Optimizing older adults’ home spaces to enhance their physical activity level

Name: Naureen Akber Ali
Start and end date of award: 1-09-2020 till 1-12-2024
Initial project plan

• Qualitative study-Designing tool-Validation Study

• Qualitative study-Feasibility Study-Interventional Study
Progress so far

• The present study aims to investigate older adults’ perception of their home environment and its impact on their physical activity (PA) and sedentary behaviour (SB)
• Feasibility Study Planning (in progress)
• Interventional Study
Useful reflections

- Recruitment was challenging task (University ad)
- Incentive
- Contact from diverse older communities officials
- Big data