

Older Adults Social Inclusion: A scoping Review of Literature

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Abstract

In this study, the inclusion of older adults is chosen for study, this scoping review will assist in studying inclusion as explained in peer-reviewed articles. The findings will help in understanding the phenomenon of older adult social isolation in Dubai. It is important to study this phenomenon from a qualitative perspective for Dubai. The Scoping review will help in designing future research on older adults' inclusion. For this scoping review, two research questions were developed; 1) what is the extent and nature of research regarding literature in older adult societal inclusion? 2) what are the gaps in the literature regarding the older adult societal inclusion?

Findings: All findings were grouped under six titles 1) decision makers, 2) older adult, 3) society, 4) digital technology, 5) research community and 6) music and art. The literature recommendations for inclusion were grouped under decision makers, where officials intervention to help older adult is required by the following: a) inclusion by ageing in place, b) help older adult transportation and mobility, c) provide opportunities to continue contributing roles, d) older adult identities, e) enable social connections via technology, f) include grandparents in family preventive strategies like children obesity and g) good policies in place to remove barriers that limit people accessing interventions.

Keywords:

Inclusion, older adult, community engagement, social participation, opportunities, digital technology.

1 Introduction

Older Adults wellbeing is important for their physical and mental health. Some older adults engage in activities beneficial to their well-being, and others prefer not to participate because of mobility, complications of chronic disease or busy with solitary activities. There is a phenomenon of older adults in Dubai who are not seen in daily life and their situation is unknown. The United Arab Emirates has witnessed a transformation in all aspects of life, and the features of Dubai have changed after the discovery of oil. The societal transformation has changed the city identity, which is associated with older adults, and there is a lack of understanding about the psychological impact and coping methods. Therefore, in this scoping review of literature, will look for only one of many aspects of the world's older adults, which is social inclusion. This review will pave the way for future qualitative studies, for example, interpretative phenomenological analysis, interviews, focus group discussion or participants' observation. Inclusion strategies are important to help older adults involve with their society and to design wellbeing plans at both personal and government levels. This scoping review will help in framing and designing future Qualitative Study on Inclusion strategies.

2 Study Aim and Objectives

The older adult population as an emerging group are not yet visible in the society of the United Arab Emirates, within last 40 years their identity has transformed, they are encapsulated and above all, there is lack of understanding about their psychological feelings. Therefore, in this scoping review, this scoping review will help in framing and designing the Structured Qualitative Study on Inclusion strategies with officials in Dubai. The aim of this scoping review is to provide evidences on the importance of older adults' inclusion in their communities. This review will help in designing future studies on older adult inclusion. To be able to shape future studies scoping review is required to help building the research methods. For this scoping review, electronic databases were used to find literatures from, PRIMO, Google Scholar, SAGE journals, BMJ Open and Wiley online library. The selection priority was for peer review journals published between 2015 and 2019 in all domains of science to look for older adult inclusion topics. The screening of journal articles and abstracts took many rounds. The final round was on full text articles published by peer review.

According to the WHO, 2015, measuring the age-friendliness of cities report, the longevity will increase and fertility will decline and the successive cohort of older persons can expect to live longer and have fewer adult children as potential sources of support in old age. The same report says that the United Arab Emirates population aged 60 and over will increase from 2.3% in 2015 to 11.3% by 2030. Functional status can be conceptualized as an individual's ability to manage activities related to personal self-care and self-maintenance. Functional status assessment is fundamental aspect of geriatric examination. This assessment helps clinicians and policymakers to design and implement interventions that help elderly to live safely and independently (Sharma et al., 2014). Short-term engagement was not longitudinally associated with well-being, but repeated engagement with the theater/concerts/opera and museums/galleries/exhibitions was associated with enhanced eudaimonic well-being (Tymoszuk et al., 2019). Having more network members who provide companionship was associated with higher sense of environmental mastery, positive relations with others and satisfaction with social network. Interventions may focus on maintaining and developing such social relationships and ensuring the presence of social settings in which co-engagement can occur (Ashida et al., 2019).

