

SESSION 7535 (SYMPOSIUM)

FOSTERING MULTIDISCIPLINARY SOLUTIONS IN AGING: THE RESEARCH CENTERS COLLABORATIVE NETWORK

Chair: Stephen Kritchevsky

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The important problems facing older adults will not be solved through the methods of a single discipline. In recognition of this, the NIA funded the Research Centers Collaborative Network (RCCN) to build collaborations between scientists from the 6 NIA-sponsored center programs: Alzheimer's Disease Research Centers, Centers on the Demography and Economics of Aging, Claude D. Pepper Older Americans Independence Centers, Nathan Shock Centers of Excellence in the Basic Biology of Aging, Resource Centers for Minority Aging Research, and Roybal Centers for Translational Research on Aging. RCCN's central premise is that researchers from different disciplines are most likely to collaborate when they are addressing similar problems. To foster collaboration the RCCN has convened 5 workshops on: 1. achieving and sustaining behavior change in older adults; 2. sex and gender in aging research; 3. reserve and resilience; 4. life course perspectives on aging; and 5. promoting the inclusion of older adults in clinical research. After each Workshop the RCCN awards pilot funds related to the theme. This symposium will review key learnings from the workshops and present work of four RCCN pilot teams from the first two workshops which focused on changing and sustaining behavior change in older adults, and sex and gender differences in aging. Dr. Hughes will discuss the value of interdisciplinary research to maintain behavior change while Dr. Lee will discuss social incentives to improve mobility postoperatively. Dr. Stites will discuss cognition and gender trends, while Dr. Ware will discuss sex differences in genetic effects.

THE COGENT3 STUDY: COGNITION AND GENDER TRENDS IN THREE AMERICAN GENERATIONS

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Many studies find gender differences in how older adults' report on their memory, perform on cognitive testing, and manage functional impairments that can accompany cognitive impairment. Thus, understanding gender's effects in aging and Alzheimer's research is key for advancing methods to prevent, slow, manage, and diagnosis cognitive impairment. Our study, CoGenT3 – The study of Cognition and Gender in Three Generations – seeks to disambiguate the effects of gender on cognition in order to inform a conceptual model, guide innovations in measurement, and support future study. To accomplish this ambitious goal, we have gathered an interdisciplinary team with expertise in psychology, cognition, sexual and gender minorities, library science, measurement, quantitative methods, qualitative methods, and gender and women's studies. The team benefits from the intersections of expertise in being able to build new research ideas, gain novel insights, and evaluate

a wide-range of actions and re-actions but this novelty can also raise challenges.

INTERDISCIPLINARY PERSPECTIVES ON MAINTENANCE OF HEALTH BEHAVIOR CHANGE

Jaime Hughes,¹ Janet Bettger,¹ Susan Hughes,² and Mina Raj,³ 1. *Duke University School of Medicine, Durham, North Carolina, United States*, 2. *University of Illinois at Chicago, Chicago, Illinois, United States*, 3. *University of Michigan, Ann Arbor, Michigan, United States*

Modifying health behaviors can be difficult, especially for older adults who are challenged by multiple chronic conditions, reduced functional and/or cognitive capacity, and limited social support. Although much attention has been given to the theories, skills, and resources behind initiating and achieving behavior change, less work has focused on maintenance of health behaviors over time. This presentation will showcase pilot research inspired by RCCN's first workshop, Achieving and Sustaining Behavior Change. Specifically, this pilot brings together an interdisciplinary team of behavioral scientists and health services researchers working at the intersection of intervention science and implementation science to better understand the construct of maintenance and discuss emerging methods for intervention development and evaluation. The presentation will utilize physical activity as an example behavior to demonstrate the value of interdisciplinary research, including recommendations on how some of the six NIA research centers can make unique contributions to understanding health behavior maintenance.

SOCIAL INCENTIVES TO IMPROVE MOBILITY AMONG ELDERLY PATIENTS AFTER RADICAL CYSTECTOMY

Daniel Lee,¹ Kenneth Covinsky,² and S. Ryan Greysen,³ 1. *University of Pennsylvania Health System, Philadelphia, Pennsylvania, United States*, 2. *University of California San Francisco, San Francisco, California, United States*, 3. *University of Pennsylvania, Philadelphia, Pennsylvania, United States*

Radical cystectomy is a complex surgery that disproportionately affects elderly patients and is associated with high morbidity and mortality rates. We proposed a randomized control trial to improve mobility using gamification and social incentives while hospitalized, and immediately after surgery at home. Social incentives may be particularly useful in this population as the majority of cystectomy patients rely on a primary caregiver. There have been multiple challenges in this interdisciplinary work to utilize innovative technologies. This would represent one of the first use of gamification and behavioral economic principles in postoperative patients, so there are questions about how patients would respond to gamification while recovering postoperatively. There were challenges in patient selection and interdisciplinary collaboration to consider, especially in an elderly population that may not have ready mobile access. By collaborating across disciplines, we hope to make significant improvements in postoperative outcomes for elderly patients by utilizing innovative interventions.