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Project Title

Characterizing Mobility Limitations in Community-dwelling Older Adults

Project Summary

Physical mobility is one of the most important contributors to well-being and health-related quality of life as we age. However, the trajectory of mobility impairment in older adults is complex, influenced by factors belonging to biological, cognitive, behavioral, psychosocial and environmental systems. As such, a keen understanding of how these systems are related will be required in order to design effective, multi-factorial interventions to preserve physical mobility into old age. Our primary goal is to evaluate the physical mobility measures collected by the CLSA, specifically, their psychometric properties and ability to predict variables directly related to mobility impairment. We will also assess how these measures are related to other systems, and use this information to guide a parallel qualitative study regarding the perceptions of physical mobility in older adults.

Keywords

Physical mobility, Mobility impairment, Measurement theory, Performance