With the amount of changes that happen in the world the inclusion of older people in their communities became important. A group of researchers; Ronzi, Pop, Orton and Bruce (2016) used a qualitative study ophotovoice method to explore older adult's perceptions of societal inclusion, one of the participants was concerned about how some aspects of the City were not being considered by local policy makers. The participant then went on to illustrate how this could be remedied. In 2013 Scharlach and Lehning published a research paper on aging friendly communities; they have illustrate that Making existing communities more ageing-friendly involves physical and social infrastructure changes that enable older adults to pursue lifelong activities, meet their basic needs, maintain significant relationships, participate in the community in personally and socially meaningful ways, and develop new interests and sources of fulfilment.

3 Literature Identification and Selection

This scoping review reviewed many articles and retained studies where the methods specifically focus on older adults. Peer-reviewed articles were searched in PRIMO, Google Scholar, SAGE journals; BMJ Open and Wiley online library and articles were chosen based on the published period 2015-2019 to obtain the latest knowledge. I have retained the items from the search engines that showed the qualitative research and excluded quantitative search.

The selected articles downsized from 41,200 articles to 33 based on the below selection method which was based on the followings:

- The date should be between 2015 and 2019.
- Peer reviewed articles.
- Articles should be in full text.
- Articles should contain brief about the results or findings.
- Articles should inform the reader about the research method used in the study.
- Articles clearly shown the journal name and the author(s).
- Articles should have talked about the research objectives or aims and list of keywords to help the reader's selection.
- Articles should study older adult with cognitive ability.
- Population like teenagers, youth, immigrants and minorities to be excluded.
- Exclude clinical research, dementia, chronic illness, critical illness and articles focusing on smoke, drug & alcohol addiction.

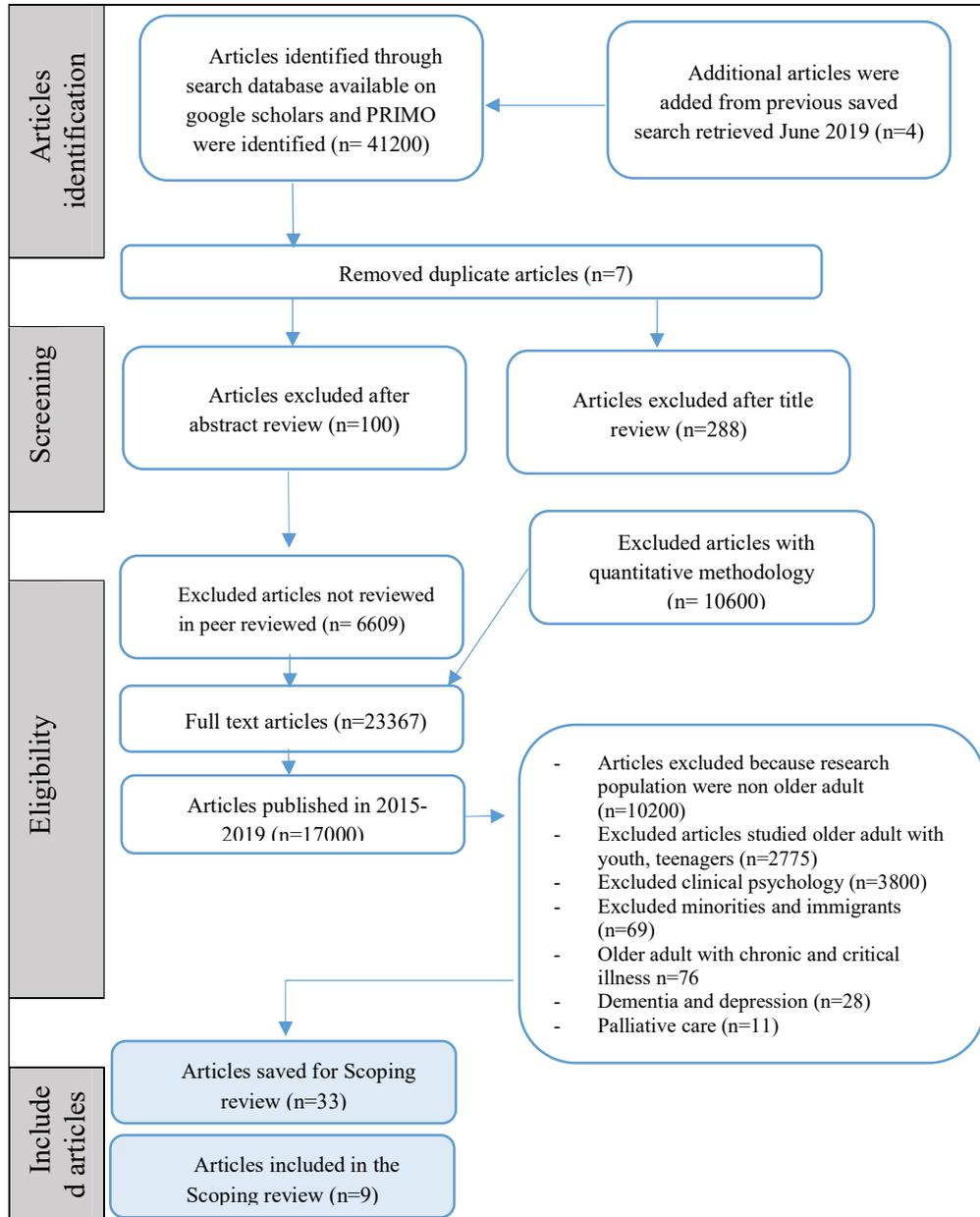
The methodologies of the retained articles were based on the interview, focus group, open-ended questionnaire and other qualitative methods like PAR. The PRISMA flow chart (Figure 1) shows the results of the searched articles. The scoping review used as a tool to facilitate the acquisition of a set of articles to be able to understand the scholars' findings.

