings.

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# Today's Agenda

Purpose and Definitions

Research Questions

Transactional Perspective

Methodology, Methods and Data Analysis

Preliminary Findings

Reflections and Implications

# Purpose

- The purpose of the study was to explore the role of leisure in older adults transitioning into new homes in London and how identity and sense of home may be involved in this process.

# Definitions

- Leisure
- Sense of Home
- Identity

# Research Questions

1. What is leisure's role in the transition into new homes for older adults, and how are sense of home and identity involved in this process, including the reciprocal relationships between engaging in meaningful leisure and creating a sense of home and identity?
2. What are the barriers and facilitators to creating sense of home and identity and engaging in meaningful leisure after moving to a new home?

# Transactional Perspective

- The person and their environment mutually shape each other through transactions over time (Dickie et al., 2006)
- Involves the physical, social, cultural, historical aspects of the environment

# Methodology and Methods

- Ethnography
- Online interviews via Zoom/telephone
  - Narrative interview
  - Activity Diary and follow up interview
  - Mental Map, optional photos and follow up interview
- Analyzed the transcripts using Braun and Clarke's (2006) thematic analysis

# Inclusion Criteria

- Older adults 65+
- English speaking
- Moved within last 2 years
- Can participate in leisure activities outside the home



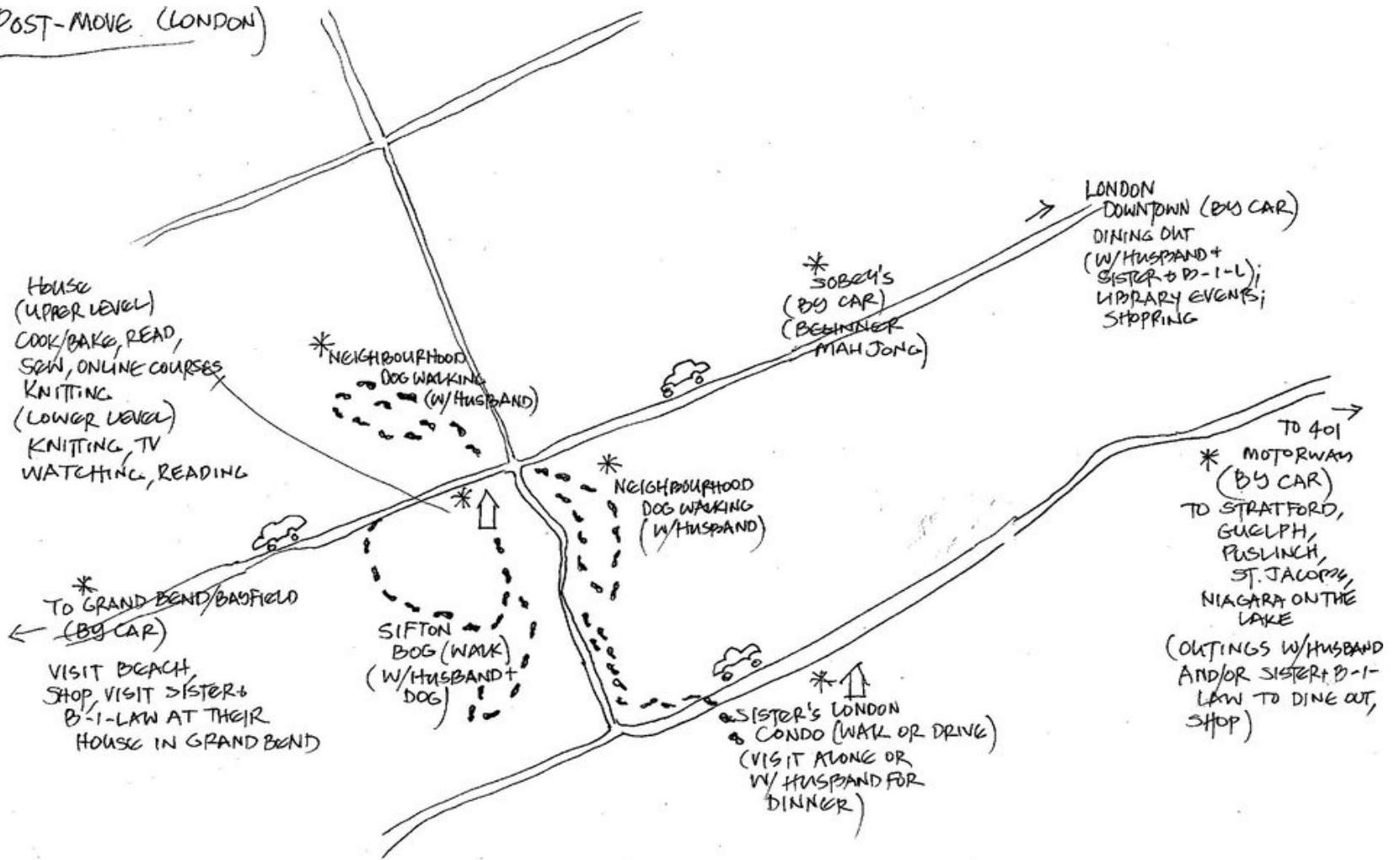
# Recruitment

Timeline of Recruitment	Settings	Number of Participants Recruited (n = 12)
September 2020-November 2020	Senior's centres, municipal and private senior's clubs and organizations, real estate agencies, neighbourhood organizations, moving and downsizing companies, shopping malls	2
December 2020	Seniors clubs focusing on continued learning, seniors' fitness association	1
January 2021	A social club in London, ON	5
February 2021	Word of mouth from current participants	4

# Participants' Demographic Information

- 12 participants (aged 67-79, 8 female, 4 male)
- 9 married, 2 divorced, 1 widowed
- 5 participants moved within London
- 5 moved to London from different cities in Ontario
- 2 moved to London from abroad

POST-MOVE (LONDON)



\* ALL OVER LONDON FOR KNITTING GROUP, BREAKFAST GROUP, LUNCH GROUP, ALWAYS BY CAR - GO ALONE MEET OTHERS AT GROUP

# Preliminary Findings: Leisure and identity when moving

- Participants identified themselves through leisure activities:
  - “I’m quite the reader” (P1)
  - “I read because I’m a librarian” (P7)
  - “I’m an active golfer” (P10)
- Adapted leisure to maintain identity after moving
- Shared leisure identity among married couples

# Preliminary Findings: Leisure is an adaptive strategy to connect to place and maintain identity

- Leisure engagement is shaped by transactions in place through
  - the social environment
  - the physical environment
  - the institutional environment

# Preliminary Findings: Leisure is connected to place and identity

- Participants created attachments to place through leisure to develop a sense of home and maintain identity



# Current Reflections on the Findings

- Findings consistent with literature on leisure being linked to maintaining identity and developing a sense of home
- **What's novel:** Leisure engagement is shaped by the individual's transaction with their environment which affects their ability to create attachment to place to develop a sense of home and maintain identity

# Implications

- Policy makers and practitioners can use this information to create programming for seniors in the community





# Conclusions

- Overall, leisure has been seen as a strategy to adapt to life transitions (e.g. moving homes, death of a spouse)
- The social, physical and institutional environment contributed to shaping their leisure experiences when they moved homes

# Questions?

# References

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