

Physical Resilience and Conceptual Models

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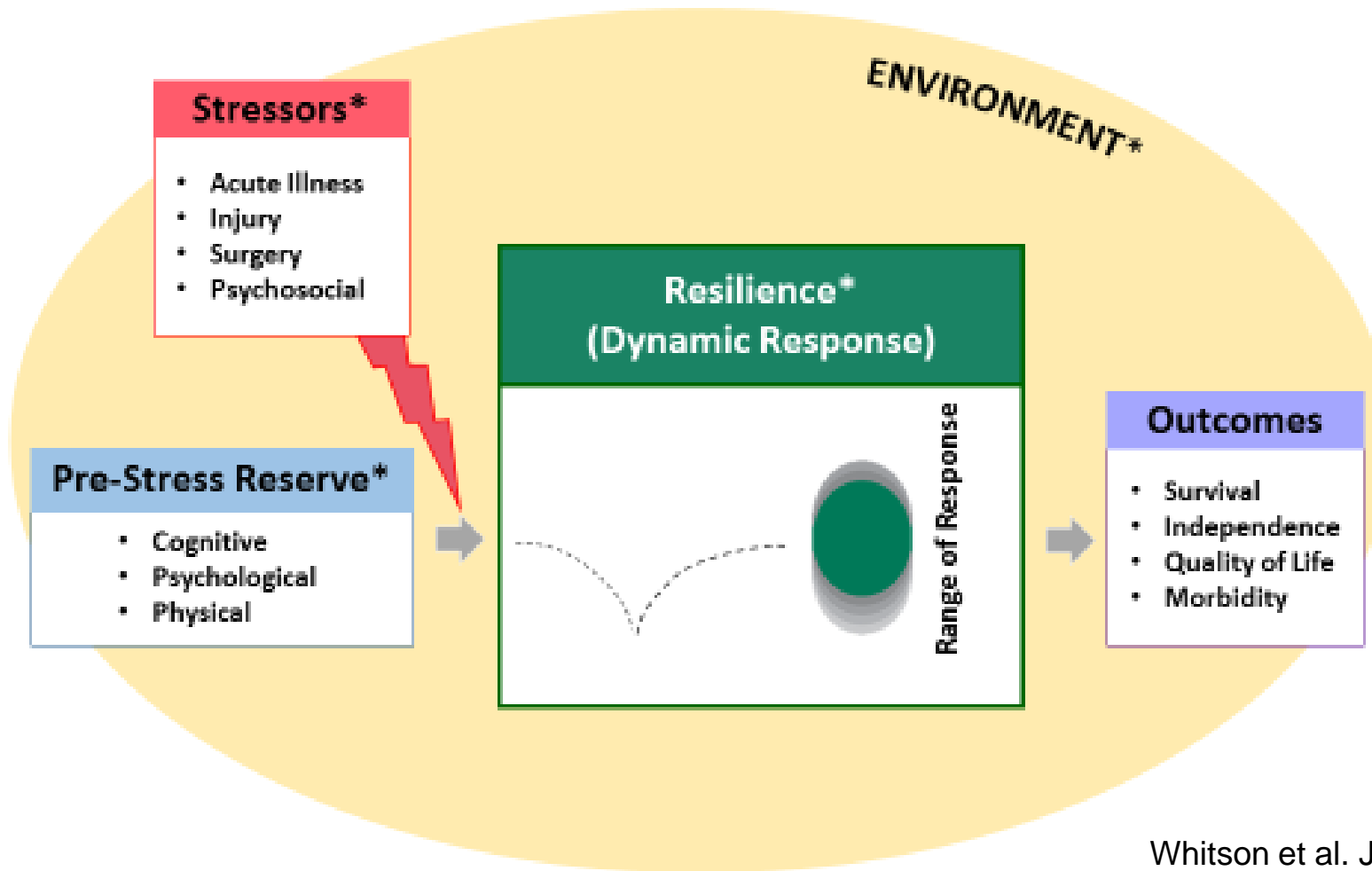
National Institute on Aging: P30AG028716-11,
UH3AG056925, P30-AG064201-02, R01-
AG062623-01A1, U13 AG054139, R33-AG057806,
P30AG072958-01

Veterans Administration – Durham VA GRECC

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Duke Pepper Center Conceptual Model of Physical Resilience



