

# PP: HEALTH & SELF ESTEEM

## Perceptions of older adults about the influence of physical activity on aging-in-place

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**Purpose** Gerontechnology helps to monitor and manage the health behaviors of the elderly, helping them to remain socially, mentally and physically active in different places and spaces, as it brings them closer to various technological resources and other people, making them more active and integrated into society. Currently, a variety of technological tools encourage and assist in the practice of physical activity, favoring longevity and long-term health. This study aims to describe the perceptions of a group of older adults about how physical activity can influence ageing in place. **Methodology** Exploratory, cross-sectional, qualitative study. 119 community-dwelling elderly people were interviewed based on a structured script with an open-ended question about "what current needs might influence your future?", followed by questions focused on the health and well-being requirements of the home, finances, transportation, and social participation. Thematic content analysis was used to analyze the data. **Results and discussion** The participants were men (23.1%) and women (76.9%), with an average age of 67.7 years, married (51.1%), widowed (24.5%), with more than 10 years of schooling (59.1%), 45.7% retired and 40.4% still working. Of these, 75 have chronic health conditions, such as metabolic, orthopedic, neurological and psychiatric diseases, among others. The participants emphasize that healthy eating, physical activity (PA), sleep and rest, leisure, financial health and adequate housing are the main aspects that influence ageing in the area. Of all those interviewed, 78 participants mentioned the importance of physical activity as a predictor of healthy ageing. In terms of present needs and future prospects, they highlight the importance of PFA as a response to the impacts of chronic diseases on health and functional capacity, given the presence of osteopenia, chronic pain, hypertension, diabetes, among other conditions. The results show that maintaining functional capacity to carry out daily activities and social connections with the community are important pillars for aging in place. Studies involving the practice of physical activity by the elderly have had great resonance in the scientific production of gerontology, demonstrating the alignment of this field of knowledge with strategies for active and healthy aging. Research has focused on the adoption of technology for remote physical activity; on the feasibility, safety and effects of exergames; on the effectiveness of interventions based on digital technologies to promote active ageing; on signal capture and monitoring; on solutions for assisted living environments, as well as important studies related to aging-in-place, mobility in the city and friendly environments, as shown in figure 1. Identifying the aspects related to the practice of physical activity by older adults and how the field of knowledge of gerontology is driven by these demands demonstrates the indisputable relevance of gerontology in the promotion, prevention and maintenance of health to maintain and increase the quality of life in old age, as well as impacting the entire longevity ecosystem.

### References

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Figure 1. Word cloud with research themes in gerontechnology and physical activity practice