



FUTURAGE
A ROAD MAP *for* AGEING RESEARCH



FUTURAGE Road Map Launch conference – Brussels, 18 October 2011

Maintaining and Regaining Mental Capacity

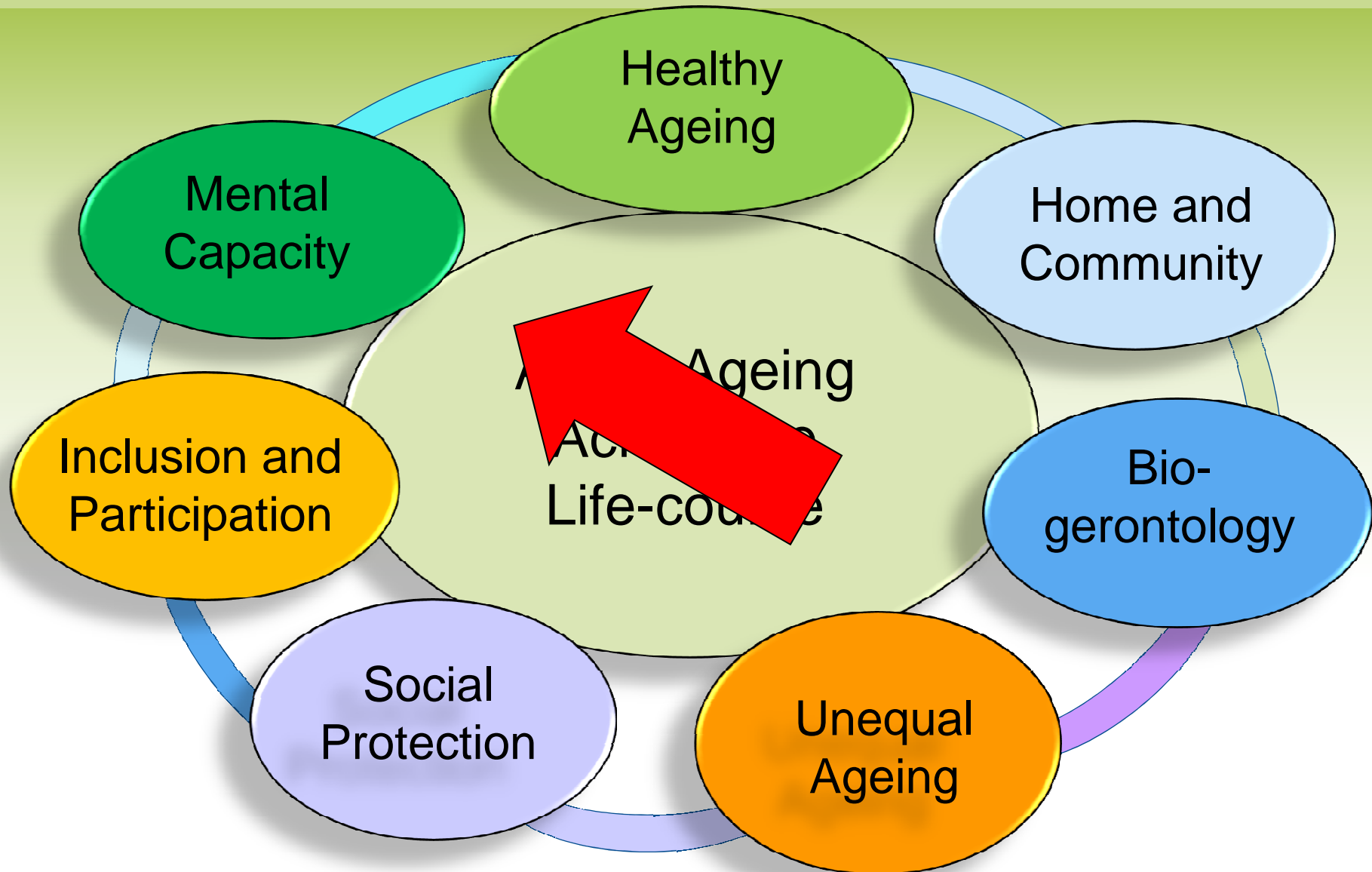
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Ageing Well at Home and in Community Environments