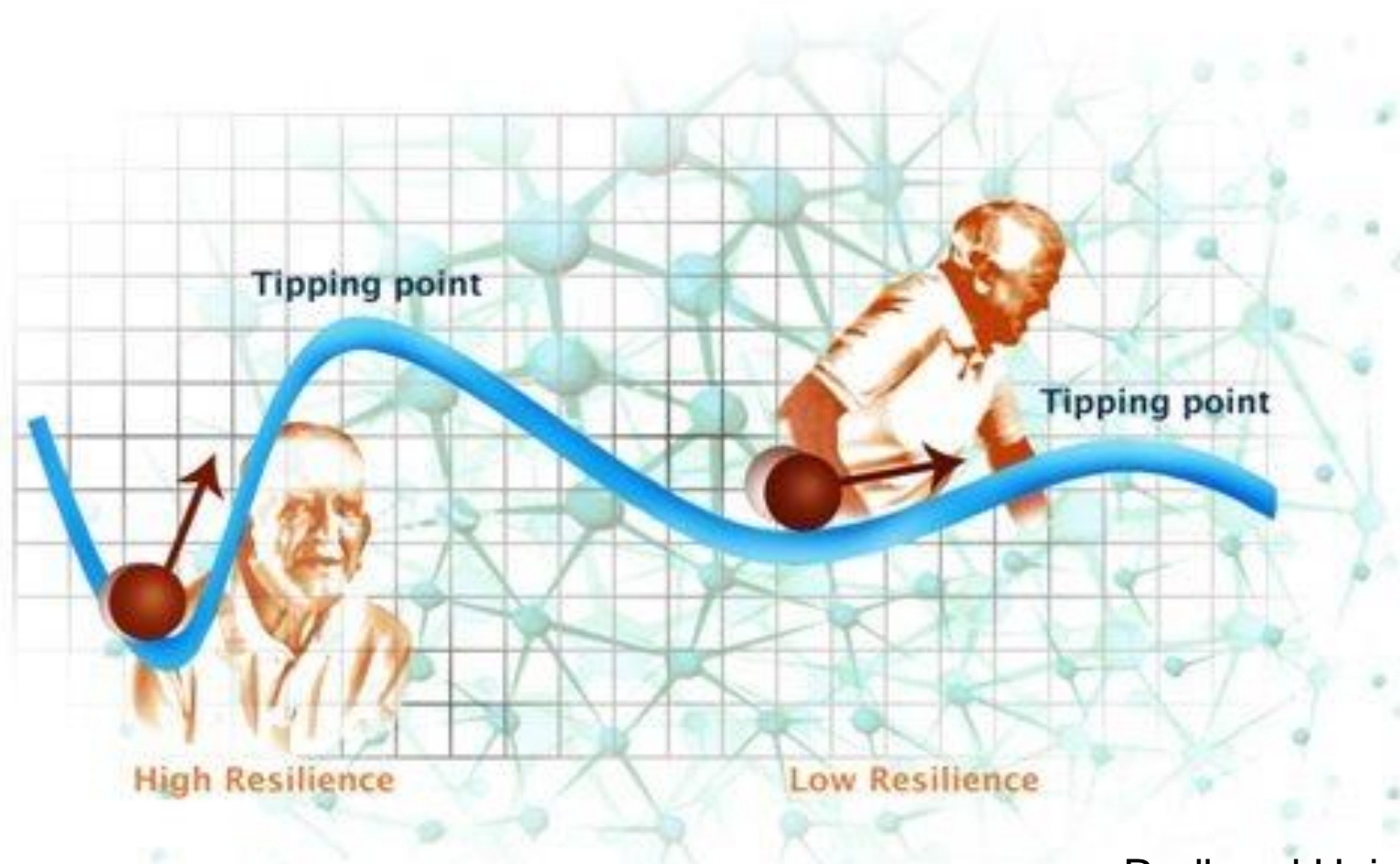
Resilience = “one’s ability to withstand or recover from functional decline following acute and/or chronic health stressors”

*Opportunities to intervene

Conceptual models of physical resilience



Resilience implies “resistance to perturbations of equilibrium states and recovery potential to a new equilibrium state”

