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Active Ageing in community dwelling elderly:
The link between Mobility and Activities of Daily Living
Results from a Survey in Flanders

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Introduction
Population Ageing

- Worldwide phenomenon

- Additional years: new opportunities and contributions
  - Health **‼**

(WHO, 2015)

Introduction
Active Ageing (1)

- WHO (2001)
  - Optimization Opportunities
  - Health, participation and security
  - Quality of life

- Effect:
  - physical, social and mental well-being
  - participation
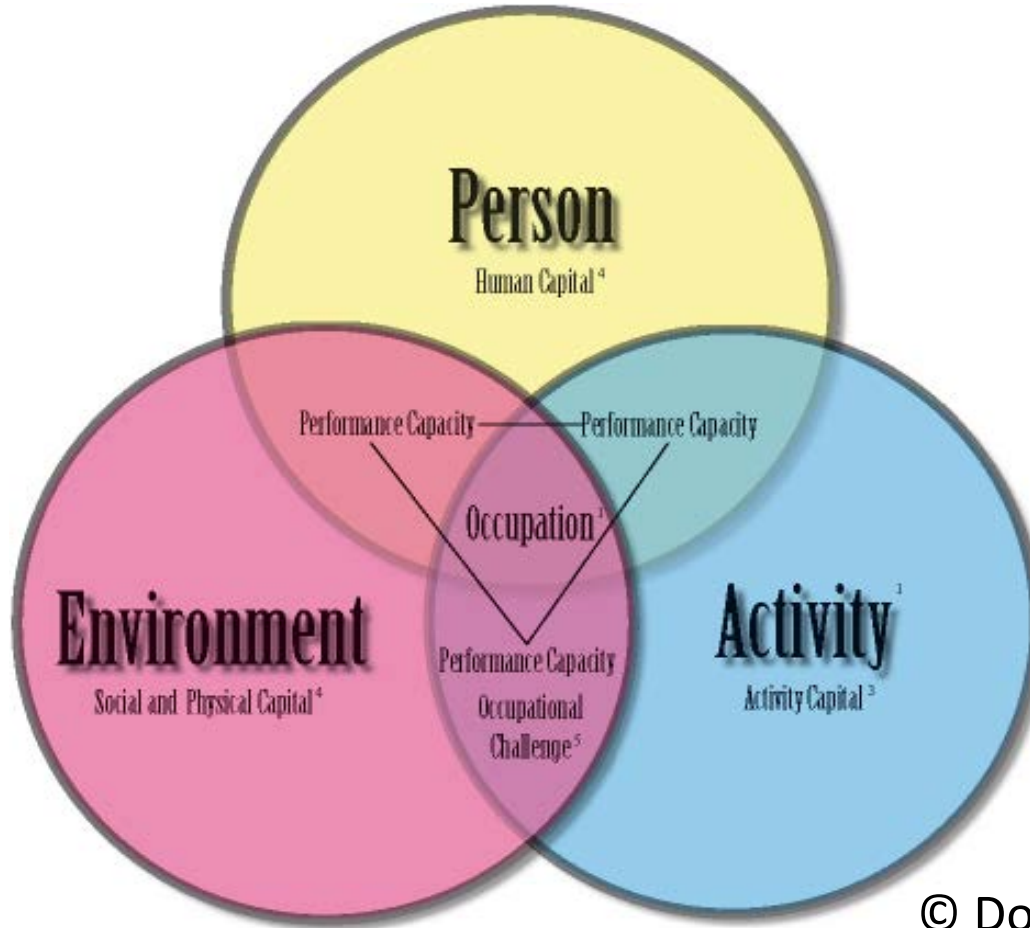
Introduction
Active Ageing (2)