4 What are the interesting aspects?

The 33 articles were screened again before final selection and 24 were excluded due to the above selection criteria. At the initial look, there were find but after examination, they were removed. Example was a study from Japan where the research design was a cohort study over 5 years on three cities and it was removed because it was based on a survey quantitative method. The nine article domains were from gerontology, again and human development, again, psychology, product innovation, social psychology, public health, medical science.

Despite the finding, one of the studies included in this scoping review conducted in China showed good intention to engage older adults with their community. Older adults were asked to participate in caring for obese children to reduce their obesity. It was found that children who are cared for by their grandparents were more obese and unlike children cared by their parents.

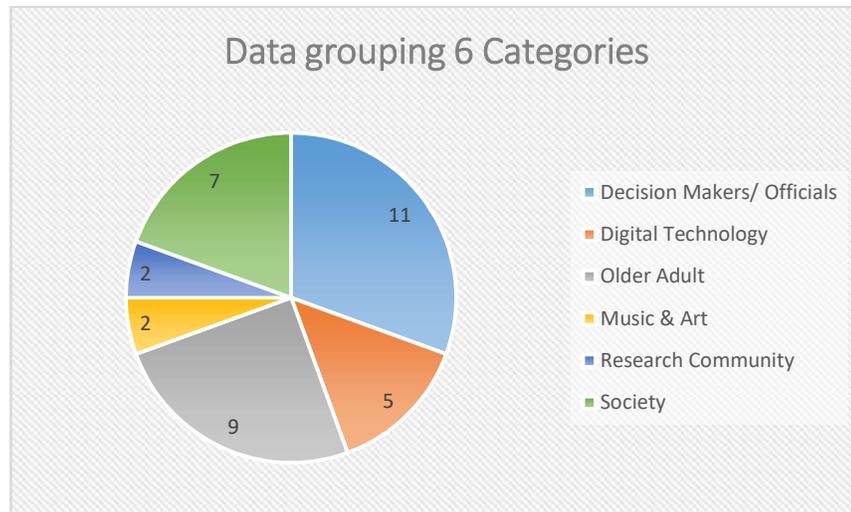
4.1 Figure PRISMA flow chart of scoping review activities



The data findings from the articles were categorized into six groups as shown in (figure-2). Decision-makers and officials the search result was nine findings, older adults result of the

search was also nine findings, the society search result was seven findings, the result of digital technology search was five findings and the search results of music and art were two findings.

