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Project Title

Understanding Self-reported Health Among Community-dwelling Older Adults with Multimorbidity and Depressive Symptoms: A mixed methods study

Project Summary

There is a growing number of older adults in Canada. These older adults often live with multiple chronic health conditions and depressive symptoms. In combination with other health conditions, depressive symptoms can cause a decreased quality of life, increase the chance of developing other health conditions, and increase the use of health services. Despite these challenges, many older adults with multiple chronic health conditions and depressive symptoms report their health as positive ("good", "very good", "excellent"). Self-reported health, frequently used by researchers and clinicians, is a strong predictor of future health status. Using quantitative and qualitative data, this research seeks to understand and explain the factors that explain self-reported among this population. This knowledge will inform interventions that can address factors that decrease self-reported health, and increase those factors that promote health and support optimal aging at home.

Keywords

Self-reported health, Depression, Multimorbidity, Older adults