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LIFE-SPACE MOBILITY, ACTIVE AGEING AND QUALITY OF LIFE

No conflicts of interest

European Research Council
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ACADEMY OF FINLAND

- Active ageing is the most commonly used term in positive gerontology
- World Health Organization (WHO) defined active ageing in 2002 as a policy goal.
- How is this policy reflected at micro level? Individuals?

"Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age"…"These policies and programmes should be based on the rights, needs, preferences and capacities of older people."

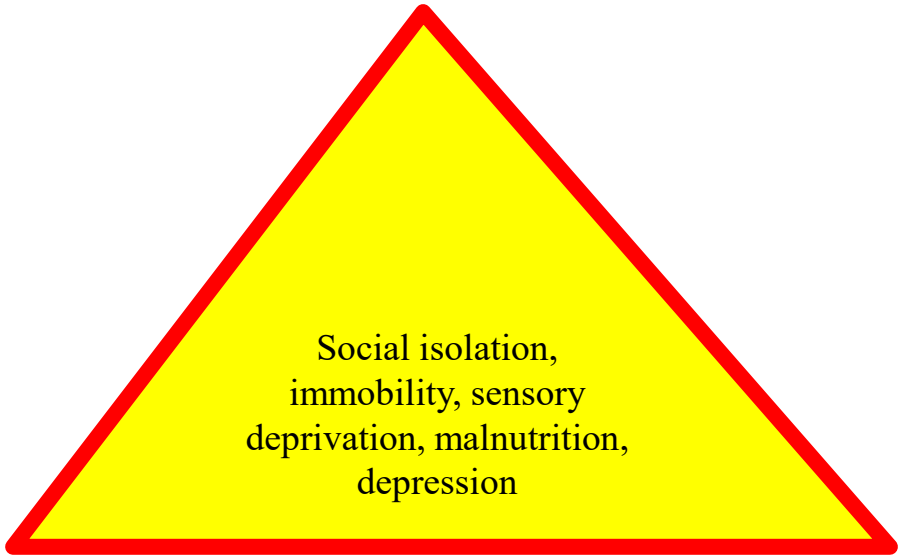
Active ageing of individuals is the striving for activity as per one's goals, abilities and opportunities.

(Rantanen et al JAH 2018)

Physical disability and social interaction: factors associated with low social contact and home confinement in disabled older women (The Women's Health and Aging Study)

Simonsick et al. J Gerontol B Psychol Sci Soc Sci. 1998;53:S209-17.

- 1002 disabled older women
- In a typical week 23% did not meet anybody outside their own family and 17% did not leave their home



J Am Geriatr Soc. 2005;53(2):198-203.

Just Get Out the Door! Importance of Walking Outside the Home for Maintaining Mobility: Findings from the Women's Health and Aging Study

Eleanor M. Simonsick, PhD,[*†] Jack M. Guralnik, MD, PhD,[‡] Stefano Volpato, MD, MPH,[‡§] Jennifer Balfour, PhD,[‡‖] and Linda P. Fried, MD, MPH[§]*

- N=600, 65 + years, women, 1-year follow-up
- Regular, even minor walking, maintained walking ability
- Those who walked 8 blocks a week were twice as likely to maintain ability to walk than those who walked less.

Safe mobility

Optimal mobility, defined simply as being able to safely and reliably go where you want to go, when you want to go, and how you want to get there, is a key component of healthy aging. Mobility refers to movement in all of its forms, including basic ambulation, transferring from a bed to a chair, walking for leisure and the completion of daily tasks, engaging in activities associated with work and play, exercising, driving a car, and using various forms of public transport.

(Satariano et al. 2012, Am J Publ Health)

Life-Space Mobility in Older People

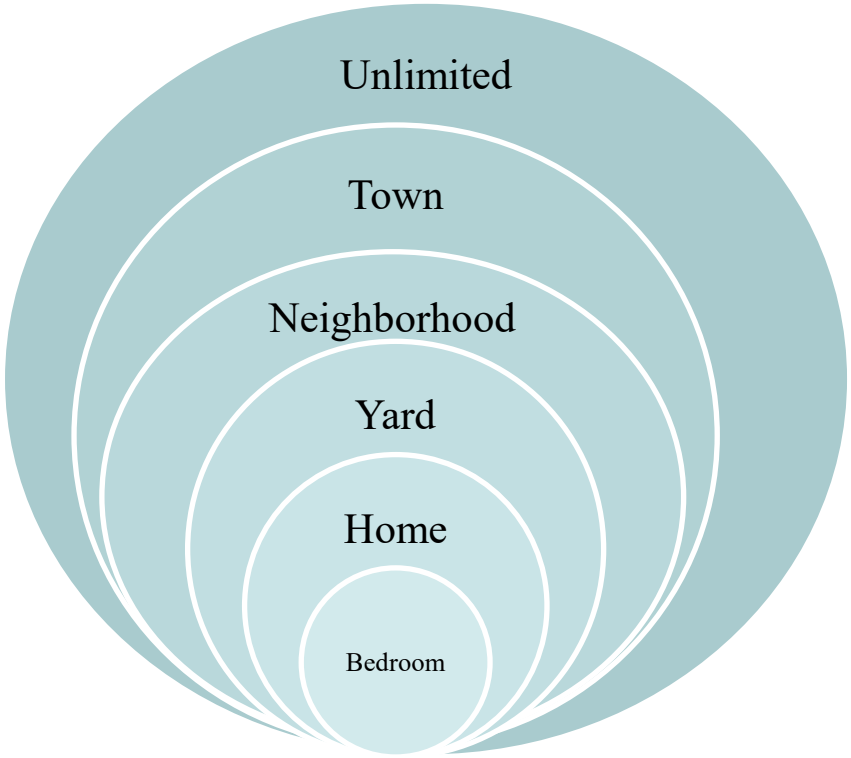
Life space - an area where a person moves

