

“Seasonal Differences in Light Exposure and the Associations with Health and Well-Being in Older Adults: An Exploratory Study”

Authors: Keys, Y., Silverman, E.

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Full Name	AIA # / EDAC #	Email	Phone #

Learning Objective 1: Explain the eyes ‘nonvisual’ role and how ageing determines the transmission of light through the eye to the circadian system.

Learning Objective 2: Explain the eyes ‘nonvisual’ role and how ageing determines the transmission of light through the eye to the circadian system.

Learning Objectives 3: Explain the key findings from the paper.

Learning Objective 4: Enumerate the implications for practice and suggest ways to translate this into design guidance.

Question 1: Describe the characteristics of the ‘nonvisual’ pathway, the ageing eye and how this affects the circadian system.

Question 2: Describe the characteristics of the ‘nonvisual’ pathway, the ageing eye and how this affects the circadian system.

Question 3: Give three examples of the implications for practice and suggest how you would apply one of these in practice.

a. _____

b. _____

c. _____