

DR ELISABETH RACHEL BOULTON

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Education

- 2010 – 2015 **PhD "Promoting physical activity amongst older people: What if we asked them what they want? Two studies to consider the effects of involving older adults in the design, delivery, implementation and promotion of interventions to promote physical activity amongst their age group."**
School of Nursing, Midwifery and Social Work, University of Manchester
- 1993 – 1994 **MA Historical Research**
Lancaster University
- 1990 – 1993 **BA (Hons) History and Religious Studies (2:1)**
S. Martin's College, University of Lancaster

Professional Qualifications

Senior Fellow of the Higher Education Academy (2021)
Managing at Manchester (ILM Certified) (2020)
Fellow of the Higher Education Academy (2018)
Diploma in the Financial Management of Small Businesses (2006)

Present appointments

Freelance work at Lis Boulton Consulting

May 2026 – present

- Providing research, evaluation, dissemination and impact services for the health and social care sector.
- Clients include the Open University, the University of Winchester, the European Commission, the Richmond Group of Charities, and Later Life Training.

Visiting Research Fellow

Faculty of Health and Social Care, Open University

July 2025 – present

- Contribute to research and policy implementation relating to healthy ageing.
- Co-designing, promoting and implementing the national healthy ageing campaign [Take Five to Age Well](#).
- Contribute to dissemination of Take Five to Age Well approach and results, including co-authoring an article in [The Conversation](#) and co-hosting an event for MPs in Westminster to promote the campaign and highlight its contribution to the Government's aim to move from Sickness to Prevention.

Appointments held

I have been working in health and social care since 1995, and for the last 16 years have combined this with work in healthy ageing research. The following section is divided into research roles and health and social care roles.

Research Roles

Co-Investigator, NIHR funded Active, Connected, Engaged (ACE) Trial *Division of Nursing, Midwifery & Social Work, University of Manchester / Age UK*

September 2021 to December 2025

- Member of Trial Management Group for multi-centre RCT on peer-volunteering to support older adults to be physically active and socially connected.
- Leading on dissemination of research findings.

Co-Investigator, UMRI-funded Enabling asylum-seeking older women to challenge health and societal inequalities in the UK: An oral histories and futures approach *Age UK*

August 2023 to July 2024

- Facilitated focus groups with older women refugees and those seeking asylum to understand their experiences and hopes for ageing healthily in the UK.
- Producing academic papers, policy papers and public-facing dissemination.

Researcher representative for Division of Nursing, Midwifery and Social Work (2015-2021)

- Representing Division's researchers on Faculty board.
- Acting as conduit for communications across different levels of the University.
- Organising events to support researchers.

Research Fellow, NIHR Older People and Frailty Policy Research Unit *Division of Nursing, Midwifery & Social Work, University of Manchester.*

April 2019 – September 2021

- Contributing to policy research design and specification.
- Recruiting, supporting and managing Research Associates.
- Negotiating research access with a variety of organisations at all levels.
- Liaison with DHSC and Arm's Length Bodies (e.g. Public Health England, NHS England) policy colleagues.
- Conducting interviews, focus groups and observations.
- Conducting and contributing to rapid response policy work and evidence syntheses and summaries.
- Leading the analysis of qualitative data and synthesis in production of policy research documents.
- Leading production of policy reports based on synthesis of a variety of analytic and review methods.
- Writing and presenting research and policy papers and reports to a variety of audiences including policy makers.

- Liaising with colleagues whose work uses quantitative methods and interpreting quantitative findings.
- Liaison with policy makers and users, and actors in the policy field such as third sector organisations.
- Dissemination of PRU outputs to a wide variety of audiences in negotiation with DHSC.
- Contribution to PRU outputs within agreed timescales, including the preparation of any final reports.
- Acting as a spokesperson for the PRU.
- Responding to requests from DHSC and other ALBS as appropriate (under direction of PRU Director).
- Supervising PhD and MRes students in the School of Health Sciences.
- Academic Advising for PhD students (pastoral role).
- Teaching on MRes research methods modules.

Co-applicant, Greater Sport Active Ageing Evaluation

Division of Nursing, Midwifery & Social Work, University of Manchester.

April 2018 to March 2020

- Evaluating the delivery and outcomes of a programme to increase physical activity levels of older adults across Greater Manchester.
- Working with local municipalities to agree programme content, collect data and evaluate process and outcomes.
- Member of evaluation team, developing approach and supporting Research Assistant.

Research Associate, PreventIT Project (Horizon 2020)

Division of Nursing, Midwifery & Social Work, University of Manchester.

January 2016 to March 2019

PreventIT was a collaborative European Commission funded research project with nine partners distributed in six EU countries. Over the three-year project period, PreventIT developed and tested two lifestyle-integrated exercise intervention programmes to prevent future functional decline in adults aged 61-70 years. A motivational strategy was developed to support behavioural change towards a more active, healthy lifestyle. In addition, several tools were developed to screen the risk for future functional decline, personalise the intervention to individual users, assess behavioural complexity, and allow users to test their own function unsupervised.

