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## An IPA Analysis Examining Transportation, Community Engagement, and Healthcare Access of Elderly Adults in a Rural Border Community

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# An IPA Analysis Examining Transportation, Community Engagement, and Healthcare Access of Elderly Adults in a Rural Border Community

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## Background

- Age related declines, and disability impact occupational engagement in health management and well-being for older adults (Crabtree, 2017)
- Limited transportation for under-resourced communities impact community engagement, and health management (Crabtree, 2017).
- Community engagement and socializing are correlated with reduced risk for health problems (Payyanadan & Lee 2018).
- Elderly Borderland residents of Sunland Park, NM are an ethnic minority who are under-resourced and attempt to make the most of their lives (Calhoun, 2006).
- They are a silent minority who experience a lack of adequate transportation and infrastructure to meet everyday needs. (Crabtree, 2017; World Health Organization [WHO], 2011)

## Problem

Lack of understanding about the accessibility needs of elderly borderland residents to maintain health and well-being.

## Purpose

- To understand the lived experiences and challenges elderly borderland residents in Sunland Park face when seeking to access healthcare and engage in their community.
- To provide a voice for this silent minority to meet their basic transportation needs.

**Research Question:** What are the supports and barriers that elderly borderland residents experience when engaging in community mobility in order to maintain their health and quality of life?

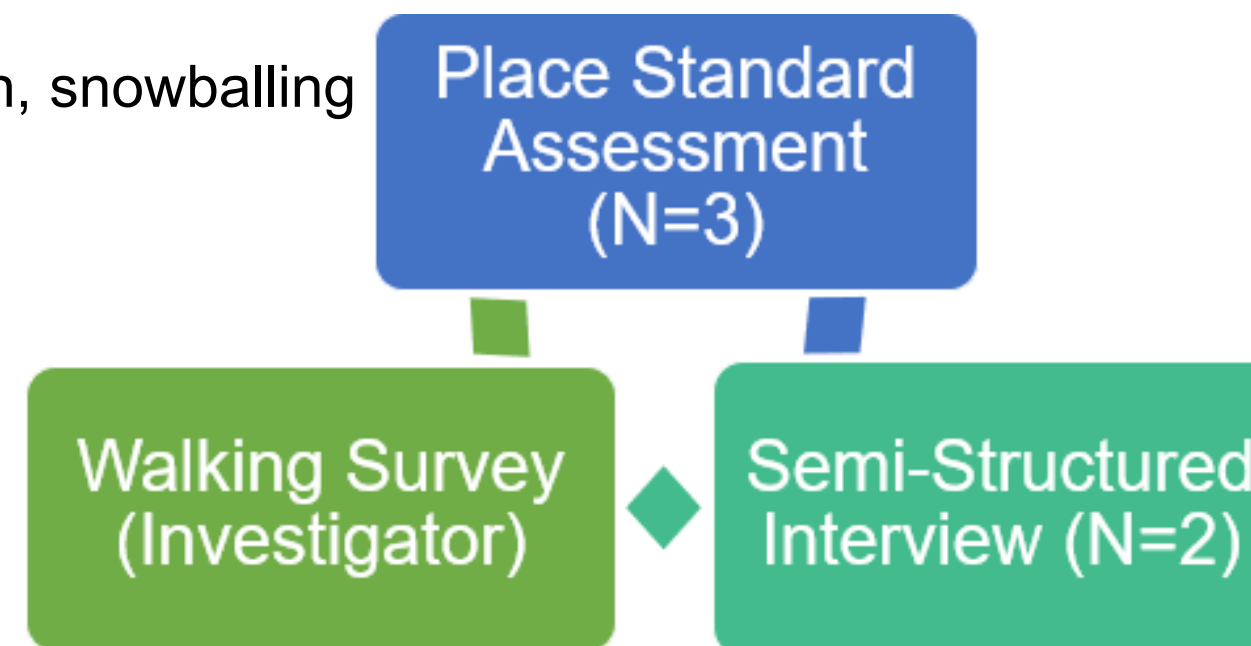
## Theory

**Person Environment Occupational Performance (PEOP):** Occupational Therapy-based theory that provided the underpinnings for this project

