

# CLSA Webinar Series



## Factors associated with community ambulation in older adults and those with stroke and osteoarthritis

Dr. Ruth Barclay, PhD, University of Manitoba

**12 pm to 1 pm ET | December 16, 2019**

Community ambulation is an important aspect of social participation and quality of life for older adults. Being able to walk outside of one's home enables an individual to attend social, leisure and work activities and contribute to daily physical activity. Community ambulation has been associated with good general health perception, however, many older adults do not walk outdoors frequently. This presentation will review the importance of community ambulation and describe some of the results of identifying factors that are associated with the frequency of community ambulation, using data from the Canadian Longitudinal Study on Aging. We will discuss the differences and similarities between the results for adults aged 45+, those with stroke, and those with osteoarthritis. Implications for future research as well as for community and rehabilitation programs will be discussed.

Dr. Ruth Barclay is an associate professor in the Department of Physical Therapy in the Rady Faculty of Health Sciences at the University of Manitoba. A main focus of her research is community ambulation of older adults and people with stroke. She is currently co-principal investigator of a CIHR funded multi-site randomized control trial evaluating two interventions to improve outdoor walking for older adults.

Webinars will be broadcast using WebEx.  
Further instructions will be sent by email.

Register online at:  
[bit.ly/clsawebinars](https://bit.ly/clsawebinars)



Canadian Longitudinal Study on Aging  
Étude longitudinale canadienne sur le vieillissement

[www.clsa-elcv.ca](http://www.clsa-elcv.ca)