H.-W. Wahl, Heidelberg University

S Iwarsson & T. Svensson, Lund University

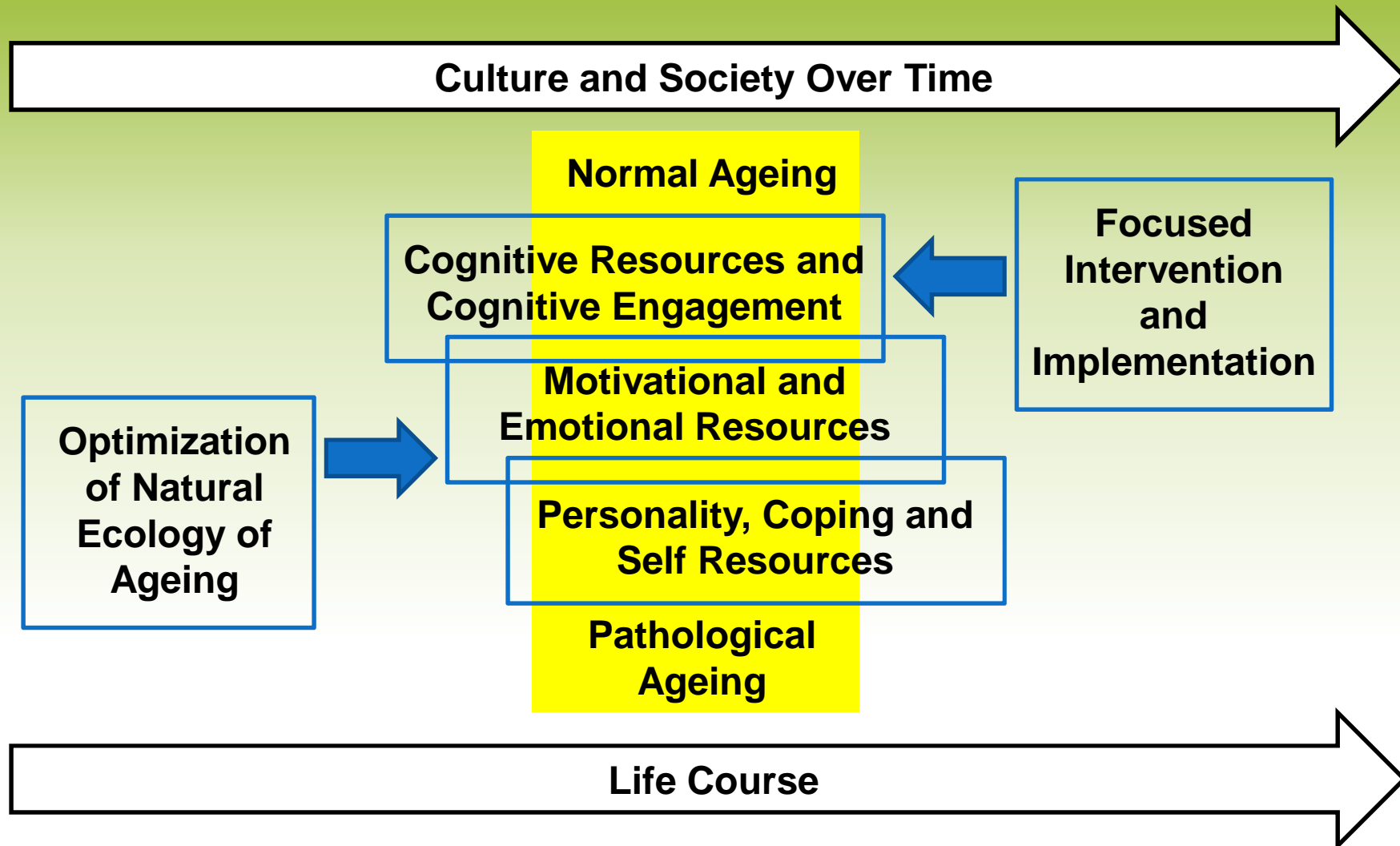
RESEARCH PRIORITY THEMES



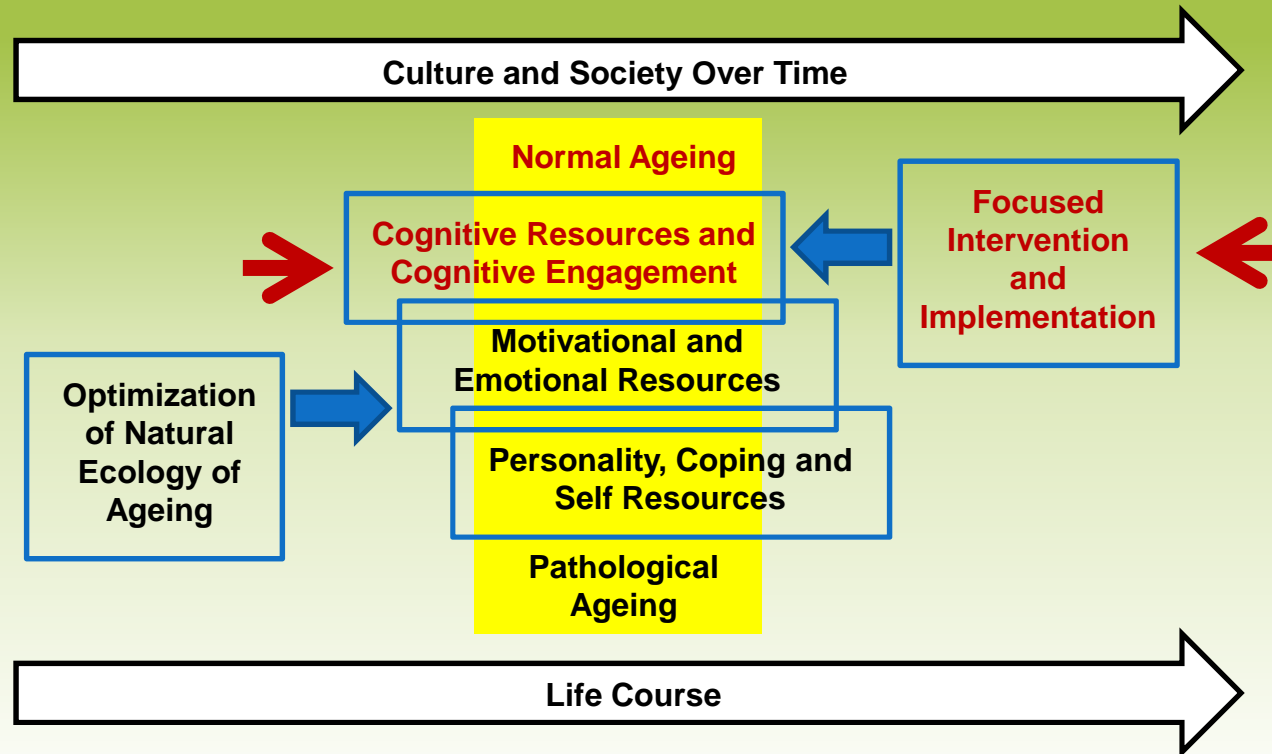
Mental Capacity

- *Collection of abilities and behaviours that ageing individuals possess and apply to aligning their lives most closely to their needs*
- *Older individuals sharing their competencies, life experiences and world views with others (particularly the younger generations)*
- *Wide understanding of mental capacity as an integrative concept (cognitive abilities, motivation and emotion, personality and the ageing self)*

Maintaining and Regaining Mental Capacity

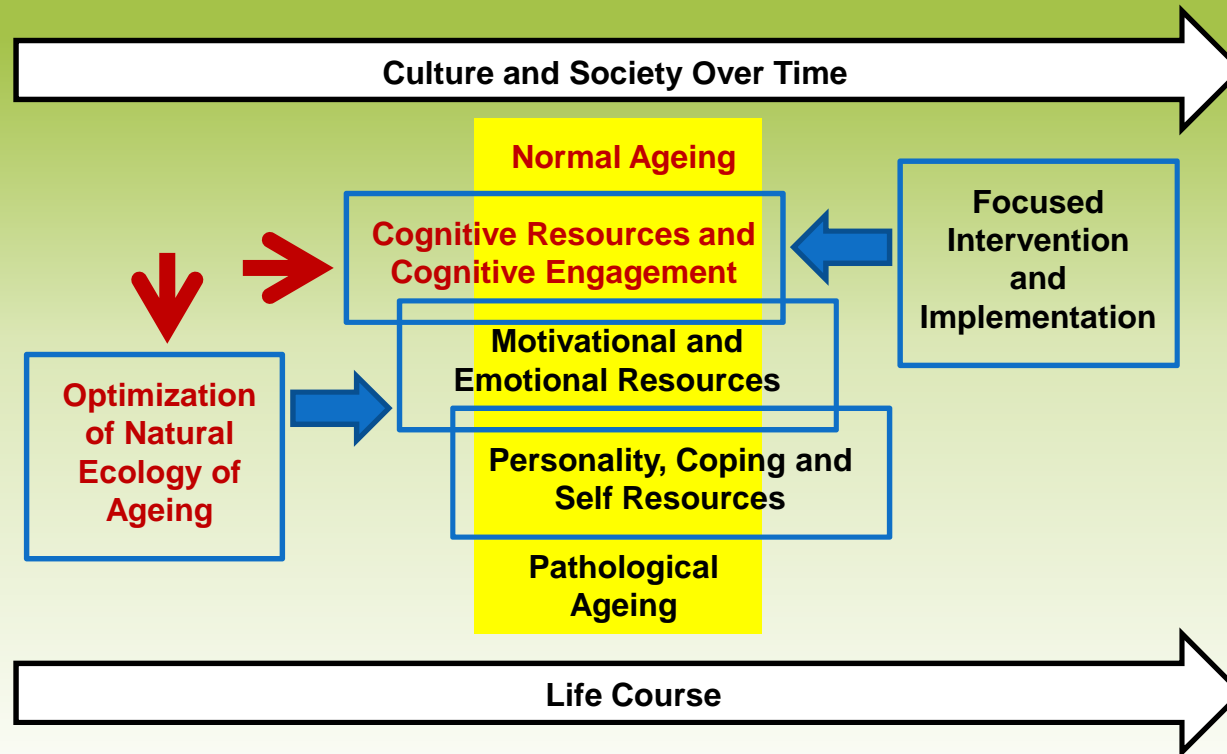


Eight Challenges



I. Research on the Outcome of Cognitive Training and Physical Exercise
*(Effect of various training modules on the plasticity of the ageing system.
What is most efficient at which point in the life course? Effects of
interventions on healthy life expectancy at large.)*

