Mobility and Well-being in Old Age

This study, using focus group material, explored how independent mobility and personal wellbeing in old age are interconnected and which elements of mobility are the most essential for well-being by examining the way seniors talk about mobility and adapting to age-related mobility restrictions. There were 3 main outcomes. First, the physical aspects of mobility were a strong frame of reference in the discussions. Second, independent mobility was closely tied to the everyday life practices and ways to perform one's personal lifestyle(s). Third, the obstacles to independent mobility were to be overcome by both mental and technical compensation.

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