

SuPA Mobility: Supporting Physical Activity for Mobility in Mobility-Limited Older Adults

NCT05978336

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of British Columbia
Enrollment	290 participants

Key Eligibility Criteria

Inclusion (7)

- scored $\geq 9/12$ on the SPPB
- are able to complete the 400-m walk in ≤ 15 minutes without sitting or physical assistance from another person or walker (use of cane is acceptable)
- scored $\geq 22/30$ or higher on the Mini-Mental State Examination (MMSE)
- have no significant functional impairment as indicated by a score of $\geq 6/8$ or higher on the Lawton and Brody Instrumental Activities of Daily Living Scale
- are able to safely engage in MVPA as indicated by the PAR-Q+ and by the family or study physician as necessary
- ... and 2 more (see full listing online)

Exclusion (3)

- are diagnosed with dementia or stroke
- self-report engaging in MVPA ≤ 10 minutes per week in the prior 3 months
- are unable to understand, speak, and read English proficiently

Locations (1 total)

Vancouver Coastal Health Research Institute Research Pavilion, Vancouver, British Columbia, Canada