

THE VALUE OF A COMMUNITY BASED MOBILITY IMPROVEMENT PROGRAM IN ADDRESSING SOCIAL ISOLATION AMONG THE ELDERLY

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ABSTRACT

The study explores the preferences and perceptions of the seniors 50 years and above who participate in 'Seniors in Motion', an innovative, community based senior physical exercise facility located in Denton, TX. The research question addressed in this case study is whether participation in this program helps to alleviate social isolation among the elderly participants. The study, uses a qualitative research design and semi structured interviews with participants to evaluate the value of this senior exercise program in reducing social isolation for participants. Upon completion of the interviews, the research question will be answered, and results will be reported.