- 'Active'
    - Physical ability
    - Continuing participation

- (Meaningful) activities **‼**

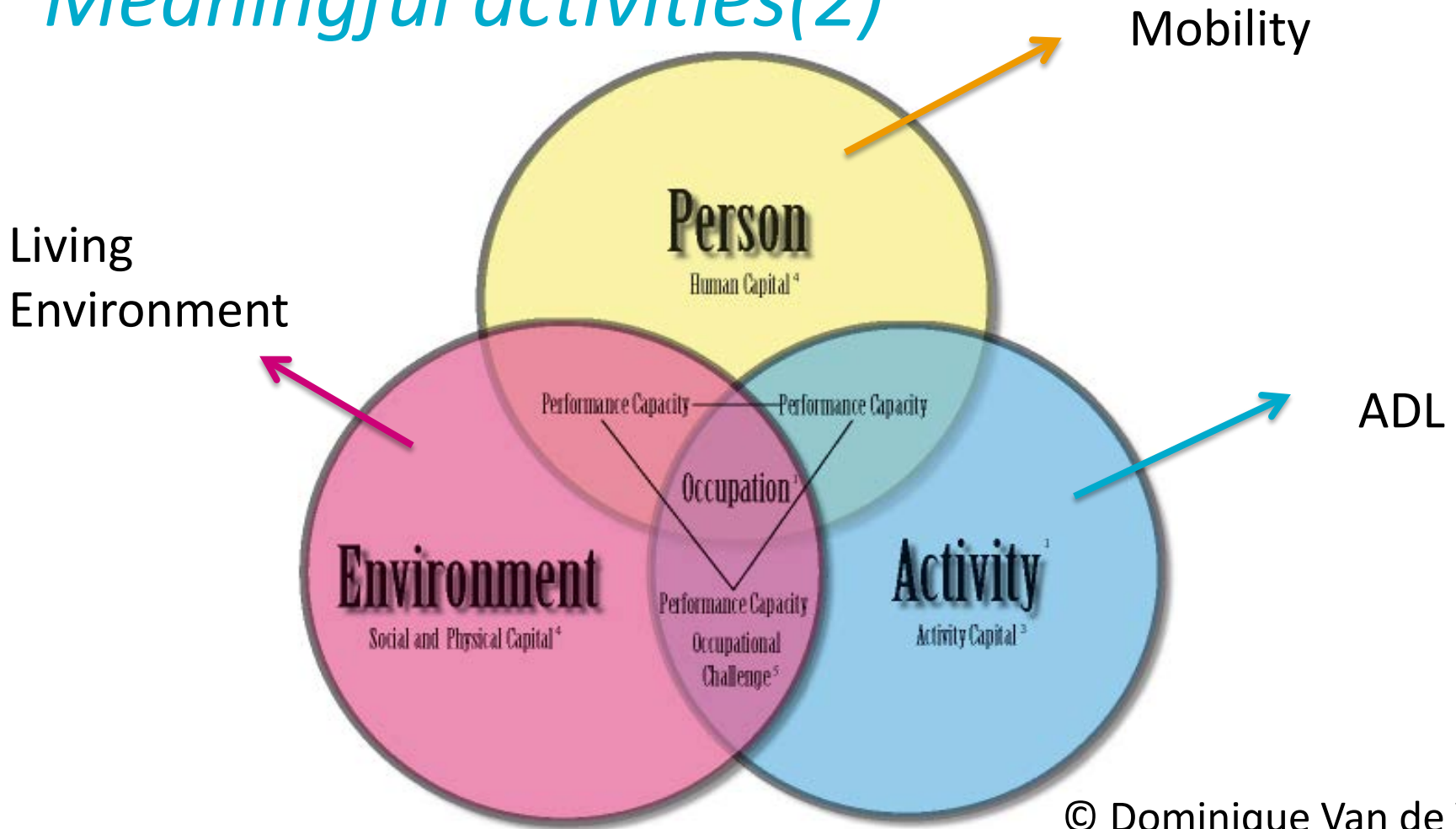Never too old to...