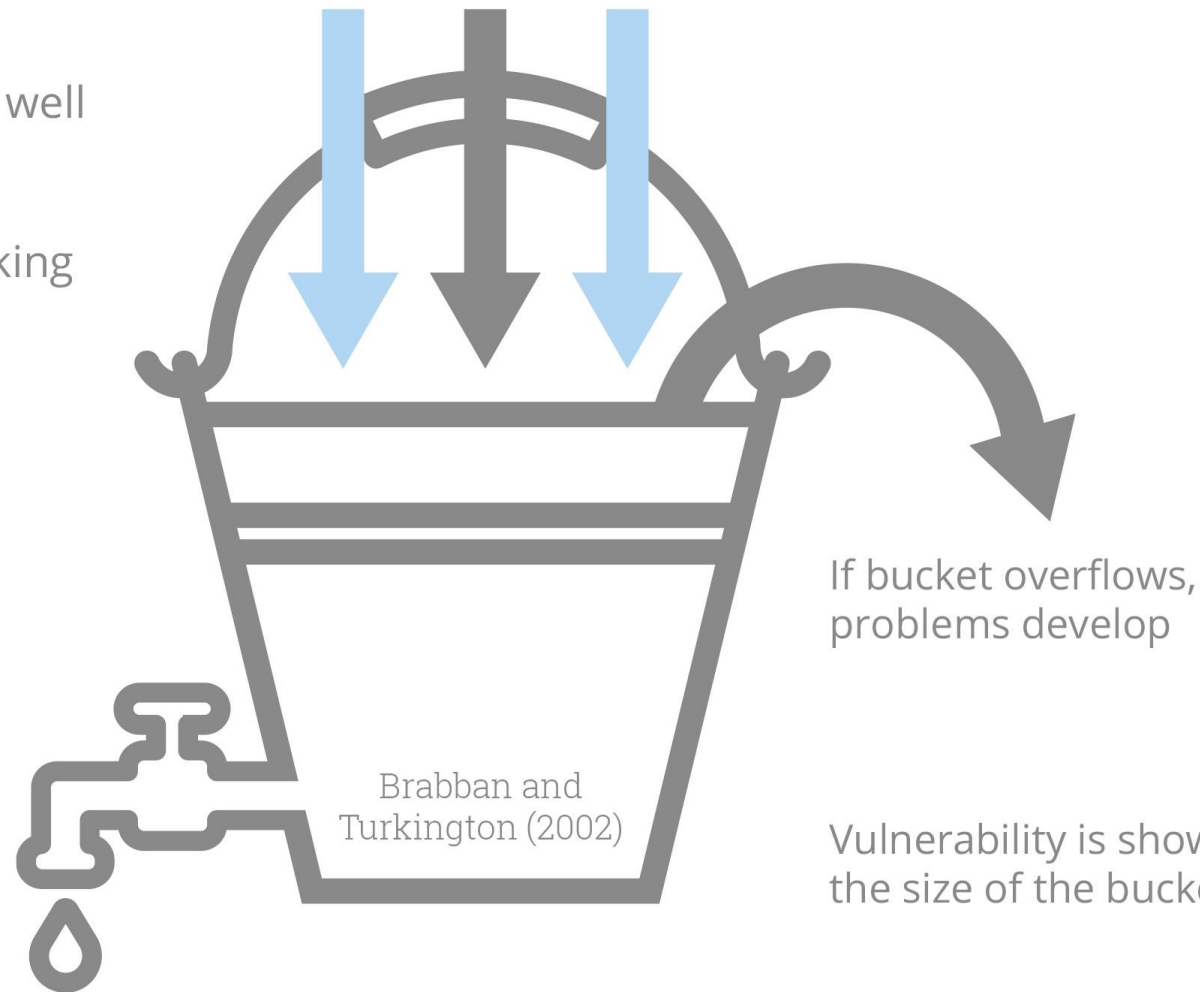




Stress flows into your bucket

Good Coping
= Tap is working well

Bad Coping
= Tap is not working well



If bucket overflows,
problems develop

Vulnerability is shown by
the size of the bucket

What influences recovery trajectories after health stressors?

