National Health and Aging Trends Study (NHATS) and
National Study of Caregiving (NSOC)
Presentations and Posters
Gerontological Society of America (GSA)
National Harbor, MD; November 4-7, 2026

WEDNESDAY, NOVEMBER 4

8:00 AM - 9:30 AM (Maryland Ballroom Breakout 4)
2 - Frailty trajectories and caregiver strain in rural and urban areas
Hillary B. Spangler, Destiny Npudu, Mark Sorensen, John A. Batsis, Jacob Griffin, Iman Imadou

10:00 AM - 11:30 (National Harbor 6)
1 - Multidimensional Sleep Health, Breathing Problems During Sleep and Memory in Older Adults
Marc Kaizi-Lutu, Casandra C. Nyhuis, Chunyu Liu, Kening Jiang, Chien-Yu Tseng, Alden L. Gross, Adam P. Spira, Christopher N. Kaufmann

2 - Cardiovascular Risk Moderates Sleep Health-Cognition Associations in Community-Dwelling Older Adults
Casandra C. Nyhuis, Marc Kaizi-Lutu, Kening Jiang, Chunyu Liu, Chien-Yu Tseng, Alden L. Gross, Adam P. Spira, Christopher N. Kaufmann

4 - Napping Characteristics and Incident Dementia: The National Health and Aging Trends Study
Kening Jiang, Alden L. Gross, Catriona T. Wu, Halima Amjad, Jennifer S. Albrecht, Chien-Yu Tseng, Christopher N. Kaufmann, Adam P. Spira

10:00 am - 11:30 am (Maryland Ballroom Breakout 2)
2 - Cross-Gender Caregiving and Relationship Quality in Informal Caregiving Dyads: Evidence from Linked NHATS-NSOC
Yuanchang Zhao, Haoming Song

10:00 am - 11:30 am (National Harbor 7)
1 - Care Network Composition and Care Tasks: Comparing Single- and Multi-Child Families
Hanamori F. Skoblow, Markus Schafer

10:00 am - 11:30 am (Maryland Ballroom Breakout 5)
5 - Preclinical Mobility Limitations and Five-Year Risk of Falls Among Community-Dwelling Older Adults
Pallavi Tyagi, Jie Chen

12:00 pm - 1:30 pm (Chesapeake D-E)
1 - Neighborhood Socioeconomic Context and Hand Grip Strength in the National Health and Aging Trends Study (NHATS)
Greta Jianjia Cheng, Grace A. Noppert, Shu Xu, Kate Duchowny

WEDNESDAY, NOVEMBER 4 (Continued)

12:00 pm - 1:30 pm (National Harbor 4)
1 - Staying Connected at Home: Technology Use Trends Among Older Adults by Homebound Status, 2015-2023
Erin Spaulding, Hanna Charankevich, Mary Louise Pomeroy, Sofia Liu, Aaron Troy, K. Ornstein

12:00 pm - 1:30 pm (National Harbor 4)
3 - The Relationship Between Virtual Communication and Mental Health of Caregivers of Persons With/Without Dementia
Claire M. Petchler, Martha Abshire Saylor, Katherine Ornstein

2:00 pm - 3:30 pm (National Harbor 6)
2 - Shared Goals for Parental Care: Differences Between Adult Children With & Without Siblings
Hanamori Skoblow, Megan Gilligan

3 - Behavioral & Psych. Symptoms in Dementia: Do They Bring More Caregivers to the Team?
Amanda N. Leggett, Wenjing Li, Hannah L. Gretka, Natasha L. Nemmers

5 - Exploring National Estimates of Caregivers to Older Adults in the Context of a Longitudinal Follow-Back Study Design
Mengyao Hu, Wendy Van de Kerckhove, Justin Kamens, Vicki A. Freedman

6:00 pm - 7:15 pm (Exhibit Hall C-D)
Poster: Cognitive Frailty Among Older Adults in the U.S.: Prevalence and Risk Factors
Amanda Lehning, Jihyeong Jeong

