Mobility at McMaster

"Older people often miss or ignore signs that their own mobility is waning, because it typically happens gradually (Vrkljan, 2025)."

"Mobility matters because it allows us to live independently and participate fully in our everyday activities for as long as possible" (Vrkljan, 2025).

We may not be conscious of how much we're using our arms to get out of a chair...hesitating to pick up a dropped item (Vrkljan, 2025)."