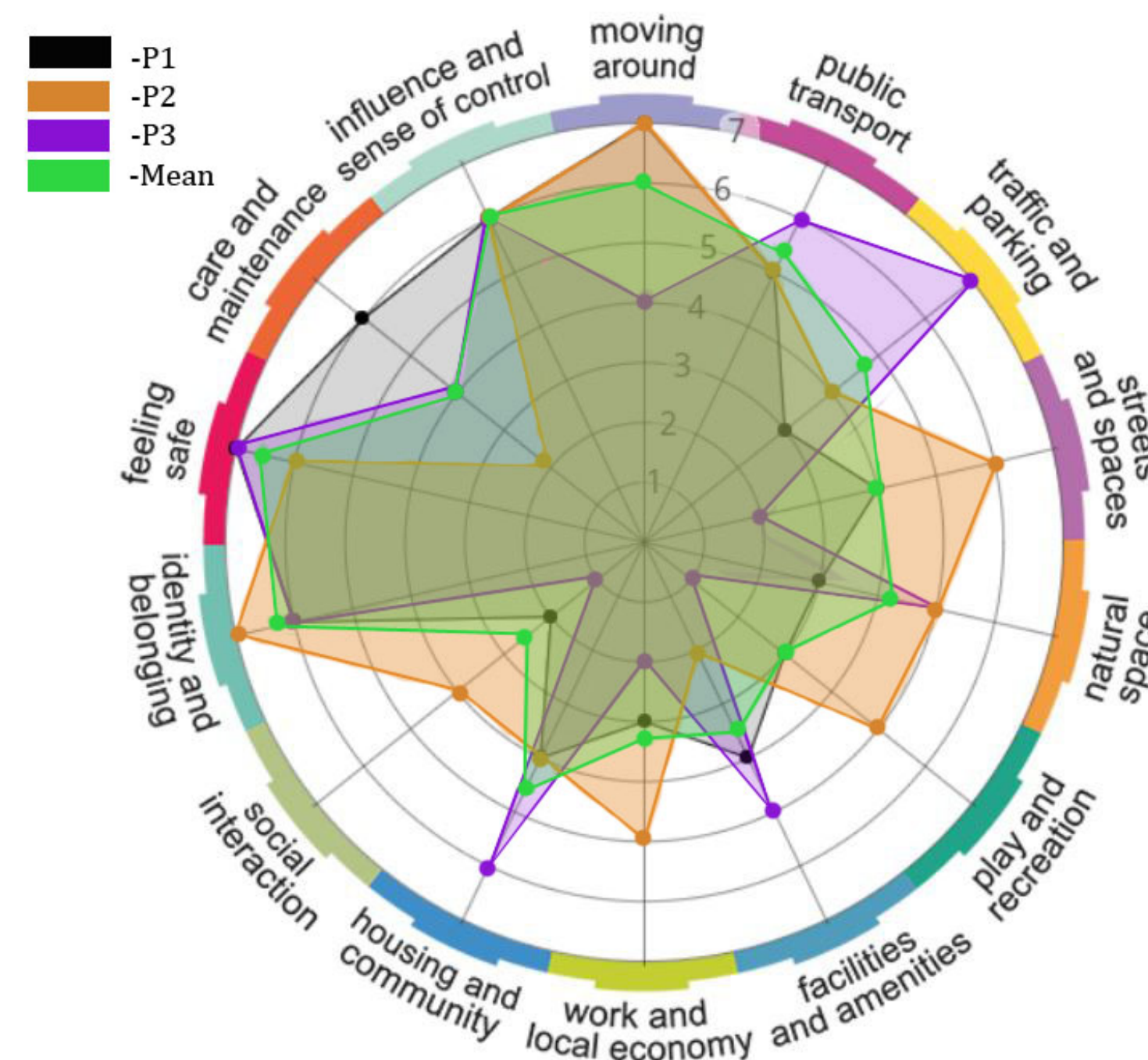
## Methods

A mixed methods study using Interpretative Phenomenological Analysis (IPA):