- Responsible for developing the evidence-based motivational strategy for the two pilot studies and the two active arms of the feasibility RCT, to be run in Stuttgart, Amsterdam and Trondheim.
- Represented the University of Manchester team within an international consortium, at EC Review meetings, at national and international events and conferences.
- Reviewed literature (scoping and rapid reviews) and analysed data to produce evidence-based and theoretically grounded behaviour change intervention.
- Co-ordinated work with engineers and software developers to translate the behaviour change intervention into a smartphone application.
- Trained consortium members and trial staff to deliver the motivational strategy, teaching behaviour change theory and techniques.
- Co-ordinated work to translate the behavioural intervention into three languages, ensuring timely delivery to software developers.
- Managed the qualitative research elements of the project (two pilot studies and feasibility RCT).
- Conducted qualitative and quantitative analyses of pilot study and RCT data.

- Primary author and co-author on 10+ project papers.
- Managed the work of student interns, casual workers and research assistants to undertake data analyses and administrative work.
- Led the review of the motivational elements of the PreventIT project to produce a final behaviour change intervention.
- Organised and delivered International Summer School for early career researchers and PhD students, in Bertinoro, Italy, as member of Scientific and Organising Committee and Lecturer.

Co-applicant, Centre for Ageing Better Strength and Balance Review

Division of Nursing, Midwifery & Social Work, University of Manchester.

February to December 2018

- Reviewed the status of strength and balance programme implementation across England and identifying best practice.
- Worked with localities to identify strengths and weaknesses and to develop action plans to improve provision.
- Produced report for the Centre for Ageing Better on good practice and presented results to funder.

Employed on two Medical Research Council Research Projects on Falls Prevention

Research Fellow and Research Associate (Casual, Part-time)

Division of Nursing, Midwifery & Social Work, University of Manchester

September 2015 to January 2016

- Conducted literature review to identify relevant research findings.
- Organised and led five focus groups seeking older adults' views on new technologies.
- Transcribed audio recordings and performed data analysis using NVivo9 and the Framework approach.
- Liaised and attended meetings with academic, Third Sector and business partners to plan research and present findings.
- Drafted reports and a paper for publication regarding the process and findings of the research.

Research Assistant, FARSEEING Project, University of Manchester

March 2013 to 31st March 2015

FARSEEING was a collaborative European Commission funded research project with 10 partners distributed in five EU countries. It developed a thematic network focusing on the issue of promoting healthy, independent living for older adults. FARSEEING aimed to promote better prediction, identification and prevention of falls with a focus on ICT devices and the unique proactive opportunities they can provide to older adults to support them in their own environment. I was responsible for delivery of tasks on Work Package 2 (User perspectives and psychological aspects about ICT technologies for "ageing well") and Work Package 8 (Dissemination), including providing maternity leave cover for Communication and Dissemination Manager, January – July 2014.

- Worked independently, providing weekly updates to line manager. During line manager's sabbatical and colleague's maternity leave, I was the sole representative from Manchester and managed my own workload.
- Co-authored a systematic review of older adults' perceptions of technologies aimed at falls prevention, detection or monitoring published.

- Co-ordinated and led online stakeholder consultation regarding older adults' views on ICT interventions and wrote subsequent guidelines for the promotion of technology use.
- Led the development of a taxonomy of technologies, co-ordinating work with partners from across Europe; writing the taxonomy and associated handbook; and collaborating with computer scientists to develop a web application for researchers.
- Published paper regarding the development of the taxonomy of technologies.
- Developed and published communication strategy for project.
- Responsible for presenting project findings to EC project officers and reviewers, professionals and practitioners in the field, and at scientific meetings.
- Managed project website and social media channels.
- Collated material from project partners and produced reports for EC.
- Represented the University of Manchester team at meetings with project partners, contributing to overall project development.
- Represented the University of Manchester team in disseminating information regarding motivational aspects, technological development and trial interventions to scientific, industry, practitioner and public audiences.

PhD Student, *School of Nursing, Midwifery and Social Work, University of Manchester*

September 2010 to February 2015 (Two years full time, two years part time)

The thesis presents a multilevel, social ecological model, which highlights the influences on engagement in physical activity at individual and environmental levels. Findings were drawn from a review of the literature on older adults' engagement in intervention design and delivery; from a qualitative study and subsequent participatory research study, conducted in partnership with older adults.

Research Assistant (Casual, Part-time) VIP2UK Project, *University of Manchester*

October 2012 - December 2012

- Carried out telephone interviews with older adults using Phone FITT physical activity questionnaire on VIP2k visual impairment research study.

Research Assistant (Casual, Part-time) FARSEEING Project, *University of Manchester*

November 2011 to December 2012

- Contributed to the development of the taxonomy of technologies.
- Conducted literature searches and quality assessments for the systematic literature review on older adults' perceptions of technologies for the FARSEEING project.

Freelance research work for *Calderdale Carers Project*

September 2011 to October 2011

- Produced research proposal to support funding application.
- Conducted semi-structured interviews with former carers.
- Analysed interview transcripts to produce supporting evidence for Comic Relief funding bid for support service for former carers.

Health and Social Care Roles

Prior to joining the University of Manchester in September 2010, I worked from 1995 to 2010 in the statutory and voluntary sectors. I continued to hold non-academic roles during my time as a researcher. I have substantial management experience in both the voluntary sector and

local government. I have managed residential and supported living services; large teams in local government commissioning and contracting services; local and regional projects to improve support and services for older adults and, more recently, two Chief Executive Officers of voluntary sector organisations on a freelance and voluntary basis.