4.2 Figure data findings categorization - six groups



5 Methodology and Data Charting

This scoping review of the literature was reviewed to look for best practices in the international research to help adopt any recommendations that would help the United Arab Emirates older adults inclusion particularly Dubai by bringing them to decision-makers for study and implementation. Due to the dynamism of social transformation, the UAE culture has changed, the observed phenomenon is older adults are disconnecting themselves from the new life in Dubai. The Ministry of Community Development published a report about older adults in the UAE in 2018; saying “Older citizens face health, social and economic challenges that significantly affect their psychological health, level of satisfaction and happiness with the services provided by the government. Most problems are related to Lack of continuous learning opportunities, memory loss, difficulty in participating in social life, coping with working conditions, chronic diseases, neglect and physical abuse.” (Jamal, 2018).

This scoping review will assist in knowing what research findings and recommendations for older adults' inclusion and what are the gaps. It is essential to study this phenomenon from a qualitative perspective for Dubai. The qualitative approach will help to understand this phenomenon and achieve logical results. The outcome of this study will help to identify gaps in the literature and to decide on future research.

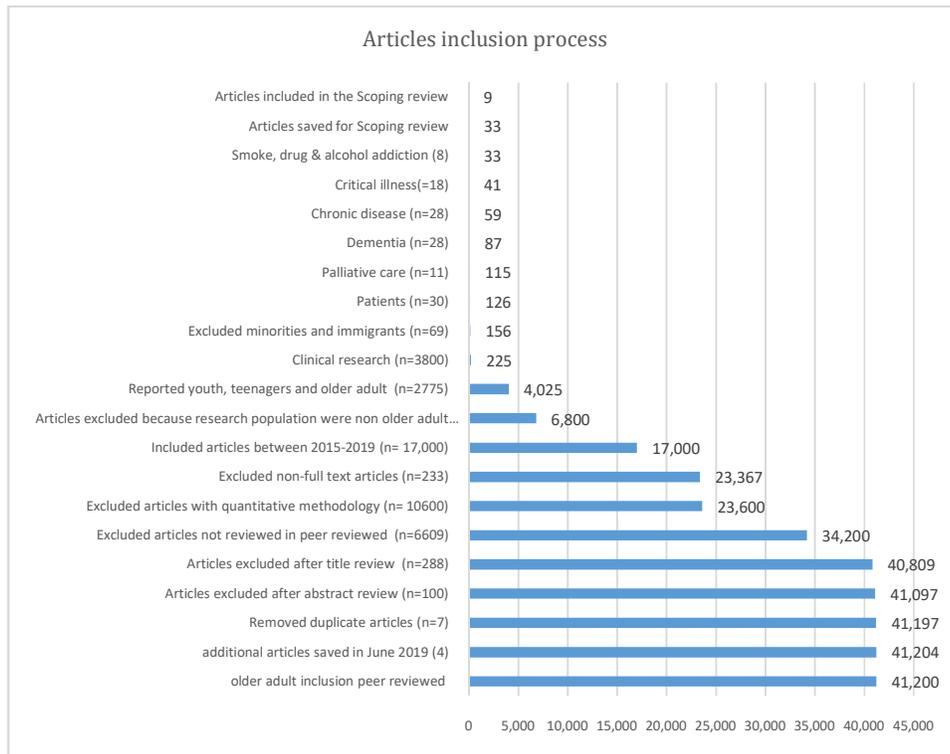
For this scoping review, two research questions were developed as follows:

- 1) What is the extent and nature of research regarding literatures in older adult societal inclusion?
- 2) What are the gaps in the literature regarding the older adult societal inclusion?

Table 1

Data charting
older adult inclusion peer reviewed
additional articles saved in June 2019 (4)
Removed duplicate articles (n=7)
Articles excluded after abstract review (n=100)
Articles excluded after title review (n=288)
Excluded articles not reviewed in peer reviewed (number =6609)
Excluded articles with quantitative methodology (number = 10600)
Excluded non-full text articles (number =233)
Included articles between 2015-2019 (number= 17,000)
Articles excluded because research population were non older adult (number=10200)
Reported youth, teenagers and older adult (number=2775)
Clinical research (number=3800)
Excluded minorities and immigrants (n=69)
Patients (number=30)
Palliative care (number=11)
Dementia (number=28)
Chronic disease (number=28)
Critical illness(number=18)
Smoke, drug & alcohol addiction (8)
Articles saved for Scoping review (33)
Articles included in the Scoping review (9)

5.1 Articles inclusion process



6 Data reporting and data summarization

The following table was developed to summarize the nine pieces of literature under the following domains applied Gerontology, aging and human development, educational and health psychology, product innovation management, social psychology, psychology, gerontology and medical science. This table provides some context about older adult inclusion from a large number of databases.