Life space mobility – frequency of moving and need for assistance when moving through the spatial areas

Describes opportunities for participation and access to community amenities

Life-Space assessment

Levels



Life space score 0-120

- 20 items about mobility
- 4 previous weeks
- Way and frequency of travel at each life space level
- Need of assistance

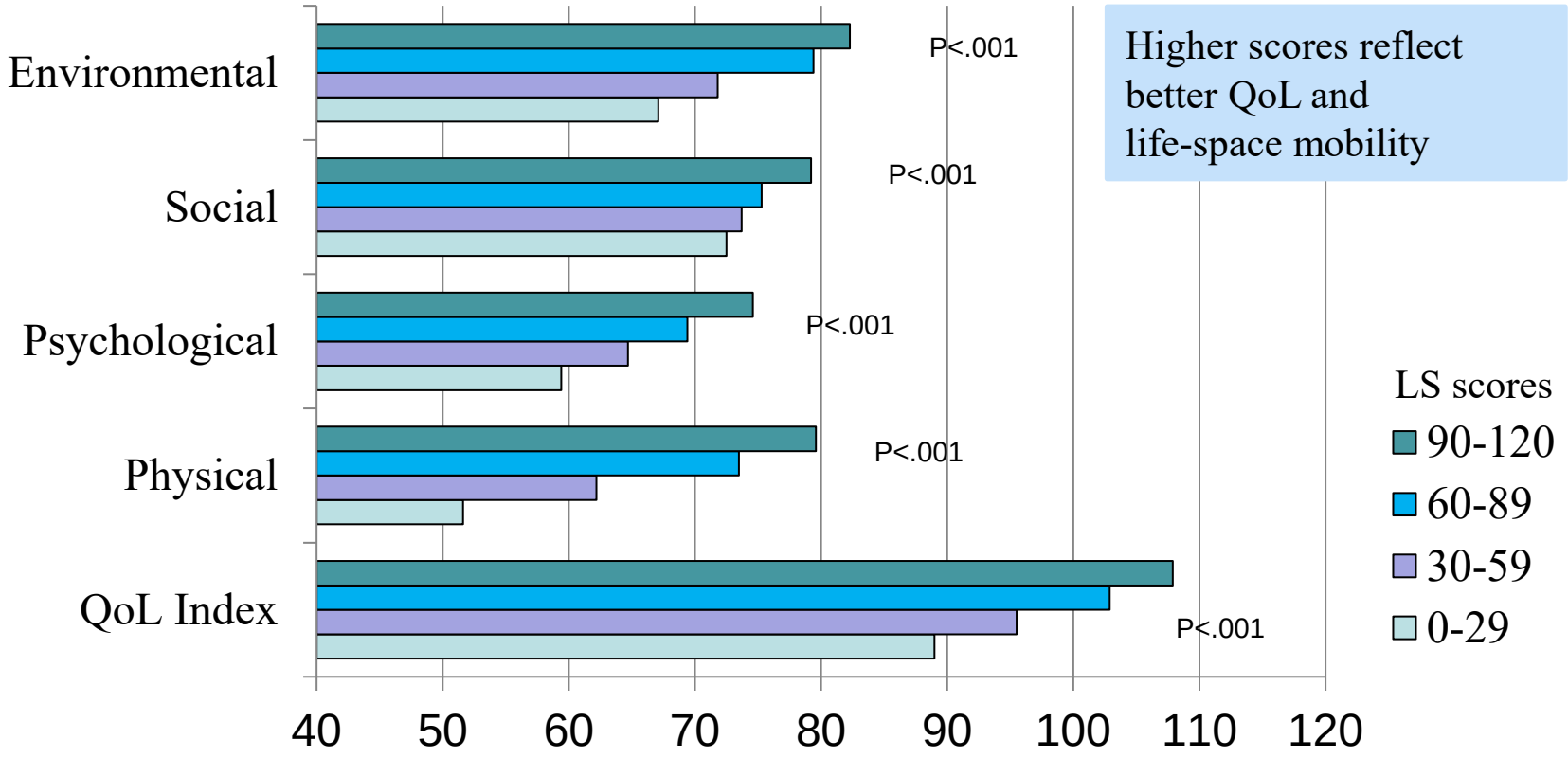
(Baker et al. 2003)

