

University of Pittsburgh
Alzheimer's Disease Research Center &
University of Pittsburgh School of Medicine
Continuing Education in the Health Sciences
Topics at Noon Series – Spring 2022
12:00 noon – 1:00 pm

Register in advance for this meeting:

<https://pitt.zoom.us/meeting/register/tJAsdO-uqjopHt1Aom0uSU3xLGBzn-tdt1vJ>

After registering, you will receive a confirmation email containing information about joining the meeting.

May 26, 2022

Skill, Will, and Thrill: The Central Nervous System and Older Adult Mobility

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Mobility issues among older adults are common and costly. While physical activity programs are promising interventions, many do not engage in physical activity, and there is marked variability in how one responds to such programs. This talk will discuss how an individual's cognitive function, motivation, and vitality- that is, one's skill, will, and thrill- are related to older adult mobility. Dr. Sprague will then share some ongoing projects that aim to understand how these factors relate to intervention-related mobility outcomes.

Target Audience: physicians, scientists, psychologists, nurses, social workers, clinical and research trainees and other health and research professionals.

Educational Objectives: By the end of this presentation, attendees will be able to:

1. Describe different behavioral interventions that promote older adult mobility
2. Describe different behavioral interventions that promote older adult mobility
3. Explain the difference between traditional models of successful aging compared to newer resiliency-based models of successful aging.

Faculty Disclosure: In accordance with Accreditation Council for Continuing Medical Education requirements on disclosure, information about relationships of presenters with commercial interests (if any) will be included in materials distributed at the time of the conference. Continuing Medical Education Credit. The University of Pittsburgh School of Medicine is accredited by the ACCME to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 1.0 AMA PRA Category 1 Credits TM. Physicians should only claim credit commensurate with the extent of their participation in the activity. Registration not required. For more information call 412-692-2700.