Trustee (Non-Executive Director), *Calderdale Carers Project, West Yorkshire*

October 2018 – present

- Provide strategic leadership in overseeing the work of the organisation.
- Meet quarterly to receive reports on service developments, safeguarding, human resources and financial matters.
- Approve strategic developments and accounts.

Health and Care Policy Manager, Age UK

October 2021 – April 2026

- Led on Age UK's national influencing on the health of older people, using internal and external research evidence, to influence UK policy making.
- Held relationships with senior leaders in NHS England, Department of Health and Social Care, National Institute for Health Research, large charitable organisations, think tanks, academic institutions, funding bodies, and other organisations representing older people, to amplify older people's needs and voices in policy making.
- Represented Age UK in Parliament, including providing evidence for APPGs, Select Committees, attending events to influence MPs and Special Advisors.
- Influenced national, regional and local health and care service delivery, through providing research and experiential evidence to Government departments, NHS organisations, Local Authorities, and local Age UK charities.
- Contributed to evaluating evidence-based projects within the wider Age UK Network, to ascertain impact and learn from outputs and outcomes.
- Regular contributor of expert analysis and commentary to national media outlets, both proactively and in response to emerging issues.
- Conducted Age UK's annual health and care research, including development, delivery, analysis, and dissemination to a variety of different audiences including government and the NHS.
- Played a central role in ensuring Age UK's national campaigns, such as [Let's Change How We Age](#); [Act Now, Age Better](#); [Offline and Overlooked](#); [Winter Fuel Payments](#); and [Spread the Warmth](#), were grounded in robust evidence. Provided strategic oversight to ensure messaging was accurate, credible, and aligned with the charity's reputation for integrity.
- Responsible for developing and delivering Age UK's operational plan for influencing on all areas of older people's health and care needs, using project management approaches.
- Chaired Age UK's Menopause Champions Employee Reference Group (ERG), advocating for colleagues experiencing perimenopause, menopause, or post-menopause. Championed inclusive workplace policies and practices that support older workers, helping to ensure Age UK remains a leading example of age-friendly employment within the charity sector.

- Contributed to Age UK's national strategy, policies and procedures, ensuring that colleagues experiencing menopause were considered and supported.
- Led the development and delivery of annual operational plans for the Menopause Champions ERG, aligned with Age UK's organisational strategy. Responsible for organising educational events and staff training on menopause, ensuring this vital support for older workers was embedded across the charity.

Chair (Non-Executive Director), *Age UK Calderdale and Kirklees, West Yorkshire*

February 2010 to December 2025

- Provide professional supervision for Chief Executive.
- Provide strategic leadership to the Board in overseeing the work of the organisation.
- Chair Board meetings and lead sub-committees regarding support service developments.
- Meet quarterly to receive reports on service developments, safeguarding, human resources and financial matters.
- Approve strategic developments and accounts.

Policy Panel Member, *Age UK*

April 2017 to October 2021

- Bringing my academic insight, and local knowledge from Greater Manchester and West Yorkshire to the development of policy positions.

Patient Participation Group Member, *Colne Valley Group Practice, Marsden, West Yorkshire*

August 2011 to April 2020

- Using my academic and professional knowledge to review services and support the GPs and allied staff in their service delivery.
- Meet bi-annually, conducting tasks in between.
- Responsible for gathering patients' views on service delivery and for assisting the GPs with making decisions for local service delivery developments.

Management Consultancy, *Calderdale Carers Project, Halifax, West Yorkshire (Freelance)*

February 2010 to June 2021

- Provided professional supervision for Chief Officer.
- Led on strategic and organisational development, including quality work and project management.
- Assisted with funding bids and contract tendering.

Project Manager, *Establishing Best Practice in Re-ablement, Yorkshire and Humber Joint Improvement Partnership (Freelance)*

February 2010 to January 2011

- Successfully established a baseline of the development of Home Care Re-ablement Services across the Yorkshire and Humber region, identifying examples of best practice.

- Worked closely with the Department of Health's Care Services Efficiency Delivery (CSED) to provide support to Local Authorities in developing their Re-ablement Services.
- Wrote 'best practice guidelines' for developing Home Care Re-ablement Services.

Commissioning and Strategy Manager, Older People and Disability Services, *Calderdale Council, Halifax, West Yorkshire*

November 2008 – December 2009

- Lead responsibility for all commissioning activity in older people and physical disability services, managing a £7m annual budget. Areas of work ranged from the development of forums (Disability Partnership and Older People's Forum), information and advice services (non-assessed services), through homecare, care homes and day services, to the development of a local dementia services and services for Stroke survivors.

POPPs Programme Manager, *Calderdale Council, Halifax, West Yorkshire (Freelance)*

January 2008 – November 2008

- Responsible for leading Calderdale's successful £1m Partnerships for Older People's Projects Programme.
- Chaired 6 project boards (Home from Hospital; Neighbourhood Schemes; Falls Prevention; Handyperson Service; Locality Integration and Health and Well-being of Carers).
- Developed the involvement of local older people in the Programme and laid the foundations for involvement in all Council commissioning activity.
- Successfully secured recurrent funding for all of the projects to continue from April 2009 onwards.