Table 2 Data reporting and summarization

SN	Authors, year, Country	Study Aim/ Objective	Study design, methods and finding summaries	Sample / Participants	Domain
1	Kathy Black and Debra Dobbs 2015 USA	To understand the positive aspects of aging with dignity and independence.	Participatory Action Research (PAR), participatory action research, multiple methods of qualitative inquiry, and tenets of appreciative inquiry. Findings: aging with dignity and independence through 1) meaningful involvement, 2) respect and social inclusion, 3) communication and information, 4) health and wellbeing, 5) aging in place and 6) transportation and mobility	(n = 113), seven focus groups (51 participants), and online surveys (n = 320). Following the PAR model, a series of 15 community forums were held with community residents of all ages (12 and older)	Applied Gerontology
2	Justine Irving, Sandra Davis and Aileen Collier 2017 Australia	To seek contemporary research pertaining to purpose and older adults. Specifically, the review sought to identify the physical and psychosocial effects of purpose.	Qualitative, search for relevant literature by the principles of the Preferred Reporting Items for Systematic Reviews (Ottawa Hospital Research Centre & University of Oxford, 2015). Findings: providing opportunities for older adults to continue contributing roles, participate in meaningful activities, and sustain their social value and sense of relevance.	31 studies retained for review, the majority were cross-sectional (n=16) or longitudinal in design (n=14). One study applied a randomized controlled Irving	Aging and Human Development
3	Johanna C. Goll, Georgina M Charlesworth, Katrina Scior and Joshua Stott 2015 UK	This study examined the relationship between social participation and social identity among lonely older adults living independently in London.	Thematic Analysis, situated within the epistemological framework of Constructivist Grounded Theory. CGT principles guided the analysis towards an interpretation of participants' personally constructed belief systems, via a focus upon their words and actions. Findings four themes 1) overt barriers: illness and disability, loss of friends and family, loss of community; 2) responses to barriers: perceived lack of social opportunities, minimising the difficulties of loneliness, not seeking social	15 participants aged 60 years old took part in a semi-structured interview conducted by JG, which lasted between 60 and 90 minutes and was audio-recorded.	Educational and Health Psychology

SN	Authors, year, Country	Study Aim/ Objective	Study design, methods and finding summaries	Sample / Participants	Domain
			interaction, avoiding social opportunities, relying on the telephone, keeping busy with solitary activities; 3) Social fears: fear of rejection, fear of exploitation 4) fear of losing preferred identities: independent identity, youthful identity and preferred social identity.		
4	Chaiwoo Lee and Joseph F. Coughlin 2015 USA	To provide a more comprehensive understanding for making strategies in design, development, and delivery of various technology-enabled systems.	Qualitative review of studies from gerontology journals, psychology and Aging, Ageing and Society, and Journal of Applied Gerontology. Technology can be made more appealing, useful, and usable to older adults to enhance interaction with technologies. Findings 10 technology adoption factors (value, usability, affordability, accessibility, technical support, social support, emotion, independence, experience and confidence.	Reviewed 59 references included in the factor identification were published on or after 1999, and 44 of those were published on or after 2004.	Product Innovation Management
5	Nowlan J.S , Wuthrich V.M. and Rapee R.M 2015 Australia	Positive reappraisal is a meaning-based cognitive emotion regulation strategy that is frequently used by older adults to deal with stressors.	Qualitative thematic analysis categorized into four core themes: use and value for older adults, effects on mental health, benefit for physical illness, and influence of cognitive functioning and gender. Findings: The literature indicates that positive reappraisal is an adaptive coping strategy for older adults with wide-ranging benefits. Specifically, positive reappraisal appears to be related to improved mental health for older adults	Database searches identified 302 studies, of which 22 addressed positive reappraisal in older adult samples.	Personality and Social Psychology
6	Rowena Hill, Lucy Betts and Sarah Gardner 2015	This paper examines how digital technology could be used to enhance the life activity of older	IPA to understand lived experiences and how those people make sense of their experiences. To gain a range of insight into older adults' lived experiences of technology, two focus groups took place with older adults who attended digital	Participants were recruited through a regional Age UK who purposively recruited older adults who have previously attended digital inclusion classes.	Psychology

