



## Active Aging

Last reviewed September 2019

### Physical Activity is Medicine for Older Adults

<https://pmj.bmj.com/content/postgradmedj/90/1059/26.full.pdf>

This review aims to present clear guidance about the amount, type and frequency of physical activity for adults 65 and over to achieve health goals. The author discusses the measurement of physical activity, evidence regarding the health benefits of increased physical activity and the extent to which older adults achieve the suggested physical activity guidelines along with suggestions for improvement. (OPEN ACCESS)

### Exercise and Physical Activity for Older Adults

<https://journals.lww.com/acsm-msse/Pages/articleviewer.aspx?year=2009&issue=07000&article=00020&type=Fulltext>

This position paper from the American College of Sports Medicine provides an overview of issues critical to understanding the importance of exercise and physical activity in older adult populations. (OPEN ACCESS)

### Effect of Structured Physical Activity on Prevention of Major Mobility Disability in Older Adults: the LIFE Study Randomized Clinical Trial

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4266388/pdf/nihms602072.pdf>

The authors describe a study aimed at testing the hypothesis that a long-term structured physical activity program is more effective than a health education program in reducing the risk of major mobility disability. (OPEN ACCESS)

### Promoting Activity in Geriatric Rehabilitation: A Randomized Controlled Trial of Accelerometry

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5001632/pdf/pone.0160906.pdf>

The aim of this study was to test whether activity levels can be increased by the provision of monitored activity data to patients and clinicians in the context of explicit goal setting. (OPEN ACCESS)

### Exercise and Older Adults

<https://www.sciencedirect.com/science/article/pii/S0749069017300800?via%3Dihub>

This publication reviews the prevalence of physical inactivity among older adults, chronic disease and effects of physical inactivity, the role of primary care and social determinants of health are also reviewed. Current physical activity guidelines and additional recommendations related to medications, nutrition, dehydration and injuries are included. (OPEN ACCESS)

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### How to Implement Physical Activity Evidence for Your Geriatric Patients with Falls or Fractures: A Case-Based Exercise in Knowledge Translation

<https://canadiangeriatrics.ca/2016/11/volume-6-issue-2-how-to-implement-physical-activity-evidence-for-your-geriatric-patients-with-falls-or-fracture-a-case-based-exercise-in-knowledge-translation/>

The authors use a case-based approach to applying exercise and physical activity recommendations for individuals at high risk for falls and fractures. (OPEN ACCESS)

### Prescribing Exercise Interventions for Patients with Chronic Conditions

<http://www.cmaj.ca/content/cmaj/188/7/510.full.pdf>

This article summarizes evidence regarding the benefits for using exercise for some key chronic conditions. The authors highlight key outcomes and provide a guide to implementing effective disease specific exercises. (OPEN ACCESS)

### Strength and Endurance Training Prescription in Healthy and Frail Elderly

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4037310/pdf/ad-5-3-183.pdf>

The aim of this review was to discuss the neuromuscular adaptations to strength training and the cardiovascular adaptations to endurance training in healthy and frail older adults. (OPEN ACCESS)

### Physical Activity in Older Age: Perspectives for Healthy Ageing and Frailty

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4889622/pdf/10522\\_2016\\_Article\\_9641.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4889622/pdf/10522_2016_Article_9641.pdf)

This publication investigates the predominantly sedentary lifestyles of older adults in the UK and how they can be encouraged to increase their activity levels, including possible risks and benefits. (OPEN ACCESS)

### Benefits of Physical Exercise Training on Cognition and Quality of Life in Frail Older Adults

<https://academic.oup.com/psychsocgerontology/article/68/3/400/557671>

The authors of this study aimed to assess the effects of physical exercise training on cognition and quality of life in frail and non-frail older adults. (OPEN ACCESS)

### The Role of Cognitive Costs, Attitudes About Aging, and Intrinsic Motivation in Predicting Engagement in Everyday Activities

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6132265/>

The authors investigated factors which influence engagement of older adults, with a particular interest in determining the degree to which the costs of using cognitive resources were associated with **intrinsic** motivation and participation in everyday activities. (OPEN ACCESS)

### Promoting Brain Health Through Exercise and Diet in Older Adults: A Physiological Perspective

<https://physoc.onlinelibrary.wiley.com/doi/epdf/10.1113/JP271270>

This review discusses the effects of modifiable lifestyle behaviours on the brain and recent human trials. (OPEN ACCESS)

### Cognitive Stimulation in Older Adults: An Innovative Good Practice Supporting Successful Aging and Self-Care

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6581488/>

This article describes the ECOG project to promote active citizenship in older age through empowerment for autonomy and self-care. (OPEN ACCESS)