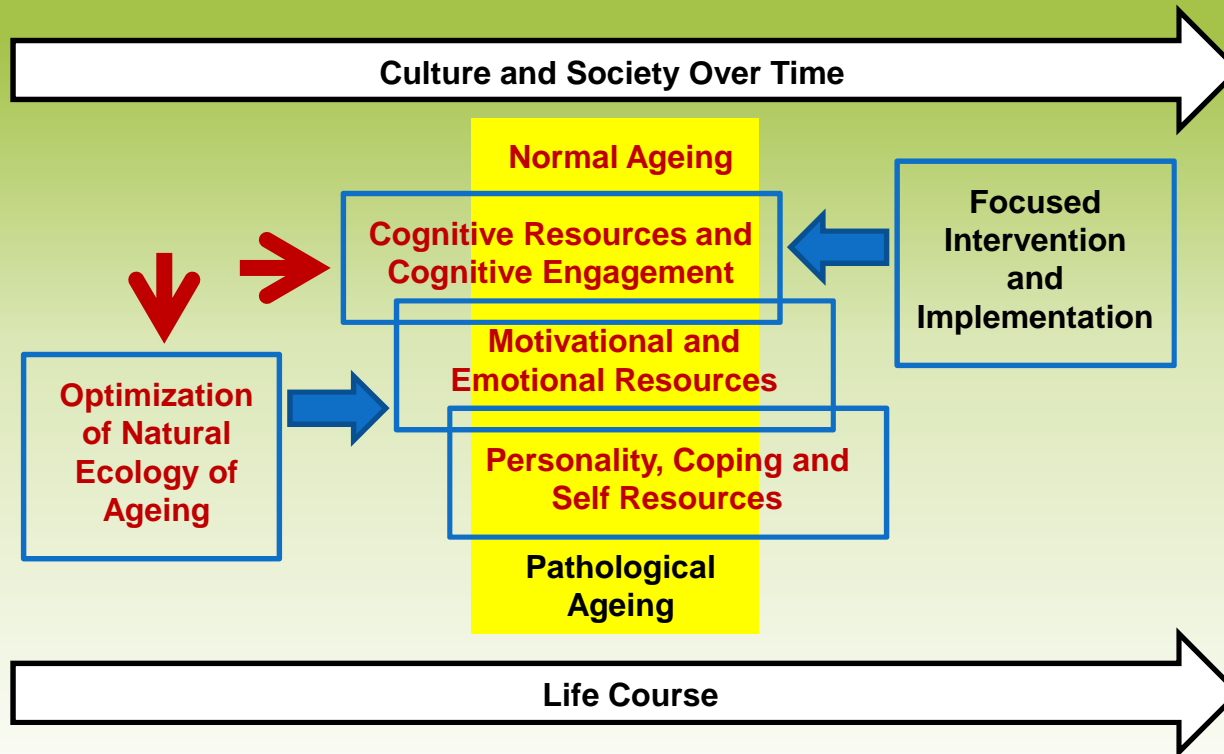
Eight Challenges



II. Role of Context for Enhancing Cognitive Engagement

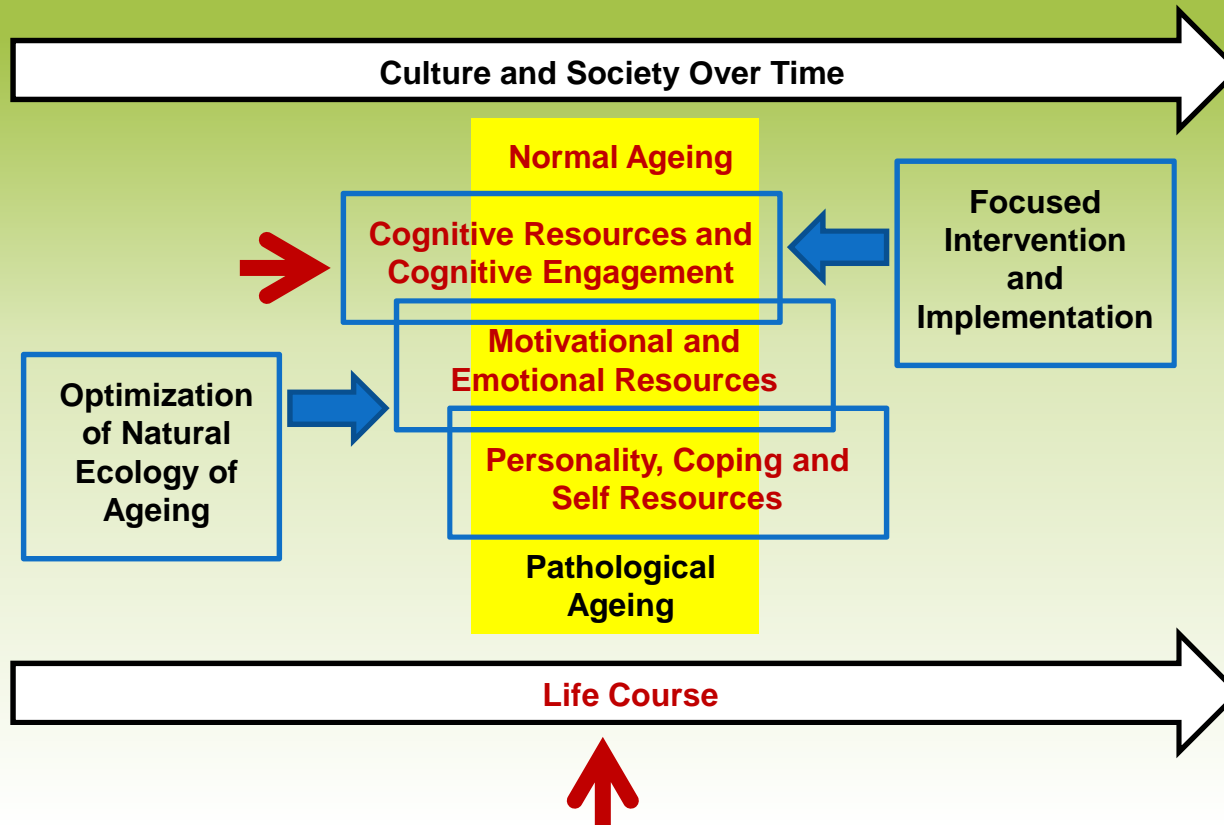
(Role and potential of various environments for cognitive stimulation. Put particular emphasis on work environments. Learn more about the everyday compensatory and optimizing strategies of older individuals.)

Eight Challenges



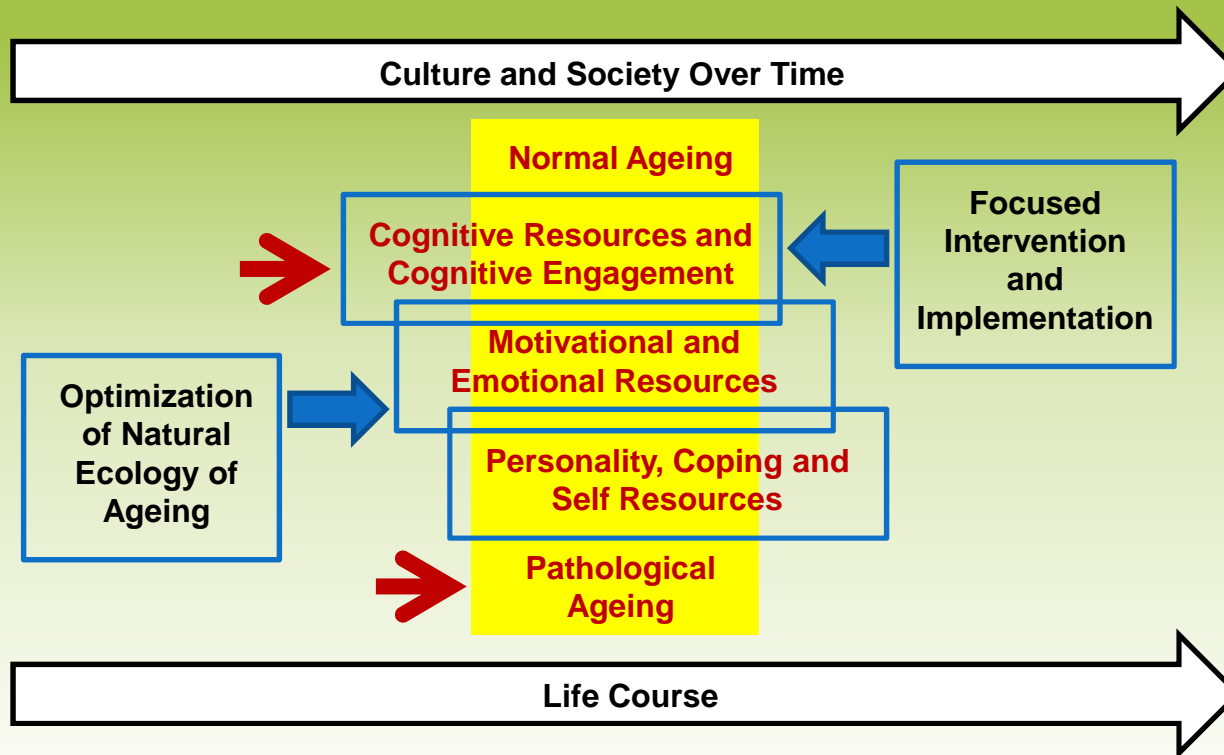
III. Role of Motivational-emotional, Personality and Self-related System for the Development and Maintenance of Mental Capacity
(Systematic exploration of potential and limits of positivity in old age. Relations between motivation-emotion and cognitive functioning. Role of personality for healthy life expectancy?)

Eight Challenges



IV. Better Considerations of Life Course Dynamics of Mental Capacity
(Identification of life-span precursors of mental capacity, e.g., role of middle adulthood. Role of critical person-environment transitions? Prevention in a life course perspective – also for mental capacity.)

