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About me

In the pre-covid era I spent my spare time with friends and family traveling, going to concerts, and exercising. To adapt to the pandemic situation, I've exchanged concerts to listening to music at home, and switched from snowboarding to cross country skiing and running in the beautiful forests of Sweden.

Current research & Career development

I am currently investigating the role of leisure time physical activity on cognitive function and dementia in high age. Going forward, I want to combine research and clinic. I've worked in clinic and done data collection in two cohort studies prior and during my PhD studies. That made me realise I also enjoy helping people improve their physical function and see that they often have a greater capacity than they might think.

Goals for the SPA 2021

I aim to further my knowledge of longitudinal methods in aging research. I also appreciate the opportunity to network with researchers from other disciplines. The opportunity to learn more regarding pooling of studies also sounds interesting, as our research group has plans to combine data from two cohort studies. I also aim to develop my ability to communicate findings to government agencies and politicians to promote the welfare of our aging population.