

CLSA Approved Project

Applicant

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Project Title

Sociodemographic determinants of mobility decline among community-dwelling older adults in Canada: A secondary data analysis of the Canadian Longitudinal Study on Aging

Project Summary

Mobility is fundamental to active ageing, health status, and quality of life. Mobility decline is an early predictor of physical disability, leading to frequent falls, dependency, and death among older adults. Older adults and researchers are keenly interested in understanding the factors that influence mobility and ways to maximize movement potential in older adulthood. The biophysical, and psycho-cognitive aspects of older adults' mobility are more frequently researched, creating a literature gap on the implications of sociodemographic factors. Exploring the influences of demographic and socioeconomic factors may further our understanding of their contributions to mobility decline among older Canadians. This study aims to estimate the associations, correlates, and predictors of mobility decline among older Canadians using mobility assessment outcomes and sociodemographic variables in the CLSA. Our findings will have policy implications in the Canadian context.

Keywords

care burden, social determinants of health, mobility limitation, quality of life, policy