



Rita Chumber

PhD Title: Barriers and Facilitators to Older Adults in Contact with Home Care Services Engaging in Physical Activities

Start Date: 2020

Anticipated End Date: 2025

Supervisors: Diane Seddon, Sion Williams

Funders:

My background

I have worked in the field of health and social care for many years. Working and supporting older adults to live independent lives in their own homes. Many of the older adults were living with Frailty, Parkinson's disease or Dementia. A key factor in my job role was to encourage and support older adults to lead healthy lives and include some sort of daily physical activity to keep them active and interacting in the community. During the past decade I have completed Diplomas in Health and Social Care relating to older adults and Mental Health. I completed my BSc in Health and Social Care in 2019 and continue to support older adults.

My research

My Professional Doctorate aims to identify existing literature relating to recommended physical activity guidelines for older adults who engage in home care services. It will further examine the facilitators and barriers older adults face maintaining physical activities. A empirical study will be conducted to ascertain barriers such as the Covid 19 pandemic and how it has affected older adults and their physical activities. My research will involve collaborating with stakeholders and policy makers throughout the research to provide effective feedback.

Contact

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