

The ASPREE Longitudinal Study of Older Persons (ALSOP)



There are a number of factors that impact upon the ability to live an independent and fulfilling life in later years. Some of these might include lifestyle choices and factors that are beyond our control.

The ASPREE Longitudinal Study of Older Persons (ALSOP) will identify some of the factors that have the potential to influence health and wellbeing as we age. These include general health, lifestyle, social interaction and economic factors, along with access to facilities and services in local communities and the wider environment.

ALSOP invites ASPREE participants to complete no more than three questionnaires spaced out over any year, and return them in supplied postage-paid envelopes. Completion of any questionnaire is entirely voluntary and all information is treated in the strictest confidence.

If you have any questions about ALSOP, please contact ASPREE on 1800 728 745.



What can longitudinal studies such as ALSOP tell us?

Studies such as ALSOP, which follow specific groups of people over time, are known as 'longitudinal' or 'cohort' studies. Cohort studies are powerful tools which enable researchers to examine influences on long-term health. For example, cohort studies provide the ability to look at factors whose influence might not be immediately apparent, but have a lasting long-term impact for everyone. They also allow us to look at issues that might only be influential in certain segments of a population.

One good example is an ongoing study from Holland called '*The Rotterdam Study*', which started in 1990 and has had a major impact on our understanding of the determinants of health for people over 55 years of age. The Rotterdam Study was one of the first studies to demonstrate that smoking more than doubles the risk of developing dementia. By following the health and lifestyle of their participants over a number of years, this study has made a large number of significant discoveries about which factors put people at risk for chronic diseases, such as dementia.

There have been few cohort studies conducted in those aged over 70 years. ALSOP will fill this gap in our knowledge and allow us to examine how lifestyle, environment and medical factors contribute to health outcomes in later years.



For more information
please call the ALSOP
study team on:

1800 728 745 (toll-free)

or

visit the 'Sub-studies' page
of the ASPREE website:

www.aspree.org