



STEPHANIE SAUNDERS

McMaster University



ABOUT ME

I am a first year PhD/PT dual degree student in Rehabilitation Sciences. My PhD work will examine fall risk in community dwelling older adults. My research goals are to determine how to best maintain older adults' mobility as they age.

My research interests focus on the importance of physical movement and I am passionate about undertaking creative knowledge translation approaches to build Canadian's capacity to live better.

In my free time you can find me playing in the mountains (skiing, hiking), at the lake (canoeing, swimming), or with a peppermint tea and a good book.

Current research

My current research involves examining predictors of fall risk, factors that influence mobility, and encouraging research engagement in community dwelling older adults.

Career development

I completed my master's in Human Kinetics at the University of Ottawa and previously worked as a Kinesiologist after completing a Kinesiology and Political Science undergraduate degree. Prior to starting my dual-degree program, I worked as a Research Coordinator in Palliative Care at Mount Sinai Hospital's Temmy Latner Centre for Palliative Care.

Goals for SPA 2021

Foster lifelong networks with other trainees, researchers, and industry professionals who have a common focus of aging.

Develop advanced statistical skills taking into consideration aging-specific contexts.

Gain critical interdisciplinary perspectives vital for addressing aging challenges.