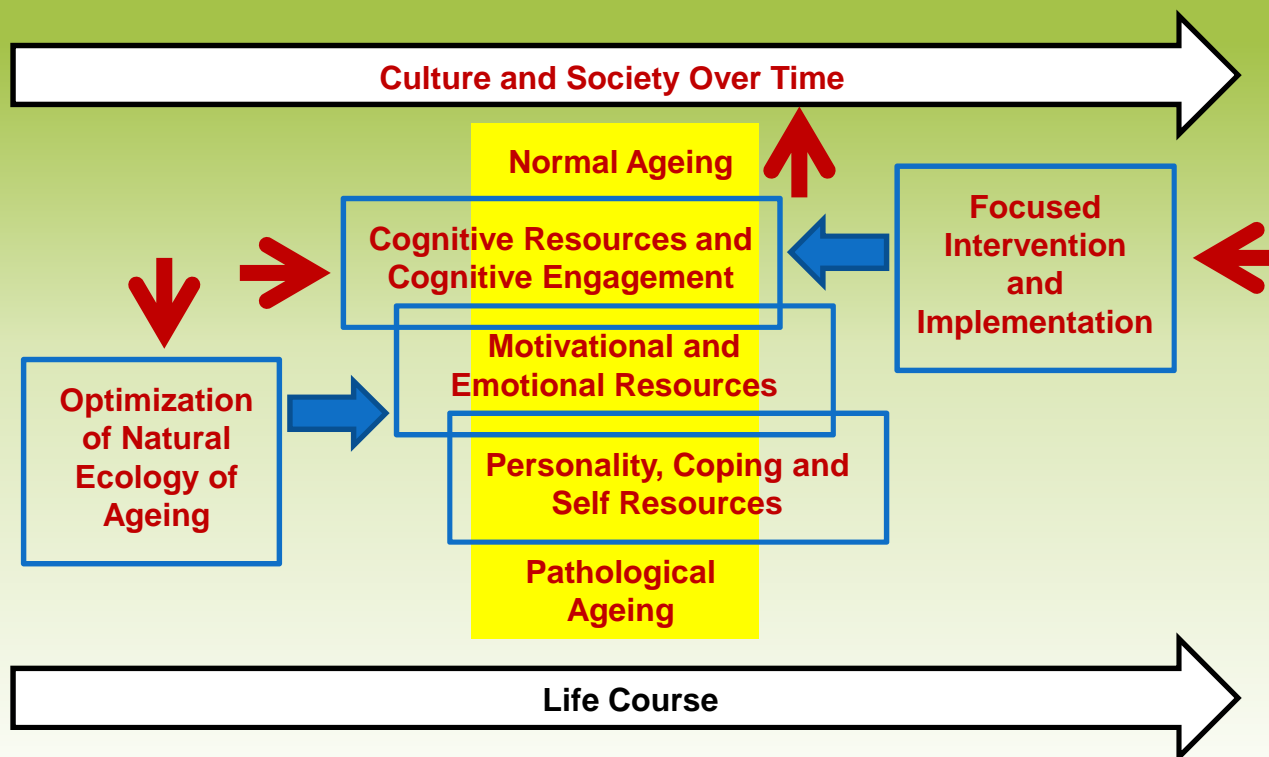
Eight Challenges



V. Better Consideration of Transitions from Normal to Pathological Processes Related to Mental Capacity

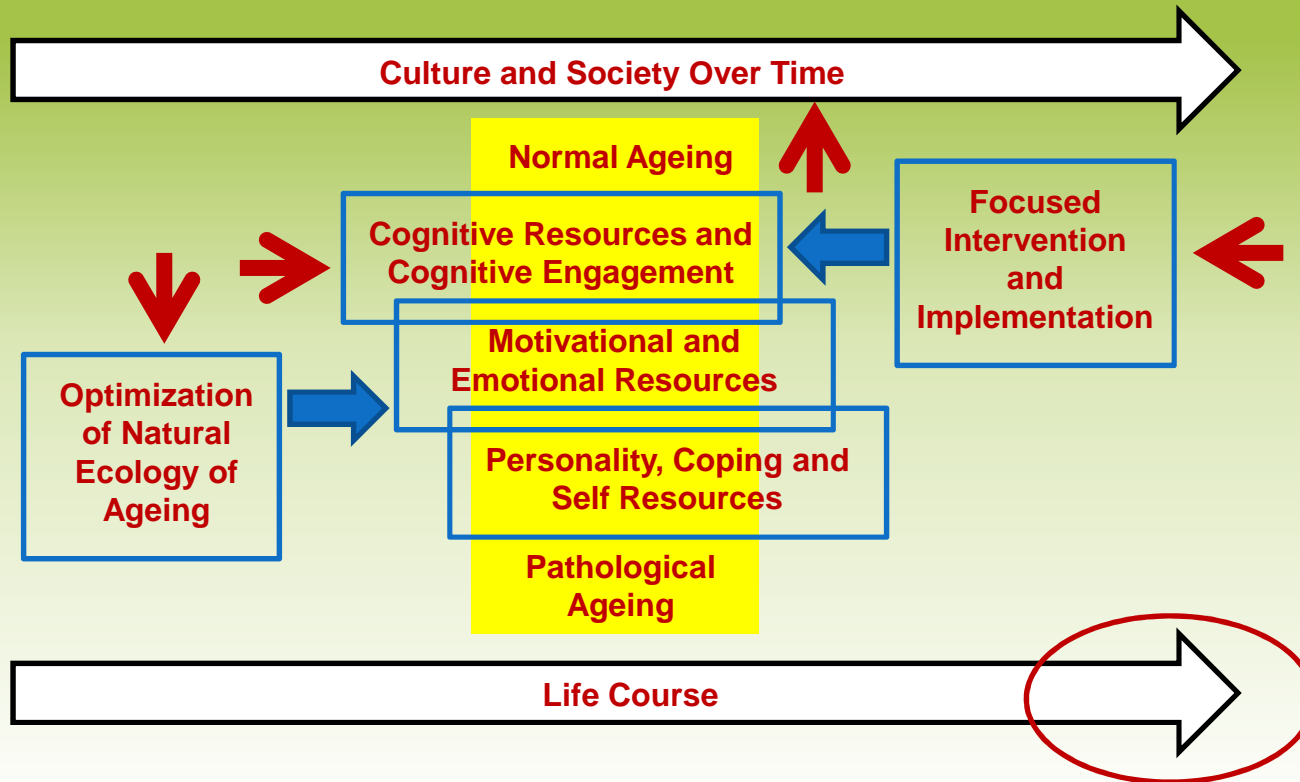
(Enhance differentiation between normal and pathological in various areas of mental capacity. What are the major markers? Across Countries? How to use such knowledge for healthy life expectancy?)

Eight Challenges



VI. Research on how Societies are Dealing with Mental Capacity
(Effects of age-stereotyping on mental capacity. How can the reduction of negative age-stereotyping serve mental capacity? How are individuals dealing with age-related fears, e.g., dementia worries?)

