

## ABSTRACT

The COVID-19 pandemic has disrupted lives globally but disproportionately affected older adults due to their increased vulnerability to severe illness and higher mortality. To protect older adults from infection, community members in rural Kenya have ensured enhanced adherence to COVID-19 containment measures. However, while restricted social contact is highly recommended in the control of COVID-19 infection, limited research exists on its effect on the psychosocial wellbeing of older adults. This study therefore assessed the relationship between community adherence to COVID-19 containment measures and the overall wellbeing of older adults. Nyeri County in Central Kenya was selected for the study and all adults aged 70 years and above targeted. Snowball sampling was used to collect data from a sample of 360 respondents. Both descriptive and inferential statistics were used in data analysis. The study established a significant inverse relationship between the level of community adherence to COVID-19 protocols and the wellbeing of older adults. Furthermore, the wellbeing of most older adults had deteriorated during the pandemic, with older married women with higher incomes being less affected. The study concluded that although the COVID-19 pandemic had affected everyone, effective containment is a multi-dimensional issue that requires targeted interventions.