

Transitioning to Independent Living: Hopes, Dreams, and Possible Selves

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This study will examine the hopes, fears, goals, and possible selves of older adults as they transition into a continuous care retirement community as independent living residents. There has been little research regarding the effect of a life transition on a person's self-concept, hopes, and fears, and so it is the focus of this exploratory project. Twenty residents will participate in a one-hour personal interview about their possible selves, interests, activities, attitudes toward aging, health, perception of time, and reasons for moving. Analyses will address the number of hoped-for and feared possible selves as well as the domains of the possible selves (health, social relationships, life events, etc.). Of interest will be whether having an "expanded" or a "limited" sense of time left will be related to having achievement, maintenance, or prevention goals. Preliminary results will be presented.