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**Activities and participation among older adults: population based study on 65 - 91 years residents in a rural area in Iceland**

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**Introduction:** Age of Icelanders is steadily growing at the same time as there are increasing demands that older people remain in their own homes. In a remote area in west Iceland, around 14% of the residents are 65 years or older.

**Objective:** The purpose of this study was to investigate daily activities and participation among community dwelling older people in this area.

**Method:** A descriptive cross-sectional design was used. The sample consisted of all community dwelling residents (N = 129), 65 years or older, in the area. Data was collected with the Late Life Function and Disability instrument where participants rate their difficulties in activities, frequency of participation, and participation restrictions. Furthermore, participants identify the main barriers to their participation. The instrument provides interval scale scores (0-100) where a higher score means more functioning in activities and more participation. Data was analysed by gender and age-groups and statistical significance set at  $p < 0.05$ .

**Results:** Overall, men reported significantly higher functioning in activities than women and the same was true for the younger age-group compared to the older. Frequency of participation was significantly higher for women than men and also higher for the younger age-group than the older. Moreover, the older age-group experienced significantly more restriction in their participation than the younger group. Participants described variety of barriers that older citizens have to overcome for participation in daily life.

**Conclusion:** The results provide valuable information on rural ageing and have practical implications for community services in remote areas.