Single Assessment Process Project Manager, *Calderdale Council, Halifax, West Yorkshire (Freelance)*

April 2006 – December 2007

- Led the development of a pilot to share assessments electronically between the Primary Care Trust, Adult Social Care and the Community Rehabilitation teams (Acute Trust).
- Secured sign up to develop a local solution to electronic information sharing, between all four statutory partners.

Person Centred Planning Officer, *Calderdale Council, Halifax, West Yorkshire (Freelance)*

September 2004 – April 2007

- Carried out three annual reviews of the development of Person Centred Planning in all services for people with learning disabilities in Calderdale (voluntary and statutory).
- Developed and delivered a training package for team members and delivered the training to teams in learning disability and older people's services.

Operations Manager (renamed Service Manager) for Residential, Nursing and Supported Living services, *Calderdale Mencap, Halifax, West Yorkshire*

January 2002 – July 2004

- Responsible for the line management of four Registered Care Home Managers and the Supported Living Manager.
- Brought together the individual services' policies and procedures and implemented a central suite of policies and procedures.

North Star Project Manager, development work for people with learning disabilities, Calderdale Mencap, Halifax, West Yorkshire

May 2000 – January 2002

- Co-wrote the organisation's three-year strategy.
- Developed person centred service delivery.
- Led on the successful bid to provide the first Supported Living services for people with learning disabilities in Calderdale.
- Led on the recruitment, selection and training of the Supported Living staff teams and set up all of the policies, procedures and systems to run these services.

Registered Manager, Mayfield House and Cottages, Calderdale Mencap, Halifax, West Yorkshire

October 1998 – May 2000

- Reorganised the administrative systems, delegating tasks and areas of responsibility to team members that had previously been carried out by the Registered Manager alone.
- Responsible for the allocation of the annual budget for the service and for the day-to-day managing of that budget. Successfully implemented new policies and procedures, empowering the staff team to take more responsibility for running the service.
- Implemented a system of supervision and support for the whole organisation.

Registered Manager; Deputy Manager; Project Worker; Senior Support Worker, OWL Housing Ltd., West London (Feltham, Isleworth and Twickenham)

October 1995 – October 1998

- Developed a new residential service to support eight older adults with learning disabilities, who were moving out of a long stay hospital.
- Set up all aspects of the service, together with the Registered Manager. This included working with architects, building contractors, local authority commissioners, care managers and hospital staff.
- Involved in the recruitment, selection and training of the entire staff team.
- The service was seen as the flagship of Owl Housing's provision and was highly commended in a report for the Department of Health carried out by ARC on models of provision for older adults with learning disabilities.
- In November 1997 became the Registered Manager of this service and remained so until relocation to West Yorkshire in October 1998

Volunteer Support Worker, Lambeth SHAD

May 1995 – October 1995

- Volunteer providing 24-hour support to individuals with physical disabilities and mental health problems.

Volunteer Support Worker, Southwark Community Project

June 1995 – October 1995

- Volunteer supporting adults with learning disabilities in day service activities in the community.

PUBLICATIONS AND PRESENTATIONS

The following pages list my publications and presentations, related to healthy ageing and access to health and social care. I have extensive experience of writing for and presenting to different audiences. In summary, I have 37 peer reviewed academic journal publications; have written 10 reports for the European Commission; seven reports for the Department of Health and Social Care; four for Age UK; and one report for the Centre for Ageing Better. In addition, I have presented at 29 academic conferences and more than 30 events, to members of the public, professionals, clinicians, students, academics and stakeholder groups.

Peer reviewed publications

1. Withall J, Greaves C, Crone D, Hawley-Hague H, Western M, Chatwin K, Davies A, Szekeres Z, Playle R, Frew E, Fenton S, Hillsdon M, Jolly K, Pugh C, Wright M, Sheppard R, Todd C, **Boulton E**, Thompson J, Pokhilenko I, Baxter J, Stathi A. (2026) Cohort profile of 528 UK-based Older Adults in the ACE Randomised Controlled Trial, a Peer volunteer-led intervention targeting Mobility-Disability: Reaching recruitment targets within trial timescales and budgets. *BMJ Open (In Press)*
2. Whitall J, Greaves C, Crone D, Hawley-Hague H, Western M, Chatwin K, Davies A, Szekeres Z, Playle R, Frew E, Fenton S, Hillsdon M, Jolly K, Pugh C, Wright M, Sheppard R, Todd C, **Boulton E**, Thompson J, Pokhilenko I, Baxter J, Stathi A. (2026) The Tribulations of Trials Continue: Recruiting 528 Older Adults into the Active, Connected, Engaged (ACE) Randomised Controlled Trial of a Peer volunteer-led Intervention targeting mobility-disability. *Journal of Gerontology: Medical Sciences. (In Press)*
3. Andelic N, Eccles S, Davis K, Davis S, Millar R, Ali N, **Boulton E**, Vseteckova J. (2026) Engaging with diverse communities for healthy ageing: insights on the Take Five to Age Well public health campaign. *Journal of Global Ageing (In Press)*
4. Astbury J, Brooks J, Hall SM, Hall A, **Boulton E**, Arnall C (2026), "Experiences and imaginaries of healthy ageing among older asylum seeking and refugee women in England: an oral histories and futures approach". *International Journal of Migration, Health and Social Care*, Vol. 22 No. 3 pp. 451–465, doi: <https://doi.org/10.1108/IJMHSC-04-2025-0040>
5. Brooks J, Hall SM, Astbury J, Boulton E, Hall A, Arnall C. Healthy Ageing Futures for Older Women Asylum Seekers: Advancing Oral Histories and Futures Methods. *International Journal of Qualitative Methods*. 2025 Aug 17;24:16094069251371822.
6. McGowan L, Davies A, Devereux-Fitzgerald A, **Boulton E**, Todd, C, Phillipson C, McGowan LJ, Powell R. (2024) Understanding the experiences of older adult participants and