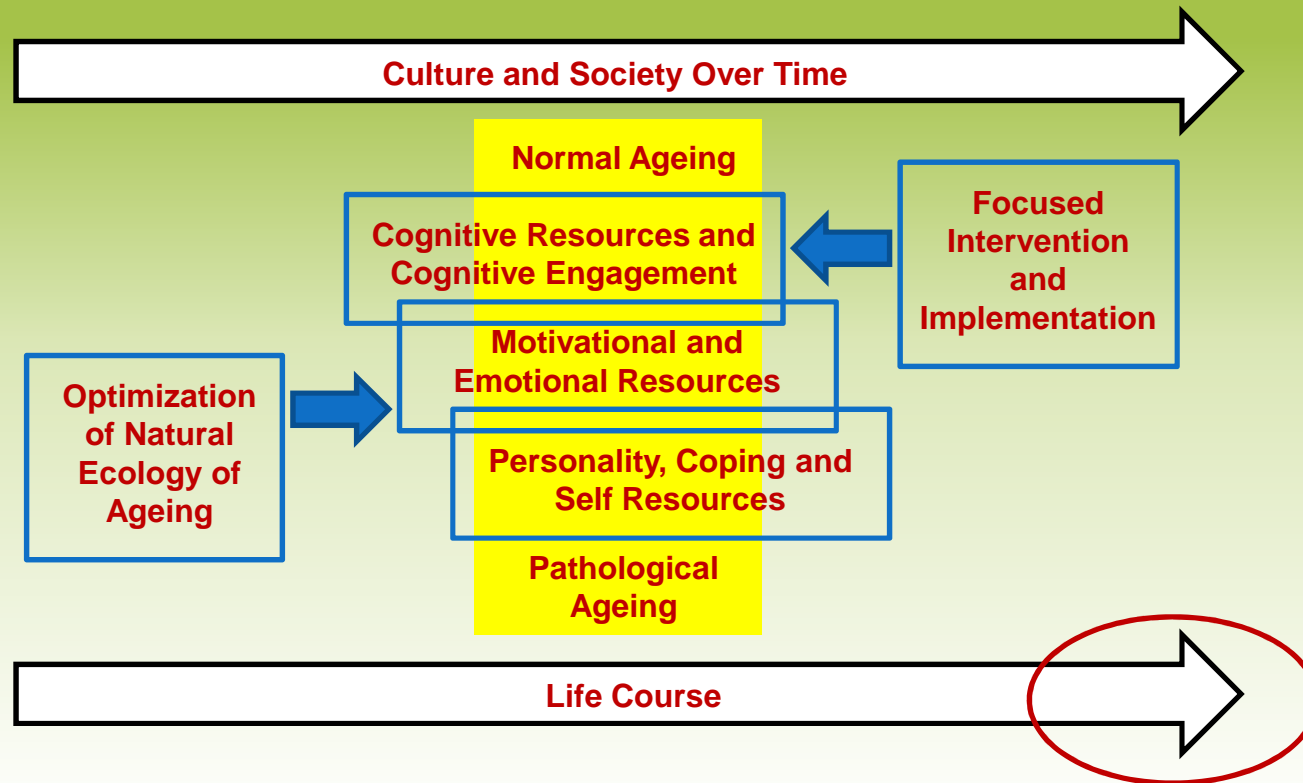
Eight Challenges



VII. Research on Challenges Related to Mental Capacity in Advanced Old Age

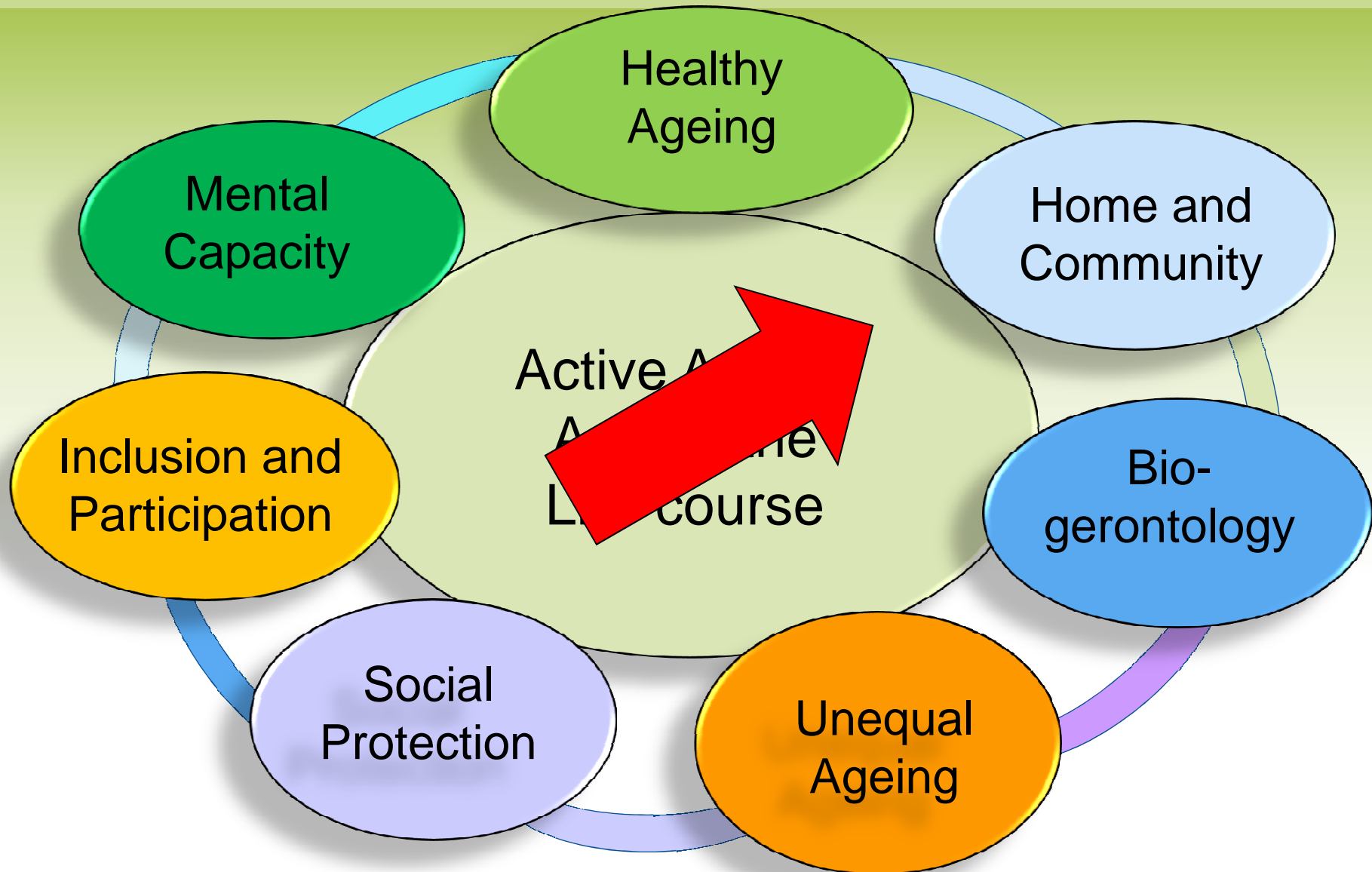
(Potential and limits of mental capacity in very old age. How can individuals be psychosocially supported in very old age? How can educative processes be enhanced to “learn very old age”?)