SN	Authors, year, Country	Study Aim/ Objective	Study design, methods and finding summaries	Sample / Participants	Domain
	UK	adults and their wellbeing by increasing their social network.	inclusion classes. Findings: 1) Digital technology perceived as a barrier with apprehension of the language and perceived complexity of the technology; 2) The outcome for the participants is that their use of DT contributes to the meeting of their social needs, therefore reducing loneliness. Digital Technology as inclusive and facilitating, DT facilitated more enjoyment, support, and flexibility in to the lives of participants. This in turn supports social inclusion by enabling social connectedness, computer mediated social networks, and also opens up opportunities to introduce more enabling uses of DT.	Two groups of participants group one (1) 10 people and group two (2) 7 people.	
7	Catherine E. Schneider, Elizabeth G. Hunter and Shoshana H. Bardach 2017 USA	The purpose of this study was to review the current evidence related to playing a musical instrument being a potentially protective mechanism against cognitive decline among older adults	Using scoping review procedures, four databases were searched. Paired reviewers analyzed articles for content, design, and bias. Findings: Overall, there appears to be a consistent relationship between cognition and playing music, although details about how and why this relationship occurs are unclear.	All 11 studies included examined participants on various levels of the music involvement spectrum from amateur involvement with music as a leisure activity to playing music professionally at an expert level.	Gerontology
8	Bai Li, Peymané Adab and Kar Keung Cheng 2015 China	To examine the influence of grandparents on the development of obesity among Chinese primary school aged	A mixed methods study was conducted in four socioeconomically distinct primary school communities in two cities of southern China. Findings: In the cross-sectional study, children who were mainly cared for by their grandparents were more likely to be overweight/obese and to consume more sugar-added drinks and unhealthy snacks.	The qualitative study (17 focus groups and four personal interviews) involved parents, grandparents, school staff, and food retailers in the vicinity of the schools	Medical and Dental Science

SN	Authors, year, Country	Study Aim/ Objective	Study design, methods and finding summaries	Sample / Participants	Domain
		children	Children who lived with two or more grandparents in the household were more likely to be overweight/obese than children who did not live with any grandparent. Future preventive interventions should include strategies that target grandparents.	(n = 99)	
9	S. Ronzi, L. Orton, D. Pope, N. K. Valtorta and N. G. Bruce 2018UK	To 1) identify and understand the health impacts of interventions that aim to promote respect and social inclusion among older people and 2) to elucidate the complex pathways that may lead to improved health outcomes.	Scoping review of studies published between 1990 and 2015 from seven bibliographic databases using a pre-piloted strategy, searching grey literature and contacting experts. Findings: Older people were regularly involved in assisting young people in school activities e.g. math problems and reading books to pre-school children. It appears that regular interaction with young people may have led older people to feel more valued, included, and appreciated. As a result, older people reported enhanced subjective health. Studies mainly relied on people who volunteered; they may not be representative of the entire population, particularly of hard-to-reach older people. Services and other initiatives promoting respect and social inclusion should be provided to every older person who stands to benefits from these, and good policies in place should remove the barriers that limit people in most need in accessing these interventions. This review suggests that music and singing, intergenerational initiatives, art and culture and multi-activity interventions may positively impact on wellbeing, subjective health, quality of life and physical and mental health.	Reviewed 27,354 records retrieved, 40 studies (23 quantitative, 6 qualitative, 11 mixed methods) were included. All studies were conducted in high and upper middle-income countries. Studies were included if they assessed the impact of an intervention promoting respect and social inclusion on the physical or mental health of community-residing people aged 60 years and older.	Public Health and Policy

7 Findings

The initial search of databases identified 41200 articles. The abstracts were revised and the search criteria applied to retain 4,097 articles. More peer-reviewed articles were carefully chosen from the screening exercise, excluding quantitative articles, removing non-full text articles, excluding non-older adult population and limiting the search to literature between 2015 and 2019. Removed articles that discuss older patients, with chronic diseases, dementia, palliative care and critical illness to get 33 articles. After an in-depth reading, 24 articles were excluded because they did not match the selection criteria. In the final nine articles, two studies participants were between the age of 55 and 65; these were included because of study objects and study outcomes.