- Employed a constructivist approach
- Explored the lived experiences of individuals in rural America (Smith & Osborn, 2015).
- Approved by the USA IRB
- Recruited using flyers, word-of-mouth, snowballing
- Triangulated three data sources



## Findings: Place Standard Assessment Quantitative Results



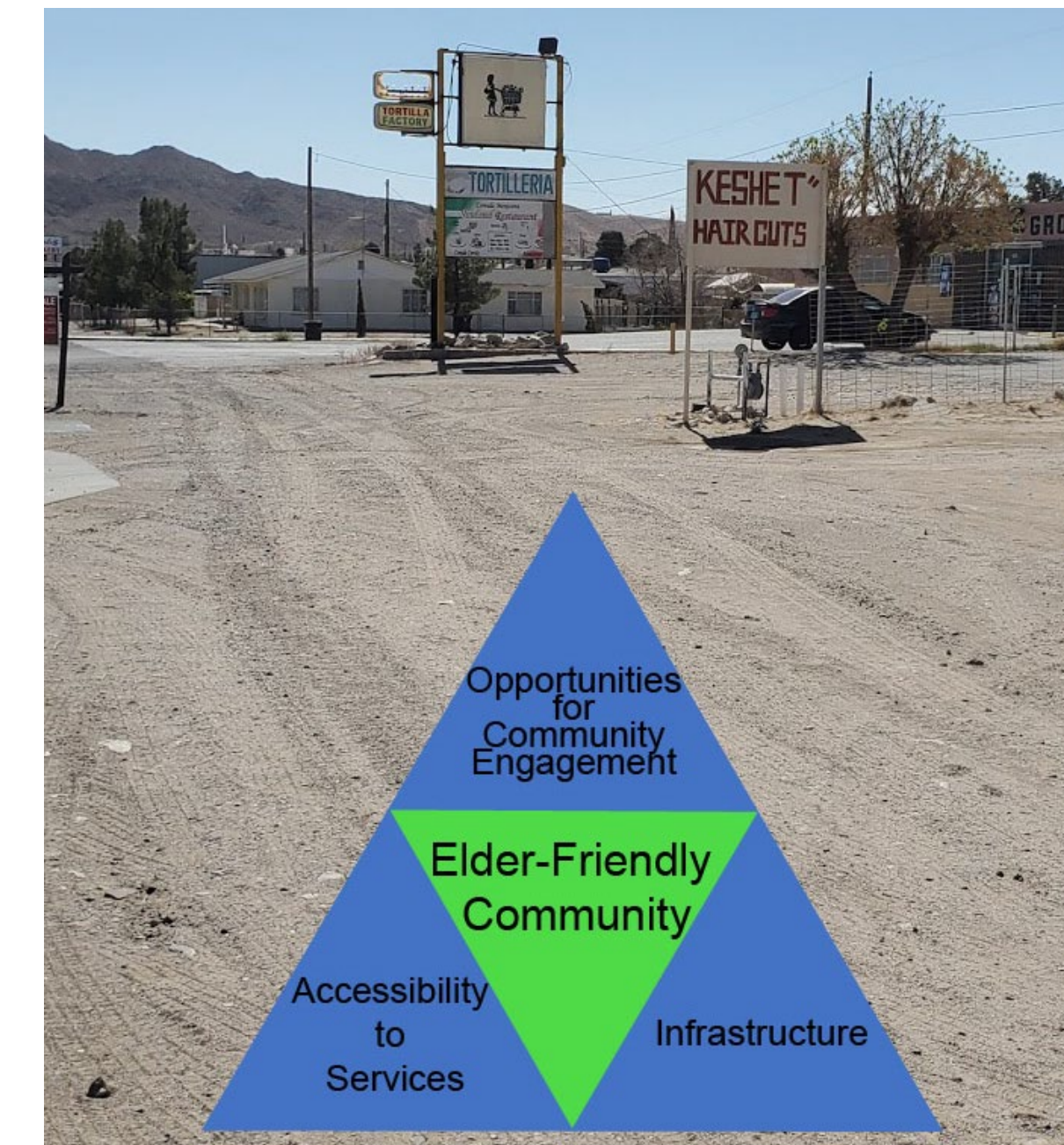
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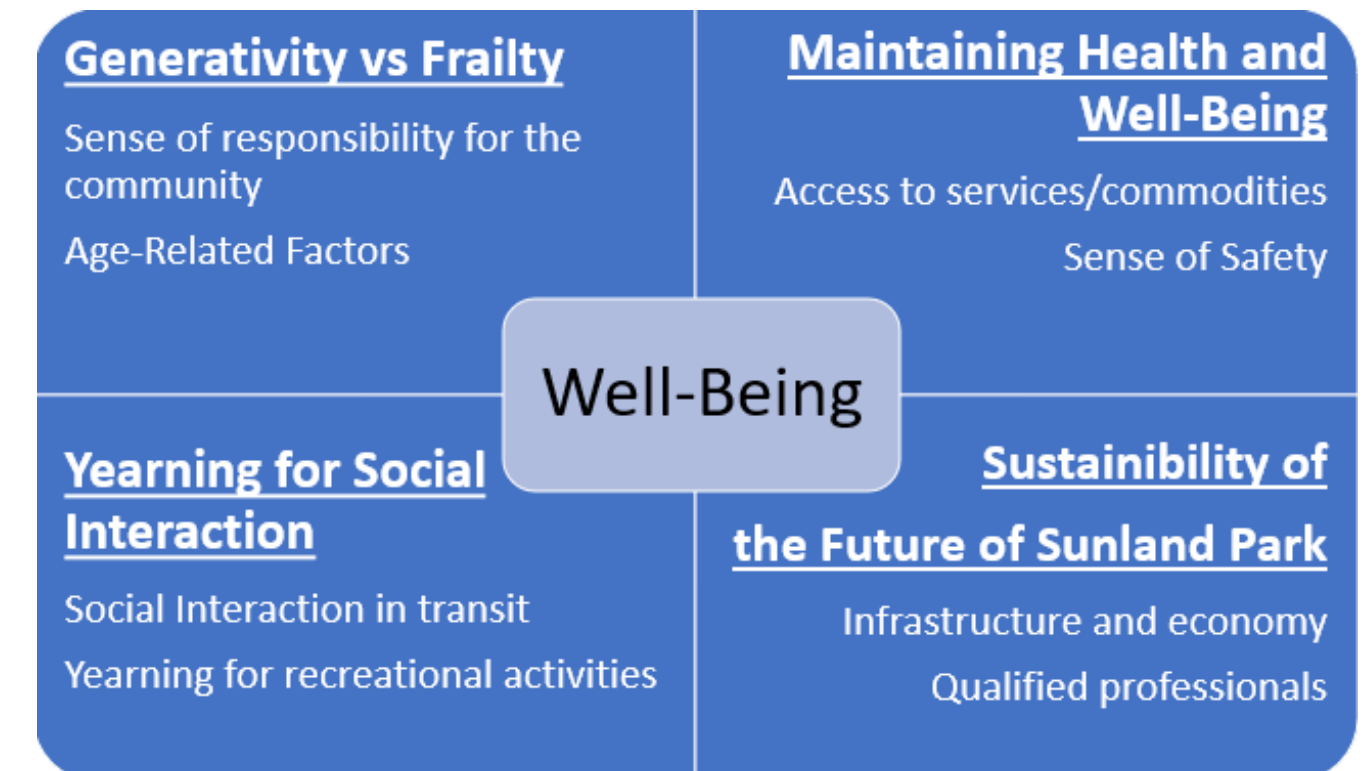
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Special Thanks to Dr. Summers and David Armijo for their guidance. Thank you to the USA for the grant funding that supported this project.

## Findings: Walking Survey Themes



## Findings: Semi-Structured Interviews



## Discussion

### Interpretation of Findings:

#### Supports

- Strong sense of belonging
- Optimistic about public transit

#### Hinders

- Limited social opportunities locally
- Neglected physical environment
- Poor social/environmental determinants

### Implications:

#### Occupational Therapy Implications

- Fill gap in OT literature
  - Understand efficacy of instruments
  - Advocate for Elderly Borderland Residents
- #### Public Health Implications
- Improve local public health needs
  - Collaborate with varied professionals
  - Engage diverse stakeholders