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### **A Systematic Review and Meta-Analysis of Structural Magnetic Resonance Imaging Studies Investigating Cognitive and Social Activity Levels in Older Adults**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6562200/pdf/main.pdf>

With the hope of better understanding the impact of socio-intellectual activities have on brain structure, the investigators summarized MRI studies whose findings implicate socio-intellectual activity levels for the development of targets for interventions aimed at supporting healthy brain aging. (OPEN ACCESS)

### **On the Importance of a Positive View on Ageing for Physical Exercise Among Middle-Aged and Older Adults: Cross-Sectional and Longitudinal Findings**

<https://www.ncbi.nlm.nih.gov/pubmed/20391205>

This study investigated whether a positive view on ageing contributes to a higher level of physical activity based on the longitudinal German Aging Survey of middle-aged and older adults. (PAID ACCESS)

### **Exploring Beliefs Around Physical Activity Among Older Adults in Rural Canada**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5105319/pdf/QHW-11-32914.pdf>

This qualitative study aimed to achieve a better understanding of the socio-ecological factors influencing physical activity in older adults living in rural Saskatchewan, Canada. (OPEN ACCESS)

### **An Empirical Comparison of Different Models of Active Aging in Canada: The International Mobility in Aging Study**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5881751/pdf/gnv126.pdf>

The aim of the study described was to investigate the validity of existing models of active aging using epidemiological data from Canada. (OPEN ACCESS)

### **Active Aging Promotion: Results from the Vital Aging Program**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3580923/pdf/CGGR2013-817813.pdf>

This review summarizes the results of the evaluation of the Vital Aging Program within the context of the available literature of the time. (OPEN ACCESS)

### **Active and Successful Aging: A European Policy Perspective**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4986585/>

This article investigates the concept of active aging and how it compares to the concept of successful aging. (OPEN ACCESS)

### **'Active Ageing': From Empty Rhetoric to Effective Policy Tool**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3728916/pdf/S0144686X1200030Xa.pdf>

The author shares a strategy which focuses on the translation of active-ageing to situations of dependency based on the principles of fostering adaptability, supporting the maintenance of emotionally close relationships and removing structural barriers related to dependency or age. (OPEN ACCESS)

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### **A Critical Perspective: Towards a Broader Understanding of 'Active Ageing'**

<https://repository.uantwerpen.be/docman/irua/14b382/4b9911a6.pdf>

This paper explores the origin of the active aging discussion and discusses different definitions that have been used and the implications for research and policy. **(OPEN ACCESS)**

### **Active Ageing: An Empirical Approach to the WHO Model**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3501803/?report=reader>

The study described sought to validate the construct of active ageing and test empirically the WHO (2002) model of Active Ageing in a sample of community-dwelling seniors. **(OPEN ACCESS)**

### **Older People and 'Active Ageing': Subjective Aspects of Ageing Actively**

<https://journals.sagepub.com/doi/abs/10.1177/1359105310384298>

This critical overview of the active ageing concept the authors explored the perspectives of older British people to understand the concept in relation to physical, cognitive, psychological and social factors. **(PAID ACCESS)**

### **Look After Yourself: Active Ageing, Individual Responsibility and the Decline of Social Work with Older People in the UK**

<https://www.tandfonline.com/doi/abs/10.1080/13691457.2013.829805>

The authors argue that the incorporation of active ageing into the policy agendas of welfare systems have become linked with a larger policy agenda to reduce older people's call on public resources and discuss the implications for social work in the UK. **(PAID ACCESS)**

### **Volunteering is Associated with Increased Survival in Able-Bodied Participants of the English Longitudinal Study of Ageing**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5971845/pdf/nihms968449.pdf>

The study described in this article investigated whether volunteering was correlated with increased survival in participants with and without functional disabilities. **(OPEN ACCESS)**

### **Social Participation and its Benefits**

[https://www.gov.mb.ca/seniors/publications/docs/senior\\_centre\\_report.pdf](https://www.gov.mb.ca/seniors/publications/docs/senior_centre_report.pdf)

This report examines the benefits of social participation and makes recommendations for a tool or tools based on the evidence to evaluate the impacts of social centres in the future. **(OPEN ACCESS)**

### **Social Participation and Social Engagement of Elderly People**

<https://www.sciencedirect.com/science/article/pii/S1877042814003140>

This article explores the personal strategies of elderly people with lifelong intellectual disabilities for social participation as well as the resources they utilize. **(OPEN ACCESS)**

### **Shut-In? Impact of Chronic Conditions on Community Participation Restriction Among Older Adults**

<https://www.hindawi.com/journals/jar/2011/759158/>

This research article reviews community participation restriction in adults 50 years and older with condition-associated burden across a number of variables. **(OPEN ACCESS)**