

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

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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