Eight Challenges

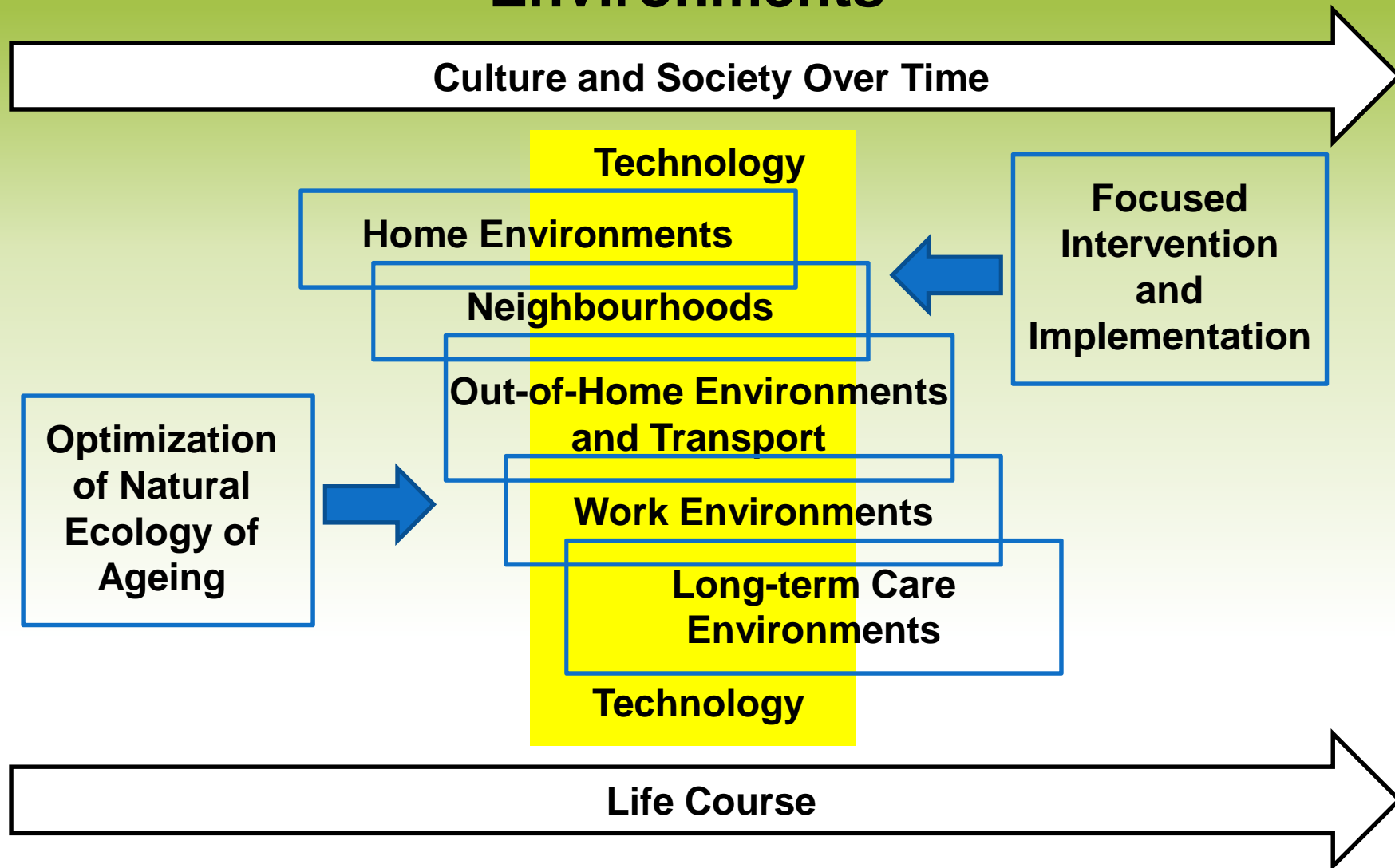


VIII. Better Consideration of Multi- and Inter-Disciplinary Synergies
(What are the most synergy-rich combinations of disciplines to learn the most of old age? What are needed / innovative liaisons, e.g., cognition-health-biogerontology? Critical role of early-stage researchers.)

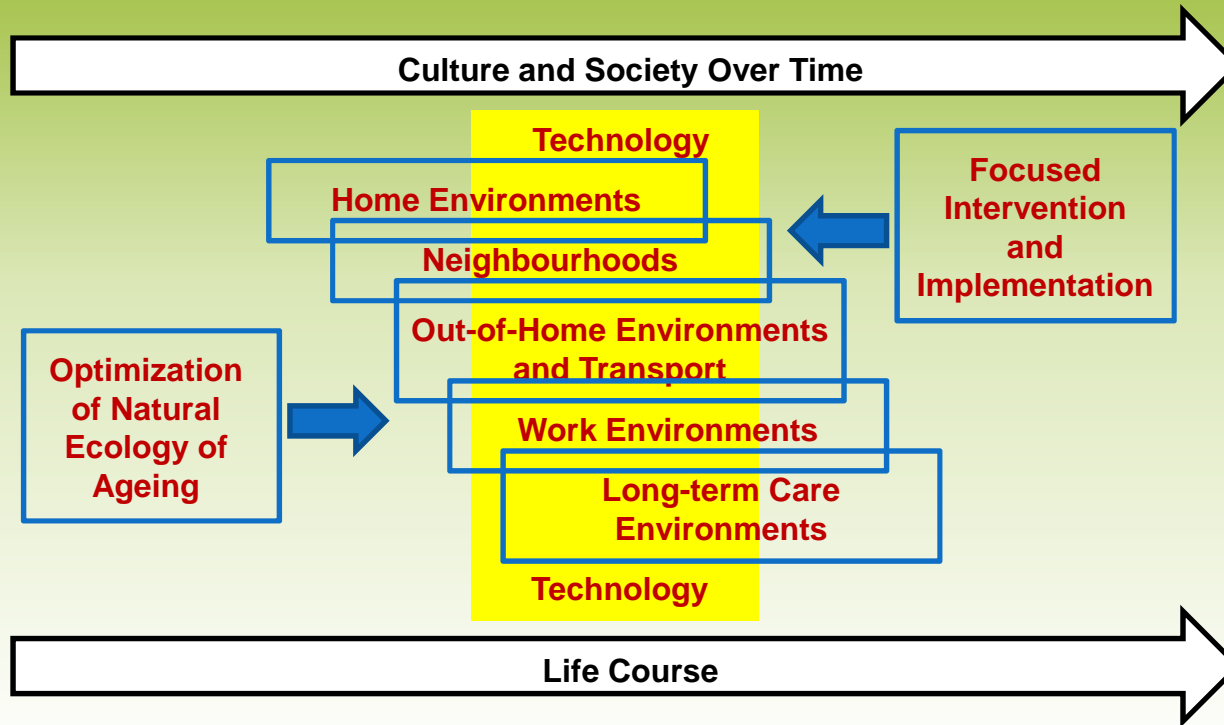
RESEARCH PRIORITY THEMES



Ageing Well at Home and in Community Environments

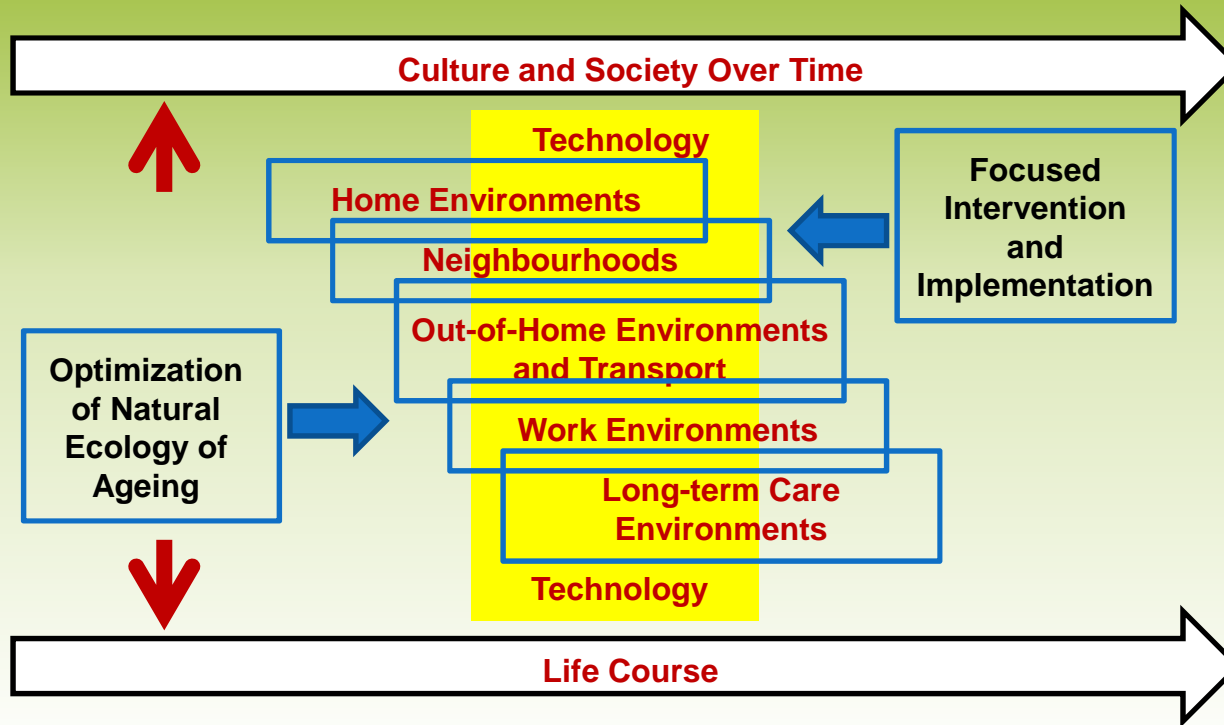


Seven Challenges



I. Differential Knowledge on the Enabling and Constraining Characteristics of Physical-Spatial-Technology (P-S-T) Environments
(Relations with maintaining autonomy, well-being and identity. Role of home adaptation. Role of major differentiating variables such as age, gender, ethnicity and mental status.)