individuals involved in the delivery of a physical activity programme based on participatory approaches: A qualitative analysis. *British Journal of Health Psychology*, 30(7), DOI: [10.1111/bjhp.12747](https://doi.org/10.1111/bjhp.12747)

7. Ford C, Hawley-Hague H, **Boulton E**, Stanmore E. (2024) Exploring the use of virtual reality to support falls awareness education in care homes: a multi-phase feasibility study (Preprint), *JMIR Serious Games*, DOI: [10.2196/preprints.56801](https://doi.org/10.2196/preprints.56801)
8. Lewis SR, McGarrigle L, Pritchard MW, Bosco A, Yang Y, Gluchowski A, Sremanakova J, **Boulton ER**, Gittins M, Spinks A, Rapp K, MacIntyre DE, McClure RJ, Todd C. (2024) Population-based interventions for preventing falls and fall-related injuries in older people. *Cochrane Database of Systematic Reviews* 2024, Issue 1. Art. No.: CD013789. DOI: [10.1002/14651858.CD013789.pub2](https://doi.org/10.1002/14651858.CD013789.pub2).
9. Spiers G, **Boulton E**, Corner L, Craig D, Parker S, Todd C, Hanratty B. (2023) What matters to people with multiple long-term conditions and their carers?, *Postgraduate Medical Journal*, Volume 99, Issue 1169, Pages 159–165, <https://doi.org/10.1136/postgradmedj-2021-140825>
10. Welch V, Ghogomu ET, Barbeau VI, Dowling S, Doyle R, Beveridge E, **Boulton E**, Desai P, Huang J, Elimestekawy N, Hussain T, Wadhwani A, Boutin S, Haitas N, Kneale D, Salzwedel D M, Simard R, Herbert P, & Mikton C. (2023). Digital interventions to reduce social isolation and loneliness in older adults: An evidence and gap map. *Campbell Systematic Reviews*, 19, e1369. <https://doi.org/10.1002/cl2.1369>
11. Stathi A, Withall J, Crone D, Hawley-Hague H, Playle R, Frew E, Fenton S, Hillsdon M, Pugh C, Todd C, Jolly K, Cavill N, Western M, Roche S, Kirby N, **Boulton E**, Thompson J, Chatwin K, Davies A, Szekeres Z, Greaves C. (2023) A peer-volunteer led active ageing programme to prevent decline in physical function in older people at risk of mobility disability (Active, Connected, Engaged [ACE]): study protocol for a randomised controlled trial. *Trials* **24**, 772. <https://doi.org/10.1186/s13063-023-07758-3>
12. Mikolaizak AS, Taraldsen K, **Boulton E**, et al. (2022) Impact of adherence to a lifestyle-integrated programme on physical function and behavioural complexity in young older adults at risk of functional decline: a multicentre RCT secondary analysis. *BMJ Open* 2022;**12**:e054229. DOI: [10.1136/bmjopen-2021-054229](https://doi.org/10.1136/bmjopen-2021-054229)
13. Welch V, Ghogom ET, Barbeau VI, **Boulton E**, Boutin S, Haitas N, Kneale D, Salzwedel DM, Simard R, Herbert P, & Mikton C. (2022). PROTOCOL: Digital interventions to reduce social isolation and loneliness in older adults: An evidence and gap map. *Campbell Systematic Reviews*, 18, e1260. <https://doi.org/10.1002/cl2.1260>
14. Yang Y, **Boulton E**, Todd C. (2022) Measurement of Adherence to mHealth Physical Activity Interventions and Exploration of the Factors That Affect the Adherence: Scoping Review and Proposed Framework, *J Med Internet Res*; 24(6):e30817, DOI: [10.2196/30817](https://doi.org/10.2196/30817)

