



Mobility in Later Life

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Mobility in Older Adults: A Comprehensive Framework

<https://academic.oup.com/gerontologist/article/50/4/443/743504>

This article discusses a holistic theoretical framework which incorporates the complex factors which influence mobility. (OPEN ACCESS)

Re-framing Mobility in Older Adults: An Adapted Comprehensive Conceptual Framework

<https://www.tandfonline.com/doi/abs/10.1080/2159676X.2019.1575269?journalCode=rqrs21#.XGA5YRXeRKs.twitter>

In this article, the authors present an adapted mobility framework which acknowledges subjective and temporal elements in order to create a comprehensive conceptualization of mobility. (PAID ACCESS)

“These few Blocks, These are my Village”: The Physical Activity and Mobility of Foreign-Born Older Adults

<https://doi.org/10.1093/geront/gnz005>

The authors discussed factors which facilitated physical activity among foreign born older adults and how gender, culture and personal biography affect physical activity and mobility. (OPEN ACCESS)

Measuring Activity Limitations Within the National Health and Aging Trends Study (NHATS)

<https://academic.oup.com/gerontologist/article/60/1/e11/5393623>

This study sought to better understand the disablement process among older adults. The authors used contemporary measurement methods to improve upon the methodologies for characterizing activity limitations within National Health and Aging Trends Study (NHATS). (OPEN ACCESS)

Measurement of the Severity of Disability in Community-Dwelling Adults and Older Adults: Interval-Level Measures for Accurate Comparisons in Large Survey Data Sets

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5020766/>

This cross-sectional population-based study sought to create a single metric of disability to be used for comparing disability severity levels across groups and countries. (OPEN ACCESS)

Aging with Long-Term Mobility Impairment: Maintaining Activities of Daily Living via Selection, Optimization, and Compensation

<https://doi.org/10.1093/geront/gnx186>

This study employed a qualitative description design to explore the perceptions of how and why select activities of daily living (ADL) and instrumental activities of daily living (IADLs) as they face age-related changes in addition to a pre-existing mobility impairment. (OPEN ACCESS)

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Accessible Home Environments for People with Functional Limitations: A Systematic Review <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4997512/>

The aim of this review was to evaluate the health and social effects of accessible home environments for people with functional limitations, in order to provide evidence to promote well-informed decision making for policy guideline development and choices about public health interventions. (OPEN ACCESS)

Mobility Disability in Older Adults: At the Intersection of People and Places <https://doi.org/10.1093/geront/gnu094>

This study examines whether specific types of neighborhood characteristics moderate the association between mobility disability and poor lower body function in older adults. (OPEN ACCESS)

Research Gaps in the Demography of Aging with Disability <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3901947/>

This paper summarized seven major research gaps identified and the importance of bridging those gaps. (OPEN ACCESS)

Adaptive Strategies and Person-Environment Fit among Functionally Limited Older Adults Aging in Place: A Mixed Methods Approach <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4586717/>

This study aimed to explore the accessibility and usability of the home environment to further understand adaptive environmental behaviours. (OPEN ACCESS)

Resilience Predicts Functional Outcomes in People Aging with Disability: A Longitudinal Investigation <https://www.sciencedirect.com/science/article/pii/S0003999315002130?via%3Dihub>

The objective of this longitudinal study was to investigate the links between resilience and depressive symptoms, social functioning, and physical functioning in people aging with disability, to see the effects of resilience on changes in functional outcomes over time. (OPEN ACCESS)

Aging, the Central Nervous System, and Mobility in Older Adults: Neural Mechanisms of Mobility Impairment <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4643615/>

This article discusses the priorities identified for future research on aging, the CNS and mobility. (OPEN ACCESS)

Depressive Symptoms Among Older Adults who do not Drive: Association with Mobility Resources and Perceived Transportation Barriers <https://doi.org/10.1093/geront/gnu116>

The purpose of this study was to examine alternative means of mobility that non-driving older adults rely on and their impact on well-being. (OPEN ACCESS)

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Effects of Virtual Reality Training (Exergaming) Compared to Alternative Exercise Training and Passive Control on Standing Balance and Functional Mobility in Healthy Community-Dwelling Seniors: A Meta-Analytical Review

<https://link.springer.com/article/10.1007%2Fs40279-016-0485-1>

The purpose of this review was to examine and classify the effects of virtual reality training on fall-risk relevant balance performance and functional mobility compared to alternative training and an inactive control condition in health older adults. (OPEN ACCESS)

Cognitive Remediation to Enhance Mobility in Older Adults: The CREM Study

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5134757/>

The CREM study was a single-blind randomized control trial to examine the effect of computerized cognitive remediation versus computer-based health education training on mobility in 420 seniors. (OPEN ACCESS)

