



## Digital Receipt

This receipt acknowledges that Turnitin received your paper. Below you will find the receipt information regarding your submission.

The first page of your submissions is displayed below.

Submission author: Kr Dube  
Assignment title: PG Skills Turnitin Sandbox Sandbox...  
Submission title: Mobility transition of older adult pop...  
File name: 53707\_Kr\_Dube\_Mobility\_transition...  
File size: 38.54K  
Page count: 5  
Word count: 1,624  
Character count: 8,917  
Submission date: 11-Feb-2020 09:58AM (UTC+0200)  
Submission ID: 1245340080

### Introduction

Community mobility refers to an individual's ability to access and utilise public and private transport such as taxis, busses, driving, cycling or walking to move about in and around the community. Access to various modes of community mobility is essential for reaching destinations that are meaningful for occupational engagement. With ageing, mobility transition plays a fundamental role in maintaining community mobility. In addition to referring to the way in which individuals pass through physical spaces and places, such as moving within the home to complete day-to-day tasks or commuting from home to work, mobility transition also refers to the modification of locomotive means over an individual's life to best suit their physical abilities which change with ageing.

Community mobility also contributes to giving an individual a sense of identity and aids in accessing health services. Understandably, a lack thereof is linked to feelings of loneliness, deteriorating health, and symptoms of depression<sup>1</sup>. Consequently, maintaining community mobility plays a significant role in preserving a good quality of life as one advances into the late stages of adulthood. In a context with poor infrastructure, such as in South Africa, maintaining community mobility as one ages can often be a difficult task. This challenges both the social development and public health systems with the important task of developing effective and efficient strategies to promote health and well-being in a growing and increasingly diverse ageing population.

A situational analysis done for the South African Plan of Action for Older Adults showed that older adults in rural areas especially, experience challenges to access health care services available to them. The main challenge was identified as the lack of appropriate transport and information on the availability of transport services<sup>2</sup>. These findings motivated the researchers to investigate the forms of transport used by older adults in the Worcester area to access their out-of-home occupations. Unique to this study is the inclusion of older adults who present with various sensory impairments.

### Methods

This quantitative cross-sectional descriptive study was inspired by a similar, on-going multi-international study by the International Expert Advisory Panel on Community Health and Transport (i-CHAT)<sup>3</sup> and approved by the Stellenbosch University Undergraduate Research Ethics and Health Research Committee. Convenience sampling was used to recruit eligible participants from three population groups within Worcester. These three population groups constituted of individuals from Innovation for the Blind (IFB) for visually impaired persons, National Institute for the Deaf (NID) for

Mobility transition of older adult populations in Worcester, South Africa

10 February 2020