Magnitude of the Stressor

Attitude & Mindset

Biological Response to Stress

Health Status Before the Stressor

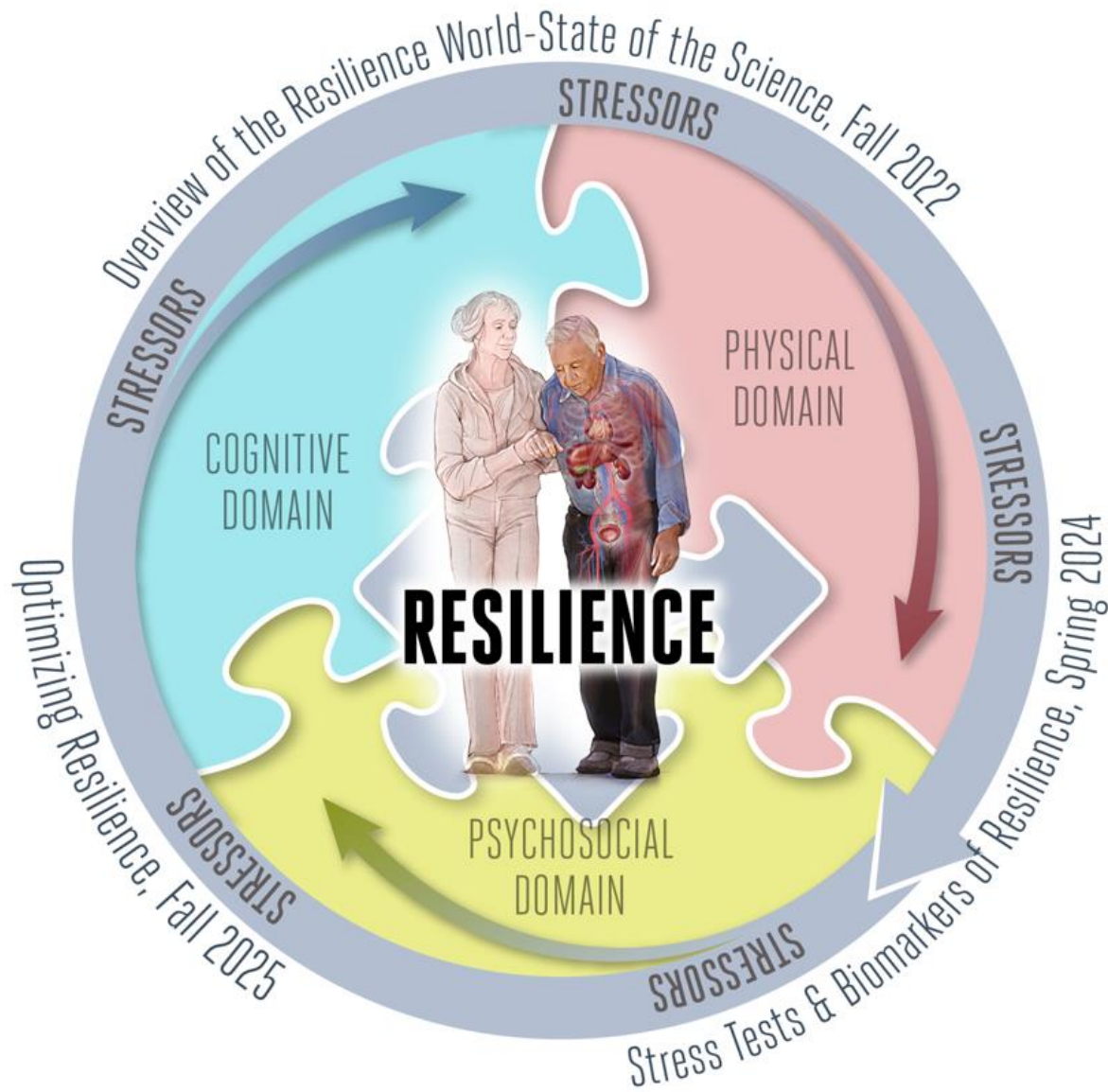
Do You Bend or Break?

Care & Interventions

Support System

A Patient's View of Resilience





Domains are interlinked and overlapping.

Is there a “whole-person” characteristic of resilience?

Or do we always need to specify the stressor and health domain?