Association Between Serum Vitamin D Status and Functional Mobility in Memory Clinic Patients Aged 65 Years and Older

<https://www.karger.com/Article/Abstract/355667>

The authors conducted a cross-sectional study of outpatient seniors in a memory clinic to determine the association between serum 25-hydroxyvitamin D status and functional mobility. (OPEN ACCESS)

Giving up the Keys: How Driving Cessation Affects Engagement in Later Life

<https://doi.org/10.1093/geront/gnt037>

This study examined the impact of driving cessation on older adults' productive and social engagement and whether their mental and physical health mediated this relationship. (OPEN ACCESS)

Dog Walking, the Human – Animal Bond and Older Adults' Physical Health

<https://doi.org/10.1093/geront/gnw051>

This study explored the associations between dog ownership and pet bonding with walking behaviour and health outcomes in older adults. (OPEN ACCESS)

A Systematic Review of Thirty-One Assessment Tests to Evaluate Mobility in Older Adults

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6610744/>

This systematic review aims to identify all applicable elderly mobility assessment tests and show their measurement properties with as much detail as possible. (OPEN ACCESS)

Validation of a Modified Life-Space Assessment in Multimorbid Older Persons With Cognitive Impairment

<https://doi.org/10.1093/geront/gnx214>

The objective of the study described was to investigate the validity, reliability, sensitivity to change and feasibility of a modified University of Alabama at Birmingham Study of Aging Life-Space Assessment (UAB-LSA) in older persons with cognitive impairment. (OPEN ACCESS)

Later-Life Disability in Environmental Context: Why Living Arrangements Matter

<https://academic.oup.com/gerontologist/article/58/5/853/3097907>

This study investigates the risk of older adults' disability progression by type of living arrangement (e.g., household composition, housing type) and whether the relationship varies by socioeconomic status. (OPEN ACCESS)

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Aging in Context: Individual and Environmental Pathways to Aging-Friendly Communities <https://academic.oup.com/gerontologist/article/57/4/606/3778259>

This paper examines the intersections between aging processes and their environmental context, develops theory regarding constructive developmental processes and their environmental context, and considers potential implications for conceptualizing and creating aging-friendly communities. (OPEN ACCESS)

Life-Space Mobility and Quality of Life in Community-Dwelling Older People <https://onlinelibrary.wiley.com/doi/full/10.1111/jgs.12473>

The objective of this study was to examine the association between life-space mobility and different domains of quality of life in community-dwelling older adults. (OPEN ACCESS)

Functional Status, Life-Space Mobility, and Quality of Life: A Longitudinal Mediation Analysis <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3618999/>

The purpose of this study was to assess whether the relationship between functional status and health related quality of life is mediated by mobility in older adults. (OPEN ACCESS)

Do Performance Measures of Strength, Balance, and Mobility Predict Quality of Life and Community Reintegration After Stroke?

<https://www.sciencedirect.com/science/article/pii/S0003999318300017?via%3Dihub>

The authors sought to investigate the extent to which physical performance measures of strength, balance and mobility taken at discharge from inpatient stroke rehabilitation can predict health related quality of life and community reintegration after 6 months. (OPEN ACCESS)

Mobility and Quality of Life After Discharge From a Clinical Geriatric Setting Focused on Gender and Age <https://onlinelibrary.wiley.com/doi/full/10.1002/rnj.117>

This prospective longitudinal study was conducted to assess the long-term functional status and quality of life of older adults with functional mobility impairment. (OPEN ACCESS)

Ecological Gait as a Fall Indicator in Older Adults: A Systematic Review

<https://academic.oup.com/gerontologist/advance-article/doi/10.1093/geront/gnz113/5557851?searchresult=1>

The authors conducted a systematic review to study the correlation between standardized assessments and ecological gait measures, comparing their ability to identify fall risk and predict prospective falls. (OPEN ACCESS)

Older Adults' Perceptions of Mobility: A Metasynthesis of Qualitative Studies

<https://doi.org/10.1093/geront/gnu014>

The purpose of the study described was to better understand older adults' perceptions of mobility and mobility preservation. (OPEN ACCESS)

Managing Mobility Outcomes in Vulnerable Seniors (MMOVeS): A Randomized Controlled Pilot Study <https://doi.org/10.1177%2F0269215517705941>

This randomized pilot study sought to estimate feasibility and potential for efficacy of an individualized, exercise-focused, self-management program in comparison to exercise information in improving mobility after six months among seniors recently discharged from hospital. (OPEN ACCESS)