

Understanding older adults' experiences & perceptions of living well

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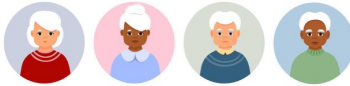
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Why do we need to understand what healthy ageing entails?

- Global health priority
- Individuals ascribe social meanings to ageing
- Cultural expectations and social contexts
- Need to understand how older adults experience and create meanings



What did we do?

- Focus group discussions
- 20 older adults (mean age: 75.4 y/o)
- 9 female, 11 male
- Living in Brisbane



1. What does healthy ageing mean to you?

2. What kind of activities do you participate in your day-to-day life to live well?

3. What kind of support, advice or services has helped you live well?

Experiences & perceptions of living well?

1. Living to full potential

2. Diversity in activities & routines

3. Participation in activities & groups

4. Keeping the momentum

5. Changing body, changing world

What can we take away?

- **Meaning of healthy ageing resonates with existing literature**
Remaining active, keeping busy, doing things that they wish to do
- **Intrinsic influences**
Sense of purpose, meaning, understanding impact of choices, action planning
- **Extrinsic influences**
Reflections of others' experiences of ageing
- **Multiprong approach to support healthy ageing –**
compensation (adaptation) + empowerment + behaviour change techniques



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