



Public Health
Agency of Canada

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LABARGE CENTRE FOR MOBILITY IN AGING



DIXON



Aging, Community
and Health
RESEARCH UNIT



Are you 55+ and interested in social and community connections, physical activity and healthy eating? If the answer is yes, we have a unique opportunity for you!

Participate in a research study about mobility and healthy aging!

Who can participate?

- Older adults (55 years of age and older) living in one of the following communities:
 - Downtown Hamilton (Dundurn, Strathcona, Durand, Corktown, Stinson)
 - East Hamilton/Stoney Creek (Riverdale West, Corman, Kentley)
 - Central Hamilton Mountain (Burkholme, Macassa)
 - Mid-East Toronto – Dixon Hall (Cabbagetown, Regent Park)

What's in it for me?

- An opportunity to learn and help others in your community.
- An opportunity to help researchers learn about the best ways to deliver a program to meet the needs of the older adults and enhance mobility.
- You will receive one \$25 gift cards for each interview completed, for a maximum of three gift cards.

What is this study about?

- Getting out socially and moving about physically can help maintain independence and quality of life for adults 55 years of age and older.
- Community programs designed to support these activities may be highly effective, but they may not be available or easily accessed.
- Some older adults also face difficulties with getting around in their home and/or neighbourhood. These challenges make it difficult for them to participate in community programs. We want to learn about how to best help older adults overcome some of their challenges.
- Studies show that the most effective and enjoyable community programs are designed with the input of participants. The EMBOLDEN study program described below was designed in partnership with older adults who live in your community.

What is the purpose of the study?

- The purpose of this study is to learn if participating in a healthy aging program designed with older adults can improve physical activity, social participation and access to existing community services compared to not participating in the program.

What is required of me?

- You will be asked to participate in three 1-1.5-hour study interviews over 6 months
- We will ask you questions about yourself (e.g., your gender, date of birth, marital status, education, income, living arrangements, etc.), as well as questions about your mobility, physical and mental health, your quality of life, eating and nutrition habits and your use of health care and community services
- You will be asked to wear an accelerometer, which is a small research device that looks like a watch. You will wear this device on your wrist to measure your daily activity for 7 days at the start of the study, at 3 months, and at 6 months.
- You **may** be asked to participate in a weekly small-group program for 3 months which includes a combination of physical movement, healthy eating, social activities, and connecting with community programs of interest.

Where do I have to go?

- All study visits and activities will occur remotely from your home either through telephone calls or using virtual videoconference system (i.e., Zoom). The choice of using the telephone or Zoom is up to you.
- If you need some support with learning how to connect by Zoom, we will provide this for you.

What if I don't have a computer/tablet or access to the internet?

- We can provide a device for you to use while you participate in the study. You will then be asked to return this device at the end of the study.
- We will also help you to get connected and support you throughout the study.

For more information, please contact	
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Resources for more information:

<https://emboldenstudy.mcmaster.ca>

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