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Abstracts

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compared to cisgender, heterosexual peers (CHP). Qualitative data elucidates social support and connection to community as protective factors that buffer against the effects of stigma and discrimination. Limitations. Current data were collected in a tertiary pain clinic on the west coast of the United States and may not be representative of the experiences of LGBTQIA+ youth with pain more broadly. Implications. These findings indicate pain-related disparities in SGMY with chronic pain compared to CHP with chronic pain. Future work should longitudinally examine social support and connection to community as resilience factors that may mitigate the effects of social stress on the progression of chronic pain in SGMY.

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Psychology of ageing: promotion of cognitive health and quality of care

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Demographic ageing has raised numerous issues in ageing societies, including growing burden of chronic diseases, shortages in the labour market and insufficient pension systems. There are numerous policies and strategies attempting to alleviate the impact of these challenges. However, the challenges that the health care and social security systems are facing due to cognitive ageing are yet to be addressed. Age related decline in cognitive functioning and cognitive impairment have negative impact on person's independence, puts a strain on the family as well as other care providers and require adjustments on systemic level. Thus, the inquiry in this area should not only focus on individual level factors promoting cognitive health in the population, but also examine the quality-of-care aspects.

During this symposium the issue of cognitive ageing will be explored from different perspectives. First of all, evidence-based strategies aimed at preventing or delaying cognitive decline among healthy older adults will be discussed with the presentation of the results of a pilot intervention study. Moreover, the complex interplay taking place between age, global cognitive functioning, depressive symptoms, loneliness and perceived quality of care in determining the quality of life of older people living in long-term residential care facilities will be explored. Finally, caregiving self-efficacy in informal dementia caregivers will be examined in the context of healthy cognitive processes, and most specifically in relation to such cognitive aspects as executive functions, which are essential for daily functioning. The symposium will finish with a general discussion based on the themes presented and their implications for future practice and policy recommendations.