

ThermoAge

The effects of extreme indoor temperature on risk of falls in older people

Purpose

- To examine how indoor temperature affects balance and risk of falls in older adults.

What the study involves

- Two lab visits (~2.5 hours each)
- Exposure to 14°C (cold) and 30°C (warm conditions)
- Sitting with short standing tasks
- Rating comfort and sensations

Eligibility

- Adults aged 55–80 years

Key exclusion criteria

- Recent falls or balance/neurological conditions.
- Low blood pressure or inability to stand safely.
- Sensitivity to temperature or existing skin conditions.

Project team

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