

Applicant

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Project Title

Physical Functioning and Disability

Project Summary

A major concern related to aging is the decline in one's ability to carry out everyday activities. Such disability can greatly affect a person's capacity to remain independent with advancing age. Previous research suggests that limitations in physical functioning, such as the inability to walk around the block, take a flight of stairs or lift heavy objects, precede the onset of disability. However, it is likely that physical functioning may impact everyday activities differently in men and women, in middle-aged compared to older, and in individuals with a large social network compared to individuals who have little social support. We will use data from the CLSA to provide current data from Canada to better understand how limitations in physical functioning impact everyday activities for different groups of people. Understanding these relations could help to develop effective strategies aimed at reducing the level of disability of older Canadians.

Keywords

Physical function; upper extremity; lower extremity; disability; ADL and IADL