Poster: Inpatient hospitalization patterns for older adults with frailty in rural and urban areas
Hillary B. Spangler, Haiyi Chen, Nina Daneshvar, Feng-Chang Lin, John A. Batsis

Poster: Physical, Cognitive, and Social Frailty Among Older Adults in the U.S.: Evidence from the 2023 NHATS
Hae Sagong, Larissa S. Magalhães, Ah Ram Jang, Pao-Feng Tsai

Poster: More Than Loss: Social Convoy Trajectories Among Older Adults Living With Dementia
Soobin Park, Eunsun Kwon, Sojung Park, Takashi Amano

Poster: The Association of Home and Community-Based Services Generosity with Unpaid Care
Amy Lastuka, Joseph Dieleman

Poster: The Association Between Place of Residence and Incident Dementia among Older Non-Hispanic Black Men
Siddhi Surawkar, Roland J. Thorpe

THURSDAY, NOVEMBER 5

8:00 AM - 9:30 AM (National Harbor 12)
1 - End-of-life Experiences among Homebound Older Adults who Live Alone
Jennifer Reckrey, Mary Louise Pomeroy, Sarah Won, Yifan Liu, Katherine A. Ornstein

2 - Latent Classes of Health-Related Social Needs in US Older Adults and Associated Cardiovascular and Geriatric Risk
Aaron L. Troy, Karen Bandeen-Roche, Katherine A. Ornstein, Mary Louise Pomeroy, Jennifer Schrack, Gary Gerstenblith, Thomas Cudjoe, Chiadi E. Ndumele

3 - Predictors of Unmet Care Consequences among Community-Dwelling Older Adults
Yifan Liu, Melissa Garrido, Katherine A. Ornstein

4 - Care Setting Matters: Variation in Family Caregiving Across Community and Institutional Care Settings
Katherine E. Miller, Yutong Zhang, Natalie Davoodi, Lisa Reider, Chanee Fabius, Ellesse-Roselee Akré, MJ M. Wu

5 - No Kith, No Kin: A National Study of Unrepresented Persons Living With Dementia
Mary Louise Pomeroy, Sotera Chow, Hanna Charankevich, Nancy Schoenborn, Bruce Leff, Thomas Cudjoe, Katherine A. Ornstein

10:00 AM - 11:30 AM (Chesapeake 7-9)
3 - A Person-Centered Home Time Measure for Persons Living with Dementia
Courtney H. Van Houtven, Jie Gao, Vinit Nalawade, Brystana G. Kaufman, Megan Shepherd-Banigan, Norma B. Coe, Valerie A. Smith

10:00 AM - 11:30 AM (Potomac Ballroom Breakout 3)
3 - Physical Frailty and Social Isolation Trajectories Among Older Adults in the United State
Fereshteh Mehrabi, Mary Louise Pomeroy, Ghaida Alsadah, Yangyang Deng, Qian-Li Xue, Sandra Shi, Thomas Cudjoe

10:00 AM - 11:30 AM (Potomac Ballroom Breakout 1)
1 - Sleep Difficulties and the Risk of Social Frailty Among Community-Dwelling Older Adults
Claire Wang

12:00 pm - 1:30 pm (Maryland Ballroom Breakout 3)
3 - Social Connection Profiles and Incident Dementia Risk: A Longitudinal Study Using the NHATS
Daum Chung, Jae Jun Lee, Jane Chung

THURSDAY, NOVEMBER 5 (Continued)

1:45 pm - 3:00 pm (Exhibit Hall C-D)

Poster: Racial Patterning of Education's Protective Effect on Cardiometabolic Multimorbidity
Collin Perryman

Poster: Caregiving Task Diversity and Mental Health in Older Adult Care Networks
Jeong Eun Lee, Yulri Kim, Joseph J. Svec