... be young at heart

... share our experience   ... join forces   ... live life to the full

(WHO, 2002)

Introduction
Meaningful activities (1)

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Introduction
Meaningful activities(2)

Mobility

Living
Environment

ADL

Person
Human Capital [4]

Performance Capacity — Performance Capacity

Occupation [1]

Environment
Social and Physical Capital [4]

Performance Capacity
Occupational
Challenge [5]

Activity [1]
Activity Capital [3]

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Introduction
basic-ADL

Introduction
instrumental-ADL

Introduction
advanced-ADL

Research question

What's the link between Mobility and Activities of Daily Living (ADL) for community dwelling elderly?

Method
Design

- Quantitative study

- Explorative research

- Cross-sectional survey research

Method
Data collection: general

- Semi-structured survey
  - Interviewer: student
  - Face to face

- Survey guide

- Duration: ± 45 minutes

Method
Data collection: assessment (1)

- Mini-Mental State Examination (MMSE) (Folstein, 1975)

  - *Focus:* screening cognitive impairment

  - *Score:* … / 30

- Elderly Mobility Scale (EMS) (Smith, 1994)

  - *Focus:* mobility limitations

  - *Score:* …/ 20

Method
Data collection: assessment (2)

- Brussels Integrated ADL (BIA) (De Vriendt, 2012; 2013; 2015)

  - *Focus*: b-, i- and a- ADL

  - *Score:*

    - 0: independent

    - 1: mild limitation

    - 2: moderate limitation

    - 3: severe limitation

    - 4: dependent

Method
Sample group (1)

- 161 research persons
  - Criterion sampling

Inclusion criteria
Age: >70
MMSE-score: ≥18
Community dwelling

Method
Sample group (2)

Demography	Research persons (n= 161)
Sex • Male (n) • Female (n)	 46 115
Age • Mean (min – max) • Minimum • Maximum	 77, 83 70 93
Marital status • Married (n) • Divorced (n) • Widow (n) • Otherwise (n)	 95 5 60 1

Method
Sample group (3)

Demography	Research persons (n= 161)
Education • Primary education (n) • High school diploma (n) • College degree (n) • University degree (n)	48 101 11 1
Health satisfaction • Mean • Minimum • Maximum	2,88 1 5

Method
Sample group (4)

Demography	Research persons (n= 161)
Walking aids indoors • Yes • No	8.7 % 91.3 %
Walking aids outdoors • Yes • No	16.1 % 83.9 %
Professional help • Yes • No	48 % 52 %
MMSE Mean (min – max)	27.68 (23.00 – 30. 00)

Results (1)
Central Tendency and Dispersion

EMS	
Mean	18.83
Minimum	12.00
Maximum	20.00
Stand. Dev.	2.34

Results (2)
Central Tendency and Dispersion

BiA b-ADL	
Mean	0.89
Minimum	0.00
Maximum	9.00
Stand. Dev.	1.67

Results (3)
Central Tendency and Dispersion

BiA i-ADL	
Mean	4.23
Minimum	0.00
Maximum	25.00
Stand. Dev.	5.16

Results (4)
Correlations

- EMS and b-ADL/i-ADL
  - ⬇ mobility ⬆ ADL- limitation

- b-ADL and i-ADL
  - ⬇ b-ADL-performance ⬇ i-ADL-performance

Discussion (1)
Social Relevance

<u>Now:</u> Physical-activity programs (without ADL)

- ' Growing Stronger ' (CDC, 2014)
- ' Evidence based Physical Activity ' (EUNAAPA, 2014)

<u>Need</u>: mobility-based programs that include ADL

<u>Need</u>: participation improving

- ' Global Age Friendly Cities ' (WHO, 2007)

Discussion (2)
Research-related aspects

Strength	Weakness
Standardized protocol	Not the same capabilities of interviewers
Living environment	Some elderly not reached
Reach: 161 elderly	Duration of evaluation
Highly including	

Discussion (3)
Further research

- Better socio-economic scatter

- Map out obstructive elements

Conclusion

Thanks for your attention