15. Yang Y, **Boulton E**, Taraldsen K, Mikolaizak AS, Pijnapples M, Todd C. (2022) Adherence to mHealth and Paper-Based Versions of Lifestyle-Integrated Functional Exercise: A Secondary Analysis of Data From the PreventIT Feasibility Randomized Controlled Trial, *Journal of Aging and Physical Activity*, 31(1), DOI: <https://doi.org/10.1123/japa.2021-0239>
16. Hall A, **Boulton E**, Kunonga P, et al. Identifying older adults with frailty approaching end-of-life: A systematic review. *Palliative Medicine*. 2021;35(10):1832-1843. doi:[10.1177/02692163211045917](https://doi.org/10.1177/02692163211045917)
17. Davies A, French DP, Devereux-Fitzgerald A, **Boulton E**, Todd, C, Phillipson C, McGowan LJ, Powell R. (2021) How do decision makers and service providers experience 'new ways of working' in developing and implementing physical activity interventions with older adults? A thematic analysis. *International Journal of Environmental Research and Public Health* 18, 2172. <https://doi.org/10.3390/ijerph18042172>
18. Kunonga T, Spiers G, Beyer F, **Boulton E**, Hall A, Bower P, Todd C, Hanratty B, Craig D. (2020) Do digital technologies enhance older people's access to health and social care: a rapid review of reviews. *Journal of Medical Internet Research*, <https://preprints.jmir.org/preprint/25887>
19. Spiers G, Kunonga TP, Hall A, Beyer F, **Boulton E**, Parker S, Bower P, Craig D, Todd C, Hanratty B. (2020) Measuring frailty in younger populations: a rapid review of evidence. *BMJ Open*, 11:3 DOI: [10.1136/bmjopen-2020-047051](https://doi.org/10.1136/bmjopen-2020-047051)
20. **Boulton E***, Kneale D*, Stansfield C, Heron P, Sutcliffe K, Hayanga B, Hall A, Bower P, Casey D, Craig D, Gilbody S, Hanratty B, McMillan D, Thomas J, Todd C. (2020) Rapid systematic review of systematic reviews: what befriending, social support and low intensity psychosocial interventions, delivered remotely, are effective in reducing social isolation and loneliness among older adults? How do they work? *F1000 Research* <https://doi.org/10.12688/f1000research.27076.1>. *Shared first authorship
21. McGarrigle L, **Boulton E**, Sremankova J, Gittins M, Rapp K, Spinks A, McIntyre D, McClure R, Todd C. (2020) Population-based interventions for preventing falls and fall-related injury in older people *Cochrane Database of Systematic Reviews*, Issue 11. Art. No.: CD013789. DOI: 10.1002/14651858.CD013789.
22. McGarrigle L, **Boulton E**, Todd C. (2020) Map the Apps: a rapid review of digital approaches to support the engagement of older adults in strength and balance exercises. *BMC Geriatrics*, 20:483. DOI : 10.1186/s12877-020-01880-6
23. Taraldsen K*, Mikolaizak AS*, Maier AB*, Mellone S, **Boulton E**, Aminian K, Becker C, Chiari L, Follestad T, Gannon B, Ionescu A, Pijnapples M, Saltvedt I, Schwenk M, Todd C, Yang FB, Zacchi A, van Ancum J, Vereijken B, Helbostad JL. (2020) Digital technology to deliver a lifestyle-integrated exercise intervention in young seniors – the PreventIT feasibility randomised controlled trial. *Frontiers in Digital Health: Connected Health* (In press) DOI: 10.3389/fdgth.2020.00010. *Shared first authorship

24. Taraldsen K, **Boulton E**, Helbostad J.L. Saltvedt I Granbo R. (2020) Client, caregiver, volunteer, and therapist views on a voluntary supported group exercise programme for older adults with dementia. *BMC Geriatrics* **20**, 235 (2020).
<https://doi.org/10.1186/s12877-020-01632-6>
25. **Boulton E**, Weber M, Hawley-Hague H, Bergquist, R, Van Ancum J, Jonkman N, Taraldsen K, Helbostad J, Maier A, Becker C, Todd C, Clemson L, Schwenk, M. (2019) Attitudes Towards Adapted Lifestyle-Integrated Functional Exercise Developed for 60–70-Year-Olds: Perceptions of Participants and Trainers. *Gerontology*, Online:
<https://doi.org/10.1159/000500778>
26. **Boulton E**, Horne M, Todd C. (2019) Involving older adults in developing physical activity interventions to promote engagement: A literature review. *Journal of Population Ageing*, DOI: <https://doi.org/10.1007/s12062-019-09247-5>
27. Schwenk M, Bergquist R, **Boulton E**, Van Ancum J, Nerz C, Weber M, Barz C, Jonkman N, Taraldsen K, Helbostad J, Vereijken B, Pijnapples M, Maier A, Zhang W, Becker C, Todd, C, Clemson L, Hawley-Hague H. (2019) The Adapted Lifestyle-integrated Functional Exercise (aLiFE) Programme for Preventing Functional Decline in Young Seniors: Development and Initial Evaluation. *Gerontology*, Vol 65 (4): 362-374. <https://doi.org/10.1159/000499962>
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Reports for European Commission

1. **Boulton E**, Hawley-Hague H, Sremanakova J, Gittins M, Vereijken B Mikolaizak S, Taraldsen K, Todd C. (2019) PreventIT Deliverable 5.3: Final behaviour change intervention. Confidential Report. (100 pages)
2. **Boulton E**, Hawley-Hague H, Sremanakova J, Pijnappels M, Todd C. (2019) PreventIT Deliverable 5.2: Behavioural/motivational assessment tool. Confidential Report. (20 pages)
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Reports for Age UK

Boulton E. (2024) We have to take it one day at a time. Results of Age UK's research into the health and care of people aged 50 and over. London: Age UK. Available at: <https://www.ageuk.org.uk/siteassets/documents/reports-and-publications/reports-and-briefings/health--wellbeing/we-have-to-take-it-one-day-at-a-time/age-uk-we-have-to-take-it-one-day-at-a-time.pdf>

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Report for Centre for Ageing Better, UK