Life-Space Mobility and Quality of Life

(WHO-QOLBREF)

(n=848)

QoL domains



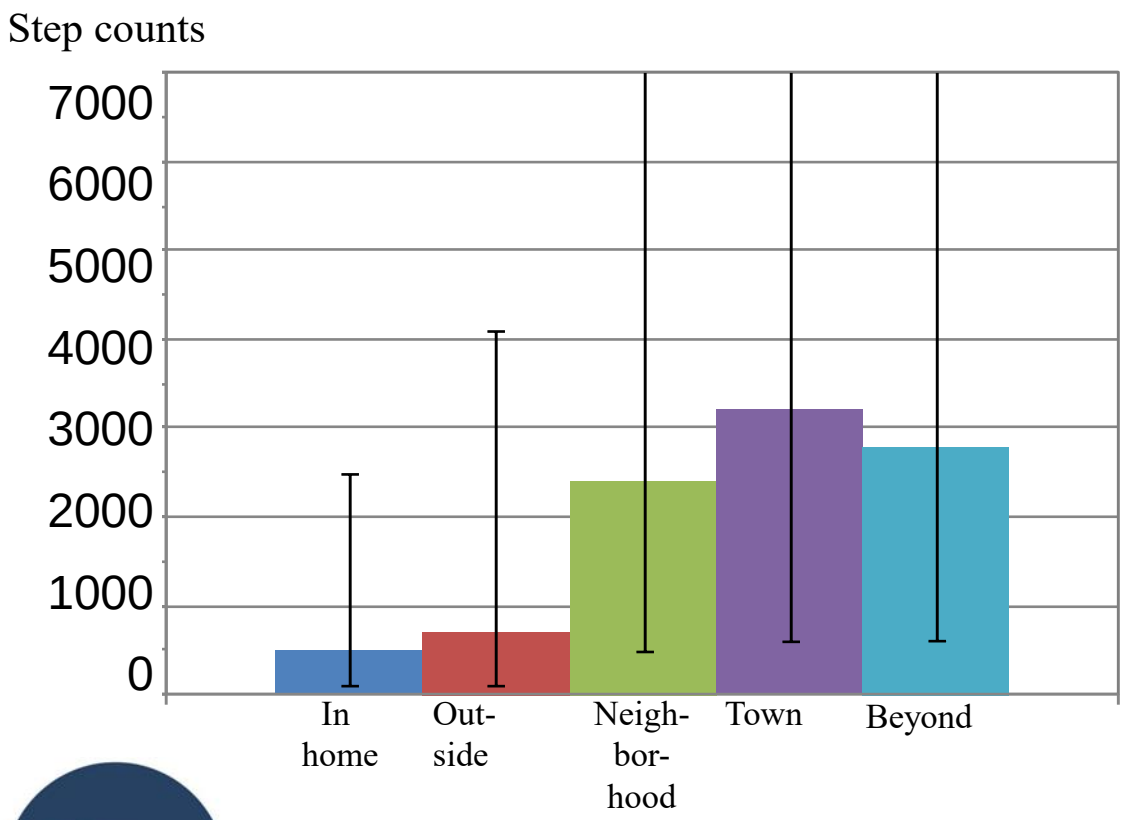
Over 2-years, those whose life-space declined, had more decline in QOL (Group*time interaction p=.004.)

Rantakokko ym.
JAGS 2013;
Qual Life Res. 2016

Physical Activity in the Life-Space

(Portegijs et al. PLoS One. 2015;10(8):e0135308

PA increases when a person goes outdoors and moves further away from the home



During days when older people did not leave their homes, 70% of them spent three minutes or less in physical activity assessed with an accelerometer

The most common reasons for going outdoors

- shopping,
- walking for exercise
- social visits
- running errands.

(Tsai LT et al. J Aging Phys Act 2016)

What do older people want to do?

- Little earlier research on personal goals in old age.
- Goals are highly individualized states that people strive to achieve or avoid in the future (Freund and Riediger, 2006).
- People often act according to their personal goals (Deci and Ryan, 2000).
- Older people's goals are affected by their health and functional limitations (Lawton et al., 2002 ; Saajanaho et al., 2014).

- People are often inherently aiming to promote their wellbeing through their own activity
- Activity refers to
  - the condition in which things are happening or being done.
  - a thing that a person or group does or has done.

