Introduction/Research Background

AdaptLab
Currently in the research lab,
- Participating in the daily balance project and the #agingwell project
- Daily Balance Project: Evaluate our participants' balance by evaluating how they perform in a variety of tests.
- #agingwell Project: Evaluating how social media affects middle aged women views on aging
  - evaluating both positive and negative view stereotypes.

Student Aging Researchers in Training (START)
START is a group of undergraduate students who are in the Applied Health Sciences college who are looking to become more involved in aging research. The weekly meetings allow the students to come together and discuss the assigned research labs and experiences.

Daily Balance Project Involvement

Objective
The daily balance project observes older adults' balance in daily life to inform the development of technologies that will allow older adults to maintain independence at home.

Methods
Opportunities to participate in research were posted to Social Media. Interested persons completed a brief survey to indicate their interest. Our goal for this year was to recruit 20 adults age 65+.

Once participants are involved in the project, scheduled meetings occur to make sure the participants understand the project and the technology. The meetings/assessments were conducted via zoom.

Screening Session:
- Study materials shipped
- Get verbal consent

Baseline Fall Risk Assessment:
- Introduce study tools
- Fall risk assessment
- Schedule 5 day orientations

5-Day Orientation:
- Daily balance tasks

The first five days consist of an orientation for the participants. The purpose of the orientation is to make sure tasks are completed correctly. Those leading orientation answer any questions, and count sit-to-stand performance. The sit-to-stand count allows us to process the accelerometer data.

Daily tasks include the Daily Survey, Steady, and Cognitive tasks. The Steady test includes five functional tasks. The participants’ balance and fall risks are analyzed by using accelerometry.

30 Day Report:
- Daily report email or calls

Follow-Up Assessment:
- Interview and sending study materials back

Conclusions
- Gained experience on conducting interviews with participants
- Understanding literature reviews
- Gained experience on designing an experiment

#agingwell Project Involvement

Objective
The #agingwell project analyzes middle aged women, and their views and experiences with aging in the world of social media.

Methods
Developing experimental manipulations to examine how positive and negative stereotypes of aging on social media affect middle-aged women’s attitudes about their own aging.

Participation
- Finding pictures of middle aged women on social media who embrace aging
- Finding aging related hashtags that are appropriate for the experimental conditions (ex:#wrinklesarebeautiful & #50andfabulous)