

Silver Hoosiers - Health and Aging Research Lab

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Abstract

Facing the challenge of an entire nation growing older rapidly, the mission of the Silver Hoosiers-Health and Aging Research Lab is to promote health and independence in seniors. Located in the Department of Occupational Therapy within the School of Health and Rehabilitation Sciences, this lab is led by Dr. Chiung-ju (CJ) Liu, a gerontologist, and collaborates from other schools including the School of Nursing and the School of Informatics. The poster will showcase the research conducted at the Silver Hoosiers-Health and Aging Research Lab. The lab research foci include 1) health literacy and comprehension, 2) muscle strength training and physical disability, and 3) systematic review and evidence-based practice. Dr. Liu's health literacy work focuses on increasing accessibility of complex written health information (i.e. cancer prevention and instructions of medical devices) to seniors through the application of text cohesion and multimedia. The lab is equipped with sophisticated eye-tracking technology to study information processing load. Dr. Liu's muscle strength training work examines the effects of progressive resistance strength training on physical functioning in older adults via meta-analysis. Additionally, Dr. Liu is in partnership with the American Occupational Therapy Association in reviewing the effects of environmental approaches on improving daily function in older adults with low vision. The aim of her review work is to provide the best research evidence to guide clinical practice. The impact of gaining is multidimensional. The lab welcomes collaborators interested in aging-related issues that share the same view of the lab's mission.