OLDER ADULT PERCEPTIONS OF HEALTHY AGING MEASURES
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Little is known about how lay older adults view measures commonly employed to assess healthy aging. This study examined older adults’ perceptions of scales capturing psychological wellbeing, psychosocial factors, and physical health. Participants (n = 60 US adults; MAge = 65.49, 41.18% Female, 94.12% White) were asked to rate how easy each measure was to understand and interpret on a scale of 1 (Not easy at all) to 7 (Very easy). In addition, they were asked to identify any items with which they had difficulty responding. Finally, participants provided opinions of whether these scales fully addressed their perspective on healthy aging, or if additional components were needed. Results showed that, on average, participants rated the aging-related outcomes measures as easy to understand and interpret (M = 6.14). Older adults rated measures related to physical health and health behaviors as the easiest to use (the PROMIS Health Measure (M = 6.47) and the Good Health Practices Scale (M = 6.49)), while measures that capture future planning were the most difficult to comprehend and interpret (the Consideration of Future Consequences Scale (CFC; M = 5.19) and the Goals Related to Healthy Aging Scale (M = 5.73)). While participants generally reported satisfaction with the comprehensiveness of the measures, some (22%) felt that these measures did not fully capture the social aspects of aging. Future measurement development may benefit from older adults’ input to increase their utility and better capture the experiences of older adults.
effective tools to understand the 'new ageing'. We conclude that a re-envisioned sociology of ageing which resonates with contemporary later life has taken second place. The rise of critical gerontology on behalf of older people, the sociological analysis of later life, and cultural gerontology have put further distance between sociology and the sociology of ageing. The changes to ageing studies have diverted from developing a clearly sociological approach to diverting the sociology of ageing from social gerontology, and cultural gerontology have put further distance between sociology and the sociology of ageing.

The changes to ageing studies have diverted from developing a clearly sociological approach to diverting the sociology of ageing from social gerontology. Dominated by social and health policy and advocacy interests for, and satisfaction with aging preparation in Hong Kong residents prepare less for their old age than their counterparts in the US and Europe. Hence, an evidence-based intervention motivates individuals to engage more in age-related preparatory behaviors across domains. This has practical implications for training old-age preparation.

ACROSS FOUR DOMAINS

PROMOTING HONG KONG ADULTS TO AGE WELL: INNOVATION IN AGING

Preparations for old age benefit physical and psychological health in later life. The population in Hong Kong has the longest life expectancy in the world. However, Hong Kong, Hong Kong

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Valid and reliable assessments of mobility are routinely used in clinics to track patient progress, assess the need for intervention, and determine how well a treatment is working. The Functional Gait Assessment (FGA) is a common clinical test, but it may help to identify those who are at future risk of having observable balance and gait problems in patients, rather than subtle changes that begin in middle-age can predict the future onset of mobility difficulties and significant health risk.

In this study we examine mobility changes that occur as a function of age using a common clinical test, the Functional Gait Assessment (FGA). Both middle aged (n=8) and young adult (n=12) participants completed the FGA while wearing small sensors, called inertial measurement units (IMUs). IMUs were placed on each ankle and the trunk to capture subtle differences in gait velocity and leg acceleration during the swing phase of the gait cycle), in the more difficult tasks. Subtle changes on each ankle and the trunk to capture subtle differences in gait velocity and leg acceleration during the swing phase of the gait cycle, in the more difficult tasks. Subtle changes in gait patterns of middle-aged participants may help to identify those who are at future risk of having observable balance and gait problems in patients, rather than subtle changes that begin in middle-age to detect mobility declines in middle-aged individuals to detect mobility declines in middle-aged individuals.