Poster: Caregiving Through a Network Lens: Structural and Functional Predictors of Well-Being
Hannah L. Gretka, Zoey Lai, Wenjing Li, Amanda N. Leggett

Poster: Factors Associated with Reduced Social Engagement Among Informal Caregivers of Persons Living with Dementia
Adam Mohammed, Ishan Williams

Poster: Do the GUIDE Model Tiers Reflect the Complexity of Dementia Family Caregiving? A Latent Class Analysis
Niying Li, Kevin A. Look, Barbara Mendez Campos, Ashley M. Goodwin, Soojung Ahn, Matthew L. Smith, Juanita-Dawne Bacsu

Poster: Well-Being of Sandwiched Caregivers for Older Adults: Racial/Ethnic Differences
Isabella Soporean, Natasha Nemmers, Amanda N. Leggett

Poster: Help-Seeking as a Pathway From Caregiver Stress and Mental Health by Gender Among Caregivers of People With Dementia
Hyeyeon Shin, Eben Kenah, Sheryl Justice, Jie Hu, Kathy D. Wright

4:30 pm - 6:00 pm (Maryland Ballroom Breakout 3)

Symposium: Expanding Insights into Physical, Social, & Behavioral Influences on Late-Life Physical Activity in NHATS
Jennifer Schrack, Amal A. Wanigatunga (co-chairs)
Katherine Ornstein (discussant)

1 - Social connection is associated w/daily physical activity among a national sample
Mary Louise Pomeroy, Esterline Charles, Fangyu Liu, Jennifer Schrack, Thomas Cudjoe, Amal A. Wanigatunga

2 - Staying Active at Home: Accelerometer-Derived Physical Activity Among Homebound Older Adults
Erin Spaulding, Mary Louise Pomeroy, Sofia Liu, Aaron L. Troy, Amal A. Wanigatunga, Jennifer Schrack, Katherine A. Ornstein

3 - Visual function and rest-activity rhythms in older adults
Keran Chamberlin, Lacey Etzkorn, Adam P. Spira, Jennifer Schrack

THURSDAY, NOVEMBER 5 (Continued)

4:30 pm - 6:00 pm (Maryland Ballroom Breakout 3) (Continued)
4 - Physical Activity Patterns and Frailty Detection in Community-Dwelling Older Adults
Anis Davoudi, Lacey Etzkorn, Keran Chamberlin, Amal A. Wanigatunga, Jennifer Schrack

5 - Association Between a Novel Measure of Relative Intensity of Daily Physical Activities and Physical Functioning
Jennifer Schrack, Lacey Etzkorn, Anis Davoud, Amal A. Wanigatunga

4:30 pm - 6:00 pm (National Harbor 3)
1 - Unraveling the Causal Relationship between Frailty, Disease Burden, and Mortality
Emily N. Potts

4 - Sustained frailty remission and dementia risk in older adults: A longitudinal study
TBD

FRIDAY, NOVEMBER 6

8:00 am - 9:30 am (Maryland Ballroom Breakout 5)
3 - Home and Neighborhood Environments and Subsequent Falls: Mediation by Physical Activity and Physical Functioning
Jeein Law, Debasree Das Gupta, Uma Kelekar

1:45 pm - 3:00 pm (Exhibit Hall C-D)
Poster: When Loneliness & Isolation Converge: Prevalence & Transition Patterns in NHATS
Jihye Baek and colleagues

Poster: Physical Activity and Pain-Related Functional Limitation Among Older Adults With Bothersome Pain: An NHATS Study
Alyssa Wang

Poster: Physical Activity, Social Engagement, & Digital Connectivity: Well-Being in Older Adults
Kyungmi Lee, Jennifer Levin

Poster: Loneliness Among Active and Bereaved Caregivers: Findings from the National Study of Caregiving
Alyssa Abbott, Karen S. Lyons, Jane Flanagan, Wonkyung Jung