An open invitation to visit us in North Carolina



Claude D Pepper Older Americans
Independence Center



Resilience Research Colloquium 2023

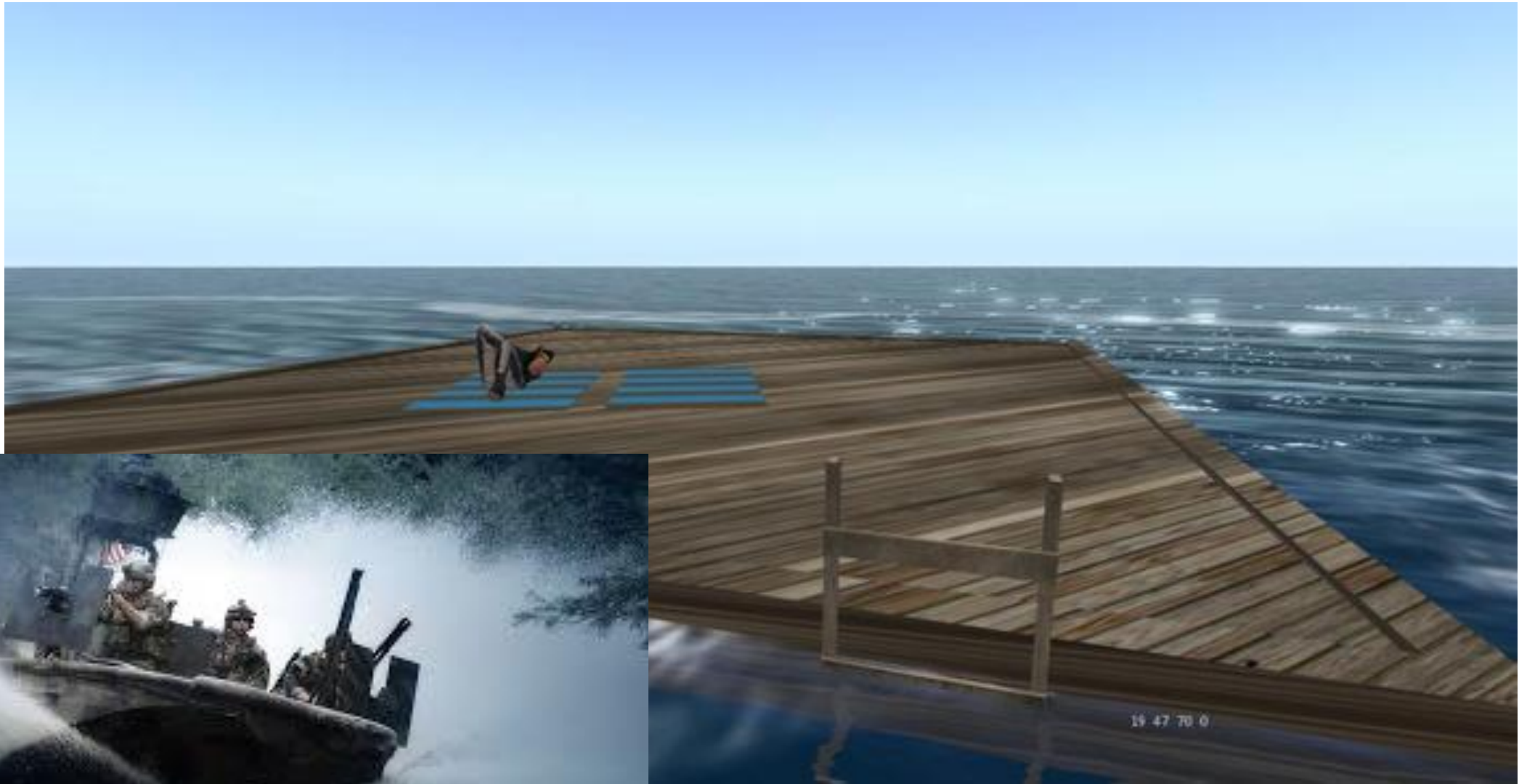
The Intersection of Physical and Psychosocial Resilience:
State of the Science and Research Opportunities

FRIDAY JAN 27, 2023 8:30AM-2:30PM
TRENT SEMANS GREAT HALL



https://duke.qualtrics.com/jfe/form/SV_9HQM5VpTEgVQVN4

Encouraging Resilience: The Platform Metaphor



SPECIAL WARFARE COMBATANT-CRAFT CREWMEN

