

Physical performance and activity in old age in the context of daily life

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Physical performance is typically measured in research laboratories. The measurement procedures and the testing environment are highly standardized. However, real life activities are not performed in stable environments. In older adults, with declining sensory, cognitive and physical function, navigating the environment may pose additional challenges and prevent one from employing their full physical capacity during movement. Assessing performance in a less controlled environment, such as the home setting, may thus be more reflective of daily life. Furthermore, behavior results from person-environment interactions, thus in addition to physical performance, environmental factors and perceptions thereof are important aspects to consider when studying behaviors such as physical activity. Combining different types of data helps to better understand activity behavior, especially among those with more limited function. In this presentation, I will discuss different research methodologies, including measurements and technologies applied in the home setting as well as questionnaires and open data. Combining different types of data helps to provide a more comprehensive picture of behavior and its underlying factors.