Poster: Adverse Health Events and Care: How Do Dementia Care Networks Adjust?
Amanda N. Leggett, Wenjing Li, Natasha L. Nemmers

Poster: Caregiver Network Elasticity During Transition To Multiple Chronic Conditions Among Older Adults
Abhirav Dhiren Lande, Seth Freedman, Zhenxuan Ma, Kosali Simon, Nicole E. Werner, Indrakshi Roy

Poster: Factors Associated with the Underutilization of Caregiver Training Among Caregivers of People Living with Dementia
Obinna Odo, Patrick O. Mese, Kingsley C. Udeh, Heather L. Menne

Poster: Social Activity Restriction and Cognitive Function: The Moderating Role of Living Alone
Juntae Park, Yura Lee, Andrew Steward, Young I. Cho

Poster: Social Participation and Psychological Well-Being in Dementia Caregivers: Kinship as a Moderator
Samiya M. AL Hadhrami, Diane E. Berish, Ahmed-Rufai Yahaya, Kimberly Van Haitsma

4:30 pm - 6:00 pm (Maryland Ballroom Breakout 1)
2 - Productivity Loss of Employed Family Caregivers: Dementia Status & Work Flexibility
Zhiqing Zhou, Le Zhou, Kehang Gao, Yihang Chen, Sofia Liu

SATURDAY, NOVEMBER 7

8:00 am - 9:30 am (National Harbor 12)
4 - Reframing Aging in Practice: Enhancing Caregiving Research and a Digital Health Program for Adults
Catherine E. Elmore, Seneca Moore, Sara E. Hart, Kara B. Dasse

10:00 am - 11:30 am (Chesapeake 10-12)
3 - Caregiving Across the Lifespan: Assessing the Impact of Caregiver Support Services across Life-Course Positions
Joseph J. Svec, Jun Chu, Eunbea Kim, In Jeong Hwang

12:00 pm - 1:30 pm (Maryland Ballroom Breakout 6)
1 - Who Gets Served? Access/Impact of Home-Delivered Meals Among Older Adults
France Weaver

4 - Use of Food Assistance Programs Among Low-Income, Homebound Older Adults
Yiqing Qian

5 - Use of Meals on Wheels services among older cancer survivors
Paige Laborde

1:45 pm - 3:00 pm (Exhibit Hall C-D)
Poster: Circadian Rhythm Indicators and Sleep Disturbance in Older Adults: A Longitudinal Accelerometer Study from NHATS
Kyungmi Lee and colleagues

Poster: Living Arrangements, Physical Activity, & Cognitive Aging: Longitudinal Findings NHATS
Kafayat Mahmoud and colleagues

Poster: Association of IADL Diff., Depression, & Chronic Cond. on Dementia in Older Adults
Idorenyin I. Udoh, Rie Suzuki

3:30 pm - 5:00pm (Chesapeake 7-9)
1 - Latent class patterns of medication attitudes & their correlates among older adults in U.S.
Jiaming Liang, Min Ji Kwak

3:30 pm - 5:00pm (Maryland Ballroom Breakout 6)
2 - Educational Disparities in Social Participation Trajectories in Older Adulthood
Sara M. Moorman, Alyssa M. Goldman, Eric M. Vogelsang

SATURDAY, NOVEMBER 7 (Continued)

3:30 pm - 5:00pm (Maryland Ballroom Breakout 4)
4 - Association Between Home Disorder and Cognitive Decline in Older Adults
Min Gi Kim

5:30 pm - 7:00pm (Maryland Ballroom Breakout 1)
2 - Unmet Care Needs Among Homebound Older Adults: Findings from a National Long. Study
Joonhyeog Park, Joonyoung Cho, PhD Tamara Cadet

5:30 pm - 7:00pm (Maryland Ballroom Breakout 6)
4 - Association of Caregiving Teamwork & Care Partner Charact. on Care Partner Outcomes
Diane E. Berish