

P0009 Influence of basic psychological needs on older adults' sense of home and well-being in their home environment

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Background: In Flanders, Belgium, ageing in place is the preferred way of growing older among the older age groups. However, only 16% of the Flemish housing stock is considered suitable for older adults' changing lifestyle, which can negatively impact well-being according to the selfdetermination theory (SDT). The SDT states that autonomy, relatedness, and competence are the three basic psychological nutrients for human flourishing. However, when older adults' home environments no longer match their changing lifestyle, these basic psychological needs may be undermined. This study, therefore, investigates how the home environment supports, or hinders the fulfilment of the three basic psychological needs and how this shapes older adults' well-being and sense of home.

Study Setup (Methods): Data were collected through a survey with 241 Flemish adults aged 65 and over.

Results: Findings show that the way living environments contribute to basic need fulfilment varies between individuals. Not all needs are equally important for every older adult, and different home environments may support some needs more strongly than others. The results underline the importance of these basic needs for well-being and sense of home. Moreover, we demonstrate that need satisfaction is influenced not only by the dwelling, but also by the neighbourhood and social network.

Discussion: This study indicates that a clearer awareness of the three basic needs, and an understanding of how the current living situation contributes to each need, can help older adults determine whether ageing in place or relocating to another home is the most supportive option for their well-being.