

Publication

Older adults' activity destinations before and during COVID-19 restrictions: From a variety of activities to mostly physical exercise close to home

JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)

ID 4621225

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Year 2021

Title Older adults' activity destinations before and during COVID-19 restrictions: From a variety of activities to mostly physical exercise close to home

Journal Health & Place

Volume 68

Pages / Article-Number 102533

Keywords Activity location; Activity-space; Aging; Corona-virus; Mobility limitation; Participation

Mesh terms Aged; Aged, 80 and over; COVID-19, epidemiology; Cognitive Dysfunction; Exercise, physiology; Female; Humans; Male; Self-Assessment; Spatial Analysis; Surveys and Questionnaires; Walking
The aim was to study various types of older adult's activity destinations (counts, frequency of visitation, and distance from home) in the pre-COVID-19 era, and to study prospectively how COVID-19-related regulations limiting mobility affected these. Using a map-based questionnaire, 75-85-year-old participants reported activity destinations, that is, any destinations for physical exercise, destinations facilitating one's outdoor mobility, and destinations for other activities, which they had visited several times during the past month. At baseline, a variety of activity destinations was reported, but during COVID-19, destinations reported markedly declined in number, they were reported predominantly for physical exercise, and they were located closer to home.

Publisher Elsevier

ISSN/ISBN 1353-8292 ; 1873-2054

edoc-URL <https://edoc.unibas.ch/83496/>

Full Text on edoc Available;

Digital Object Identifier DOI 10.1016/j.healthplace.2021.102533

PubMed ID <http://www.ncbi.nlm.nih.gov/pubmed/33647634>

ISI-Number WOS:000632268200004

Document type (ISI) Journal Article