A COMpendium of Aging-Related Research

YORK UNIVERSITY CENTRE FOR AGING RESEARCH AND EDUCATION (YU-CARE)

YU-CARE members study a vast span of themes and topics relevant to the aging experiences of peoples in Canada and around the world. This research is impactful at the individual, organizational, and societal levels.

Broadly, this research explores the themes of the psychology of aging; the physiology and biomechanics of aging; the cognitive neuroscience of aging; diversity; care work practices and delivery; and aging policy and healthy aging promotion.

The research included in this compendium is a complete resource of the aging-specific research produced by the YU-CARE Steering Committee and Associate members. However, it is only a snapshot of the broader research produced the Centre’s members, and is not inclusive of non-aging-specific research conducted by the faculty. Visit individual faculty websites for further details on such other groundbreaking works

*Authors shown in bold indicate a YU-CARE Committee or Associate member.

Please click the hyperlink (content highlighted and underlined in blue) at each citation to find each article or abstract. For more information or trouble accessing links, please contact the YU-CARE Coordinator at yu_care@yorku.ca.

For regular updates on YU-CARE research, subscribe using RSS to yucare.info.yorku.ca.
## Table of Contents

### Theme 1: The psychology of aging

1.1 The role of drama in aging ................................................................. 4
1.2 Perception and stereotyping of aging ............................................. 5
1.3 The human being and the experience of aging .............................. 6
1.4 Mental illness, illness, and the aging experience .......................... 6

### Theme 2: Physiology, biomechanics, and aging

2.1 Pain and aging .................................................................................. 8
2.2 Physiology & biomechanics and aging ......................................... 10
2.3 Physical activity and aging ............................................................. 11

### Theme 3: The cognitive neuroscience of aging

3.1 Attention ......................................................................................... 12
3.2 Motor coordination .......................................................................... 13
3.3 Executive functioning .................................................................. 14
    3.3.1 Bilingualism and aging ......................................................... 15
3.4 Learning ......................................................................................... 15
3.5 Memory ......................................................................................... 16
3.6 Perception ...................................................................................... 19
3.7 Cognitive therapies and treatments ............................................. 20

### Theme 4: Diversity and aging

4.1 Diversity in the aging experience ............................................... 21
4.2 Psycho and socioeconomic conditions of healthy aging .......... 21
4.3 Role of community programs in older adult living ................. 21

### Theme 5: Care work, practices, and delivery

........................................................................................................... 22
5.1 Care work policies & their impact ................................................................. 22
5.2 Labour, gender, and precarity ................................................................. 25
5.3 Care delivery ...................................................................................... 27
Theme 6: Aging policy and healthy aging promotion ........................................ 27
  6.1 Employment, retirement & aging ......................................................... 24
  6.2 Sports & leisure programs for healthy aging ........................................ 25
  6.3 Long-term care policies and regulations for older persons .................... 26
THEME 1: THE PSYCHOLOGY OF AGING

Research explores the impact of the perception and stereotyping of aging on older adults; the role of mental illness and illnesses in the aging experience; psychosocial components that diversify the aging experience; and the role of drama and art in transforming care practices and the perception of aging by older adults and society.

1.1 THE ROLE OF DRAMA IN AGING


1.2 PERCEPTION AND STEREOTYPING OF AGING


### 1.3 The Human Being and the Experience of Aging


### 1.4 Mental Illness, Illness, and the Aging Experience


role of variability in physical and mental health quality of life. *Pain Medicine, 19*(4):658-676. (6 citations)


THEME 2: PHYSIOLOGY, BIOMECHANICS, AND AGING

Researchers investigate the pain and chronic pain experiences and attitudes of older adults; the effects of age on the physical body; and the impact of physical activity and exercise on older adults.

2.1 PAIN AND AGING


### 2.2 PHYSIOLOGY & BIOMECHANICS AND AGING


### 2.3 PHYSICAL ACTIVITY AND AGING


### THEME 3: THE COGNITIVE NEUROSCIENCE OF AGING

Among several topics, studies investigate memory changes; motor coordination; perception; attention; learning; and executive function among older adults. Related research explores different cognitive therapies and treatments.

#### 3.1 ATTENTION


### 3.2 Motor Coordination


3.3 EXECUTIVE FUNCTIONING


### 3.3.1 Bilingualism & Aging

1. Berkes M, **Bialystok E**, Craik FIM, Troyer A, Freedman M. Conversion of Mild Cognitive Impairment to Alzheimer Disease in Monolingual and Bilingual Patients. Alzheimer Disease and Associated Disorders. PMID 32049674 DOI: 10.1097/WAD.0000000000000373


3. Barker RM, **Bialystok E**. Processing differences between monolingual and bilingual young adults on an emotion n-back task. Brain and Cognition. 134: 29-43. PMID 31108367 DOI: 10.1016/j.bandc.2019.05.004


7. Anderson JAE, Chung-Fat-Yim A, Bellana B, Luk G, **Bialystok E**. Language and Cognitive Control Networks in Bilinguals and Monolinguals. Neuropsychologia. PMID 29959966 DOI: 10.1016/j.neuropsychologia.2018.06.023


### 3.4 Learning


2. Echlin HE, Gorbet DJ, **Sergio** LE (2020) Assessment of a Cognitive-Motor Training Program in Adults At-Risk for Developing Dementia (in press, Canadian Geriatrics Journal)


3.5 Memory


### 3.6 PERCEPTION


### 3.7 COGNITIVE THERAPIES AND TREATMENTS


---

**THEME 4: DIVERSITY AND AGING**

Research covers a variety of topics related to the diversity of experiences in aging; the psycho-socio-economic barriers to successful and healthy aging; and the role of community programs in contributing to the lives of older adults.
4.1 DIVERSITY IN THE AGING EXPERIENCE


4.2 PSYCHO AND SOCIOECONOMIC CONDITIONS OF HEALTHY AGING


4.3 ROLE OF COMMUNITY PROGRAMS IN OLDER ADULT LIVING


THEME 5: CARE WORK, PRACTICES, AND DELIVERY

Research explores topics including the impact of care work policies and regulations on work organization and working conditions; the relationship between labour, gender, and precarity in the field; and the impact of care delivery models on workers and the quality of geriatric care.

5.1 CARE WORK POLICIES & THEIR IMPACT


5.2 LABOUR, GENDER, AND PRECARITY


6. Chadoin, M., Messing, K., Daly, T., & Armstrong, P. (2016). « Si ce n’est pas documenté, ça n’a pas été fait »: quand les indicateurs de gestion escamotent le travail invisible des femmes [« If it's not documented, it's not done »: Management indicators of workload can leave women's work invisible]. *PISTES, 18*(2), 4830.


5.3 CARE DELIVERY


**THEME 6: AGING POLICY AND HEALTHY AGING PROMOTION**

Research concentrates on such topics including the impact of retirement and pension policies on older adults and the economy; the effect of long-term care policies and regulations on older adults; and sports & leisure programs that promote healthy aging.

**6.1 EMPLOYMENT, RETIREMENT & AGING**


2. The Redirection Project: Movers, Shakers and Shifters Cannexus17, Ottawa, 2017


### 6.2 Sports & Leisure Programs for Healthy Aging


9. Oliveira, A. N. and D. A. **Hood.** Exercise is mitochondrial medicine for muscle. *Sports Medicine and Health Science, 1*:000-000, 2019


6.3 LONG-TERM CARE POLICIES AND REGULATIONS FOR OLDER PERSONS