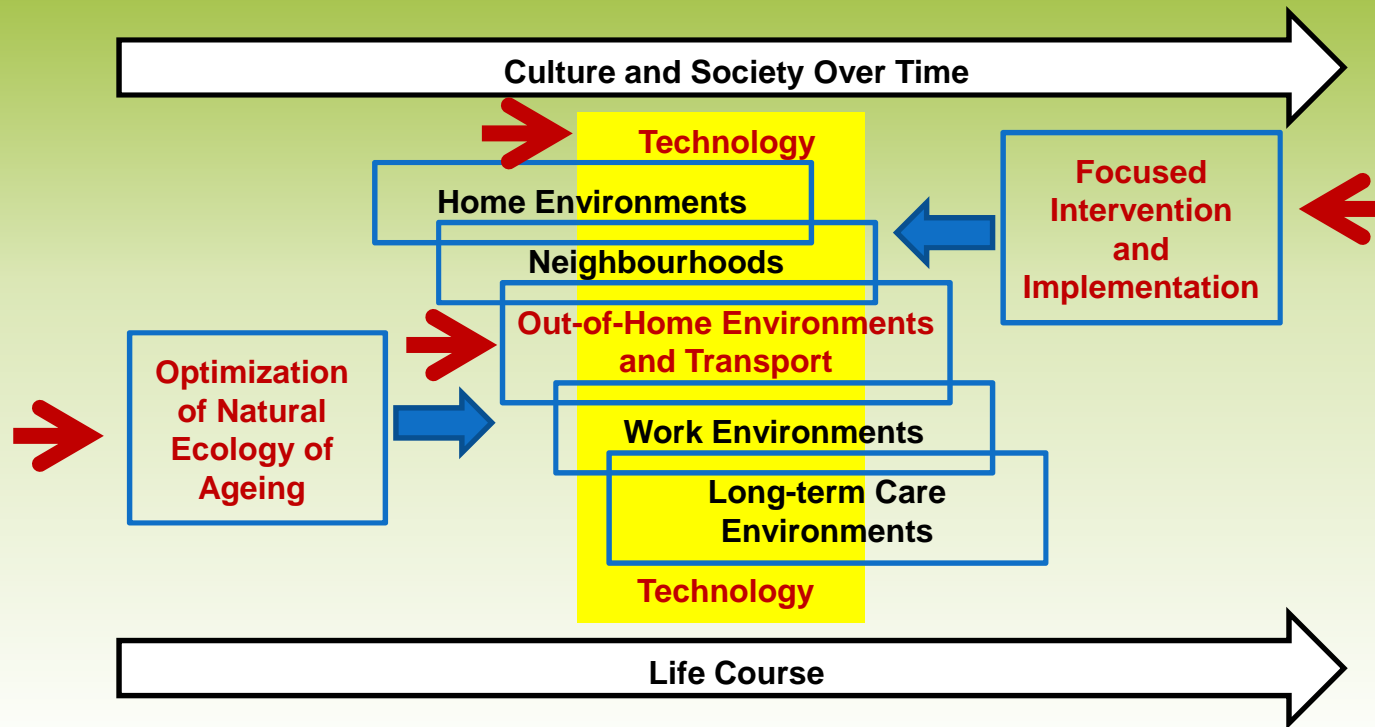
Seven Challenges



II. Better Understanding of the Meanings of P-S-T Environments for Older Adults' Lives

(Age- and cohort-related change of meanings of home, out-of-home and technology. Cultural issues related to meaning of P-S-T environments. Issues of acceptance of P-S-T environments.)

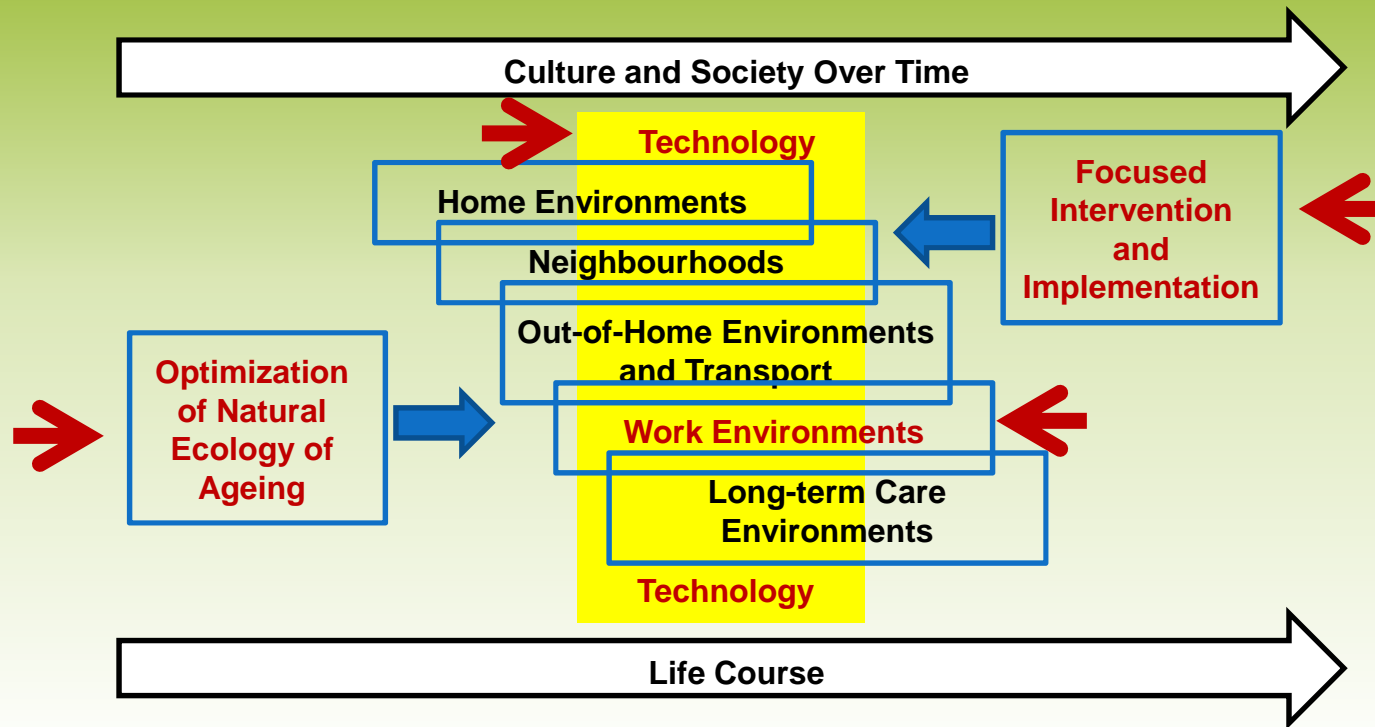
Seven Challenges



III. More Research on the Relationship Between Transport and Ageing Well

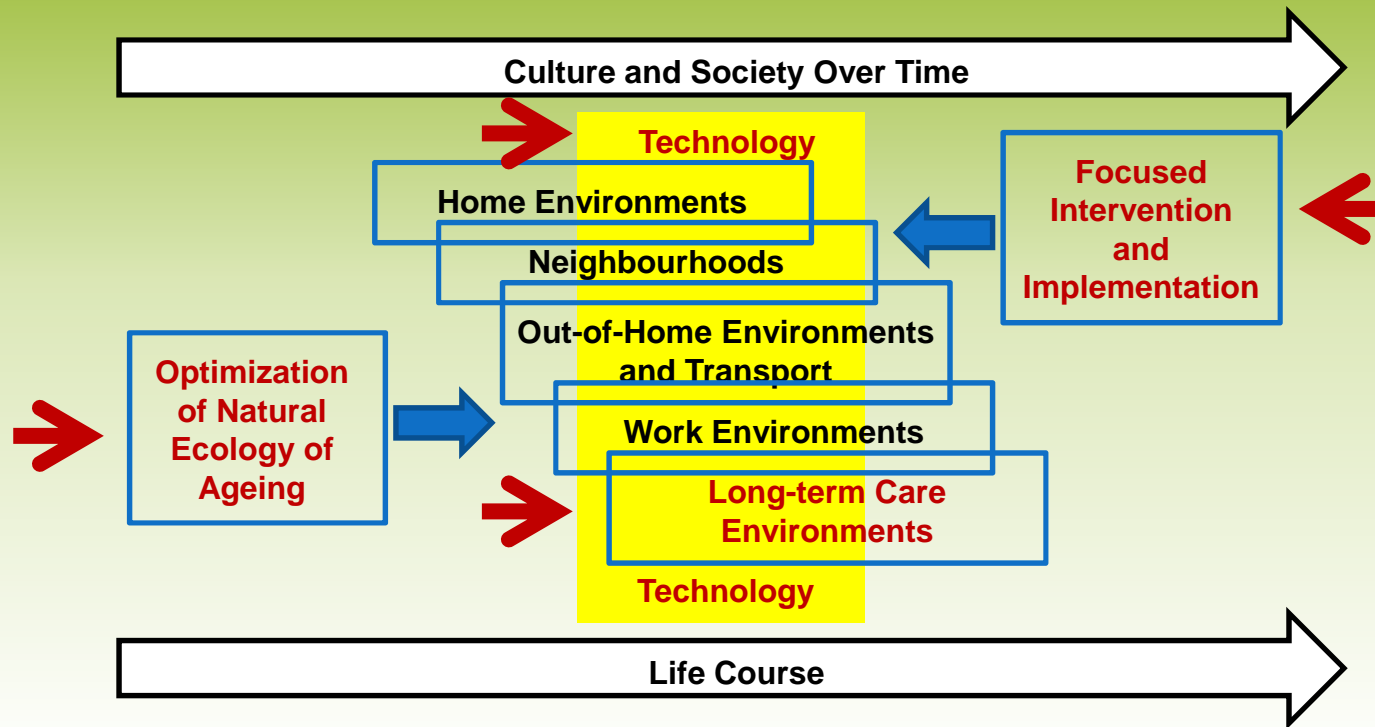
(Mobility needs of future ageing populations in Europe. How related to quality of life? Mobility needs of cognitive impaired. New liaisons between transport and technology.)