Categories of personal goals of 75-90-year-old people

The more people reported goals the larger was their life-space

Goals related to maintaining health, social relationships, exercise, activities at home, helping others, or travelling increased the probability of higher life space mobility

Personal goal category	Example	% (*n*) reporting
Maintaining health	"To stay healthy"	32 (263)
Maintaining functioning	"To maintain functional ability"	20 (165)
Activeness in daily life	"Going outside everyday"	16 (133)
Travel/summer cottage	"To travel to some place warm"	15 (124)
Family	"To visit children"	14 (119)
Independent living	"To be able to take care of myself and my home"	15 (124)
Hobbies at home	"To do handicrafts"	14 (111)
Exercise	"To exercise more"	10 (85)
Meeting other people	"Spending time with friends"	13 (107)
Life as it is	"That life would stay as it is"	9 (76)
Healthy lifestyle	"Living healthy"	8 (68)
Participation in social events	"To participate in war veterans' events"	6 (48)
Helping others	"To support children in their lives"	6 (48)
Other's health and well-being	"Good future for our grandchildren"	6 (45)
Mental health	"To stay mentally alert"	5 (38)
Recovery/Managing illnesses	"That cancer treatment would work"	5 (38)
Improving functioning	"To be able to walk	4 (34)

Saajanaho M et al. 2015. Prev Med.

***University of Jyväskylä Active Ageing Scale* (UJACAS)** items according to activities and participation categories (WHO; ICF).

Learning and applying knowledge	Practicing memory; Using computer
General tasks and demands	Advancing matters in own life
Mobility	Exercising; Enjoying the outdoors
Self-care	Taking care of appearance
Domestic life	Crafting or DIY; Making home cozy and pleasant
Interpersonal interactions	Helping others; Maintaining friendships; Getting to know new people
Major life areas	Balancing pers. economics; Making one's days interesting
Community, social and civic life	Practicing artistic hobbies like singing or painting; Participating in events; Advancing societal matters; Doing things according to one's conviction or world view

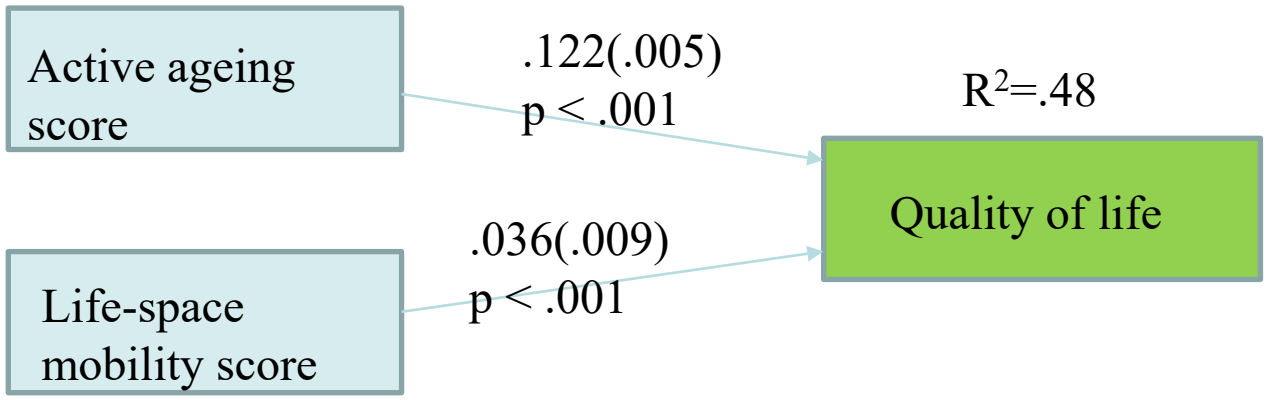
Dimensions

Goals: *"During the previous four weeks, I have wanted to…"*
Activity: *"During the previous four weeks, I did…"*
Ability: *"During the previous four weeks, I have or would have been able to…"*
Autonomy: *"During the previous four weeks, my opportunity to…"*

17 items, 4 dimensions, 5-point likert scale, range 0-272 (higher=better)

(Rantanen et al. 2018, JAH)

Active ageing score and life-space mobility score explain almost half of individual differences in quality of life



Rantanen T et al, 2020 J Gerontol Med Sci)

Wellbeing

- Ideas or concepts differ between disciplines.
- In ageing research wellbeing may refer to

  a. Absence of ill-being

  b. Something (anything) positive

  c. Health, wealth, perceived condition, social belonging, happiness, contentment, functional ability, quality of life, etc.

  c. Something that is a result of positive functioning, such as purposeful engagement in life, realization of personal talents and capacities, living according to one's values, and enlightened self-knowledge (Ryff C)

Active Ageing Agnes Study

Acknowledgements: AGNES research team