Exploring interventions to improve the health and wellbeing of older people
How do our thinking skills change as we age? Do our lifestyles affect those changes?

These are the key questions that direct the research we do in The Ageing Lab. We want to identify the activities, behaviours and lifestyles that might benefit our thinking skills as we age, and use that knowledge to develop new interventions.

Our main research programme, The Intervention Factory, considers community-based activities as potential interventions for cognitive ageing. The study is ongoing, so if you'd like to know more, including how to take part, contact us using the details below or visit www.healthyageing.hw.ac.uk.

The Tablet for Healthy Ageing was an intervention study using tablet computers. We explored how learning to use a tablet might benefit the thinking skills of people aged 65 and over. Individuals who were in the tablet training group showed improvements in their speed of thinking skills.

What Keeps You Sharp? was a national survey of people's beliefs about how thinking skills change with age and the factors that might affect those changes. Over 3,000 people took part. While more than 90% believed thinking skills could be maintained or improved with age, less than 60% knew the factors that might be important. Visit our website for further survey results, as well as our other publications and updates: www.healthyageing.hw.ac.uk.