Seven Challenges



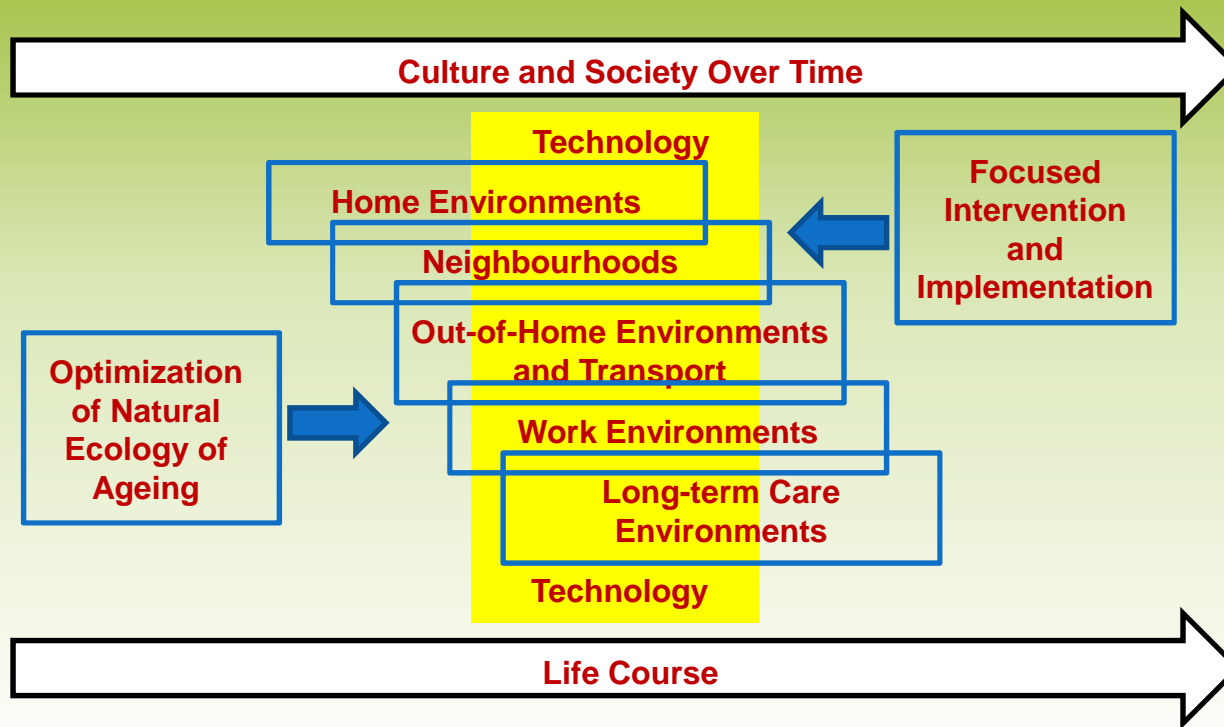
IV. Work Environments as Key P-S-T Environments for Ageing Societies *(What are optimal work environments to stimulate older employees' potential best? New liaisons between work environments and technology. How can work environments stimulate innovativeness?)*

Seven Challenges



V. Long-term Care Environments for Vulnerable Older Adults
(Evidence-based advancement of design of long-term care settings. New liaisons between long-term care and technology. Most convincing alternatives to traditional long-term care.)

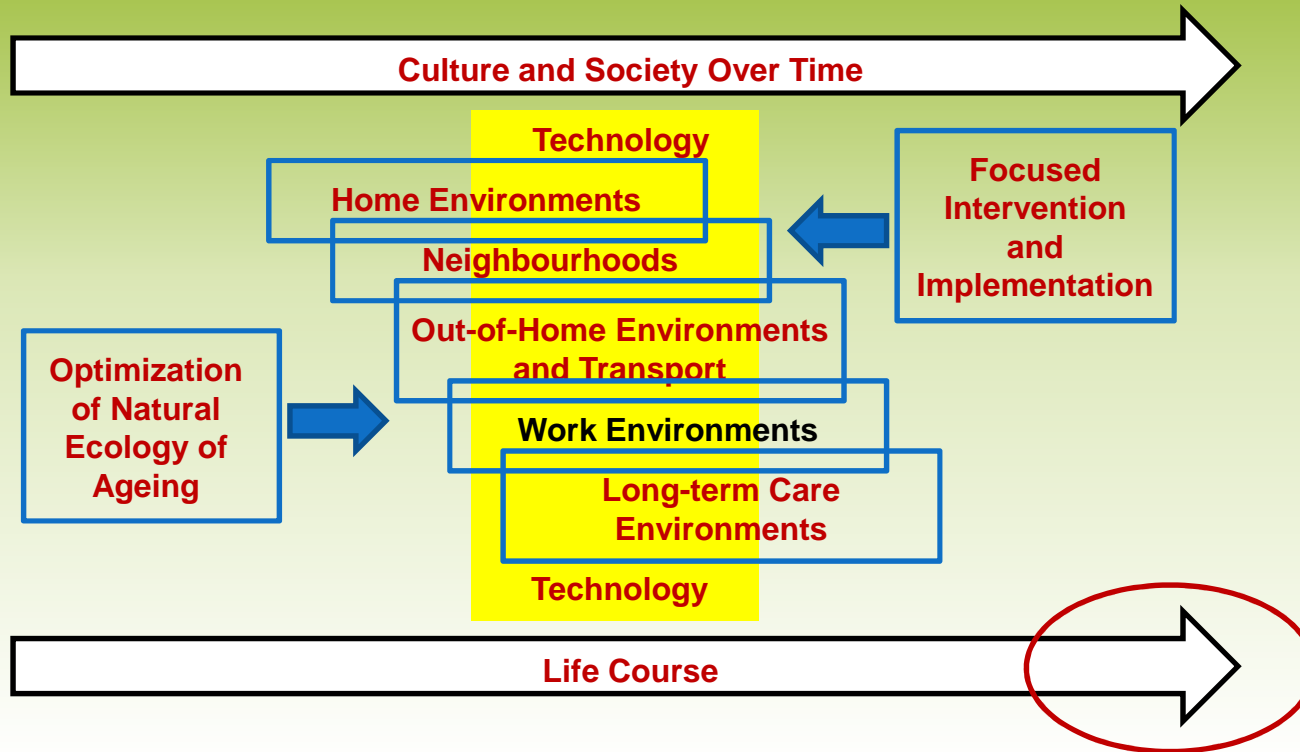
Seven Challenges



VI. P-S-T Environments for Supporting Healthy Ageing and Increased Life Expectancy

(Environments supporting physical exercise. Age-friendly communities in urban and rural areas. Optimal environments for cognitive functioning.)

Seven Challenges



VII. Healthy Home and Community Environments for Very Old Age
(Environmental potential for older adults with dementia-related disorders. Potential of environment to compensate resource loss in very old age. Optimal places for death and dying?)