All findings were grouped under six titles 1) decision-makers, 2) older adult, 3) society, 4) digital technology, 5) research community and 6) music and art. Table (3) data grouping by titles indicates that there are things to be done by officials to help older adult inclusion like ageing in place, help older adult transportation and mobility, provide opportunities to continue contributing roles, older adult identities, enable social connections via technology, to include grandparents in family preventive strategies like children obesity and good policies in place should remove the barriers that limit people in most need in accessing these interventions.

Table 3 Data under group titles

Group	Literature Findings
Decision Makers/ Officials	<ol style="list-style-type: none"> 1) Aging in place 2) Fear of exploitation 3) Fear of losing preferred identities 4) Future preventive interventions should include strategies that target grandparents. (children obesity) 5) good policies in place should remove the barriers that limit people in most need in accessing these interventions 6) Perceived lack of social opportunities 7) Providing opportunities to continue contributing roles 8) Services and other initiatives promoting respect and social inclusion should be provided to every older person 9) Studies mainly relied on people who volunteered; they may not be representative of the entire population, particularly of hard-to-reach older people. 10) Supports social inclusion by enabling social connectedness, computer mediated social networks 11) Transportation and mobility
Digital Technology (DT)	<ol style="list-style-type: none"> 1) Communication and information 2) DT facilitated more enjoyment, support, and flexibility in to the lives of participants. 3) Open up opportunities to introduce more enabling uses of DT. 4) Technology adoption factors (value, usability, affordability, accessibility, technical

	support, social support, emotion, independence, experience and confidence.
	5) Their use of DT contributes to the meeting of their social needs, therefore reducing loneliness.
Older Adult	1) Aging with dignity and independence through meaningful involvement 2) Older adult avoid social opportunities 3) Children who were mainly cared for by their grandparents were more likely to be overweight 4) Digital technology perceived as a barrier with apprehension of the language and perceived complexity of the technology 5) Keeping busy with solitary activities 6) Mindfulness in positive reappraisal by adapting coping strategy 7) Older adults are not seeking social interaction 8) Older adult to participate in meaningful activities 9) Relying on the telephone
Music & Art	1) There appears to be a consistent relationship between cognition and playing music 2) Music and singing, intergenerational initiatives, art and culture and multi-activity interventions may positively impact on wellbeing, subjective health, quality of life and physical and mental health.
Research Community Society	1) Health and wellbeing 2) Relationship between cognition and music is unclear. 1) Fear of rejection 2) Independent identity 3) Involved in assisting young people in school activities e.g. math problems and reading books to pre-school children. 4) Regular interaction with young people may have led older people to feel more valued, included, and appreciated 5) Respect and social inclusion 6) Sustain their social value and sense of relevance 7) Youthful identity and preferred social identity

8 Limitation

There are a number of limitations to this scoping review. This study focuses on qualitative studies and peer-reviewed which did not capture all works of literature outside of the selection criteria. However, these issues in literature contribute to international debates on old adult inclusion. There is a knowledge gap on older adult inclusion as most of the articles discuss older adult in areas of dementia, chronic diseases and most of the found articles are quantitative and focus clinical studies. It brings various clues about the importance of older adult inclusion across domains and helps to provide an extra comprehensive discourse on inclusion.

9 Conclusions

The findings in the literature indicate that there is a gap in knowledge about older adults' inclusion strategies, which will be addressed in the future research project. The findings will help in ideate new areas of study; probably the next study will be on designing a qualitative study to study the older adult inclusion in the United Arab Emirates in Dubai. This scoping review will give ideas for future qualitative methods in the area of psychology, for example, interpretative phenomenological analysis, interviews, focus group discussion or participants' observation. The future research domains would focus on decision and policymakers on bringing strategies that can support older adults' inclusion, innovation and digital technology, where developers could think of applications or software that can facilitate older adult inclusion and art and music. Older adults themselves are core in breaking barriers to participate in their society; future research would study older adults' possibility of engagement. Inclusion strategies are important to help older people get involved with their societies in meaningful initiatives and design wellbeing strategies at the personal and government levels.

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