Boulton E, McDermott J, Townley R, Hawley-Hague H, Todd C. (2019) Raising the bar on strength and balance: the importance of community based provision. London: Centre for Ageing Better, February 2019. Available at <https://www.ageing-better.org.uk/sites/default/files/2019-02/Raising-the-bar-on-strength-and-balance.pdf>

Reports for Department of Health and Social Care, UK

1. **Boulton E**, Beyer F, Hanratty B, Craig D, Bower P, Todd C. (2021) Physical activity – life course trajectories and patterns of strength in the UK. Available on Older People and Frailty Policy Research Unit website: <https://www.opfpru.nihr.ac.uk/our-research/rapid-responses/>
2. **Boulton E***, Kneale D*, Stansfield C, Heron P, Sutcliffe K, Hayanga B, Bower P, Casey D, Jefferson L, Craig D, Gilbody S, Hanratty B, McMillan D, Thomas J, Todd C. (2020) Rapid review of reviews: what remotely delivered interventions can reduce social isolation and loneliness among older adults? Available on Older People and Frailty Policy Research Unit website: <https://www.opfpru.nihr.ac.uk/covid-19-research/covid-19-remotely-delivered-interventions-to-reduce-social-isolation-and-loneliness/> *Joint First Authors
3. Todd C, McGarrigle L, McDermott J. **Boulton E**. (2020) Delivery of strength and balance exercises for falls prevention amongst older people using digital technologies to replace face-to-face contact during COVID-19 home isolation and physical distancing. Available from: <http://documents.manchester.ac.uk/display.aspx?DocID=49279>
4. Kunonga P, Spiers G, Beyer F, **Boulton E**, Hall A, Craig D, Bower P. (2020) Can digital technologies enhance older people's access to health and social care? A rapid review of reviews.
5. **Boulton E**, Beyer F, Corner L, Craig D, Hall S, Hanratty B, Parker S, Spiers G, Todd C. (2019) What matters to people with multiple conditions (multimorbidities) and their carers? Available from: <http://documents.manchester.ac.uk/display.aspx?DocID=49946>
6. **Boulton E**. (2010) Establishing Best Practice in Reablement: People Matter. Calderdale Council and Yorkshire & Humber Joint Improvement Partnership. Available from: <http://www.scie-socialcareonline.org.uk/establishing-best-practice-in-reablement-people-matter/r/a11G00000017xH0IAI>

Invited talks

1. **Boulton E** (2021) The role of technology and innovation in healthy ageing. *Innovation for Healthy Ageing Workshop - MedTech Navigator, Cambridge (Online), 25th March 2021.*
2. **Boulton E** (2021) Remotely delivered interventions to address loneliness and social isolation in the context of Covid-19. *From Digital Futures to Digital Present: How has the Post-Pandemic World reshaped our digital lives? Online, 18th March 2021*

3. **Boulton E** (2020) Which remotely delivered interventions can reduce social isolation and loneliness among older adults. *Older People and Frailty Policy Research Unit Webinar, 11th November 2020.*
4. **Boulton E** (2020) Rapid review of reviews: What befriending, social support and low intensity psychosocial interventions, delivered remotely, are effective in reducing social isolation and loneliness among older adults? How do they work? *Covid 19 + older people: local Greater Manchester leads and Ageing Hub wider team meeting. 13th August, 2020.*
5. **Boulton E** and McDermott J (2019) Preventing falls and frailty: a review of community-level provision in England for promoting strength and balance in later life. *Oxford Care Collaborative, Green and Templeton College, Oxford, 8th May 2019.*
6. **Boulton E.** (2018) Behaviour change: applying health psychology. *Bosch Foundation, Berlin, Germany, 10th October 2018.*
7. **Boulton E.** (2018) Can technology revolutionise care? *Age UK For Later Life Conference, London, UK, 5th September 2018*
8. **Boulton E, Mikolaizak S** (2018) Using mHealth to support intervention delivery and behavioural change. *EU Falls Festival, Manchester, UK, 2nd-3rd July 2018.*
9. **Boulton E.** (2017) Behavioural approaches to increasing physical activity participation. *12th Exercise in Medicine Seminar, NTNU, Trondheim, Norway, 13-14th December 2017.*
10. **Boulton E.** (2017) Motivating 60-70 year olds to be more active: The PreventIT Project. *Appiness: Apps for improving the public's health and wellbeing. The Health Psychology in Public Health Network and Coventry University, 14th November 2017.*
11. **Boulton E.** (2017) What does a Psychologist do in useful research studies? *Calderdale 6th From Conference, Halifax, UK, 14th July 2017.*
12. **Boulton E.** (2016) Keynote presentation: Healthy Ageing Research at the University of Manchester. *Invited talk at London Southbank University Research and Enterprise Forum: Healthy Ageing. London, UK, 24th November 2016.*
13. **Boulton E** (2015) Promoting physical activity amongst older people: what if we asked them what they want? *Invited talk at Age UK North West Chief Officers Residential Meeting, 12th February 2015.*

During the course of my PhD, I presented findings at three networking events in Calderdale. Contacts were made at these events, which enabled me to develop an action research study as part of my PhD research.

Boulton, E. (2012 and 2013) Engaging people over 50 in physical activity
Oral presentations given at Neighbourhood Schemes Networking Events in Halifax, UK in April 2012, October 2012, and April 2013.

