

## **IAGG Asia Ocean 2023 Conference (Yokohama)**

### **Symposium session Geriatrics 6 – Strength-based approach in prevention and rehabilitation.**

#### Session Abstract

There has been strong growth in re-focussing of prevention and rehabilitation approaches to becoming strength-based. This symposium draws together international perspectives on the current state of strength-based approaches in prevention, rehabilitation and reablement. It will include an overview of the transition to strength-based approaches, and some of the theory driving this change. Key elements contributing to greater success when using strength-based approaches to prevention and rehabilitation will also be reported, including the importance of active involvement, person centred goal setting and motivational factors. Examples of studies utilising strength-based approaches for prevention and rehabilitation will be presented, outlining details of intervention methods, and outcomes across a broad range of measures, including physical performance outcomes, as well as cognitive outcomes. Other factors to support holistic approaches to reablement, prevention and rehabilitation using strength-based interventions will also be discussed, including the importance of adequate diet to optimise physical performance outcomes. The session will conclude with the opportunity to discuss key issues and raise questions with the speakers.