Impact of Living Arrangements on Well-being of Older Adults During the Covid Pandemic in Hong Kong: The Moderating and Mediating Effect of Perceived

Health Status

Abstract: In the background of the outbreak of Covid in Hong Kong, this study aims to provide insights into the factors affecting the well-being of older adults. Living arrangements are of interest as the social distancing measures increased the influence of living arrangements on older adults' well-being, which can be indicated by loneliness, representing the negative aspect, and flourishing, the positive aspect. It is followed by mediation and moderation analyses on the role of perceived health status. 105 older adults participated in this study to report their ratings on loneliness, flourishing and perceived health status for consecutive 21 days during Covid. Results show that living with family excluding spouse is associated with higher level of loneliness and lower level of flourishing, while living with non-family members is associated with lower level of loneliness. Significant mediation and moderation models are established regarding perceived health status. It is found that living with non-family members has indirect impact on loneliness via perceived health status. In addition, perceived health status moderates the impact of living with spouse on loneliness and flourishing by weakening their correlations. The discussion sheds light on the critical roles of foreign domestic helpers and caregivers and suggests future studies to explore in these aspects.