Conference contributions (peer reviewed)

1. **Boulton E.** (2020) Raising the bar on strength and balance: joined up approaches to community-based provision. *23rd MobEx Meeting, Bologna, Italy 17-18th January 2020.*
2. McDermott J, **Boulton E.** (2019) Raising the bar on strength and balance: local challenges, delivery models and innovation to support whole system approaches in England. *EU Falls Festival, Umea, Sweden, 1st-2nd October 2019.*
3. **Boulton E**, McDermott J, Townley B, Hawley-Hague H, Stanmore E, Todd C. (2020) Raising the bar on strength and balance: whole system approaches to community-based provision. *20th International Conference on Falls and Postural Stability, London, 20th September 2019*
4. Mikolaizak AS, Becker C, Vereijken B, Todd C, Mellone S, Pijnappels M, Aminian K, **Boulton E**, Taraldsen K, Van Ancum J, Bergquist R, Zhang W, Helbostad JL (2018) PreventIT: a feasibility RCT of a lifestyle-integrated exercise activity intervention in young seniors by use of ICT or an instructor. *8th Biennial Australia and New Zealand Falls Prevention Conference, Hobart, Tasmania, 18th-20th November 2018.*
5. **Boulton E**, Taraldsen K, Nerz C, Mikolaizak S. (2018) Prevention of functional decline: adapted LiFE to a post-retirement target group. *14th EuGMS, International Congress of the European Geriatric Medicine Society, Berlin, Germany, 10th-12th October 2018.*
6. Weber M, Bergquist R, **Boulton E**, Van Ancum J, Gordt K, Nerz C, Barz C, Jonkman NH, Taraldsen K, Helbostad JL, Vereijken B, Hawley-Hague H, Pijnappels M, Maier AB, Mikolaizak AS, Becker C, Todd C, Clemson L, Schwenk M. (2018) Lifestyle-integrated Functional Exercise (LiFE) for preventing functional decline in young-older adults: Conceptualisation, development, and initial testing of an intervention programme. *23rd Annual Congress of the European College of Sport Science, Dublin, Ireland, 4th-7th July 2018.*
7. Ounjaichon S, Stanmore E, **Boulton E**, Todd, C. (2018) Feasibility of the Adapted Lifestyle-integrated Functional Exercise (aLiFE) Programme for Older Adults in Thailand. *EU Falls Festival, Manchester, UK, 2nd-3rd July, 2018.*
8. Taraldsen K, **Boulton E**, Helbostad J, Saltvelt I, Granbo R. (2018) Developing exercise groups for persons with dementia. (Poster). *EU Falls Festival, Manchester, UK, 2nd-3rd July, 2018.*
9. **Boulton E.** (2018) mHealth technology in early prevention of age-related functional decline: the PreventIT project. *The 24th Nordic Congress of Gerontology, Oslo, Norway, 2nd-4th May 2018.*
10. **Boulton E.** (2018) Moving mHealth to free living environment has challenges and opportunities: Lessons from the PreventIT project. *IEEE Biomedical and Health Informatics, Las Vegas, Nevada, USA, 5th-8th March 2018.*

11. Granbo R, **Boulton E**, Saltvedt I, Helbostad J, Taraldsen K. (2017) How to support people with dementia to take part in activities. *Poster presentation at EUGMS, Nice, France, 20-22nd September 2017.*
12. Taraldsen K, Schwenk M, van Ancum J, Mellone S, **Boulton E**, Zacchi A, Todd C, Zhang W, Maier A, Becker C, Bergquist R, Vereijken B, Mikolaizak S, Jonkman N, Helbostad J (2017) Lifestyle-Integrated Exercise interventions delivered by use of ICT or an instructor - PreventIT Feasibility RCT. *Poster presentation at EUGMS, Nice, France, 20-22nd September 2017.*
13. **Boulton, E.** (2016) How to adopt health-related behaviour in older age. *Oral presentation and symposium at ISPGR World Congress 2017, Fort Lauderdale, Florida, USA, 25-29th June 2017.*
14. **Boulton E**, Todd C. (2017) Involving older people in technological developments: PreventIT. *Oral presentation at European Union Falls Festival, Amsterdam, 8th- 9th May 2017.*
15. **Boulton, E.**, Hawley-Hague, H., French, D., Todd, C. (2017) PreventIT: Using smart technology to motivate older adults and prevent functional decline. *Oral presentation at Informatics for Health 2017, Manchester UK, 24-26th April, 2017.*
16. **Boulton, E.** (2017) The PreventIT project: Motivating 60-70 year olds to become more active. *20th MobEx 2017, Stuttgart, Germany, 20th-21st January 2017.*
17. **Boulton E.**, Nawaz, A., Hawley-Hague, H., Vereijken, B. (2015) Gaming: user designs & engagement of users in development. *Oral presentation and workshop at European Union Falls Festival, Stuttgart, 29-30th March 2015.*
18. **Boulton E.** (2015) Encouraging older adults to adopt technologies that promote independence: The FARSEEING Project. *Oral presentation and workshop at European Union Falls Festival, Stuttgart, 29-30th March 2015.*
19. **Boulton, E.** (2015) Encouraging older adults to adopt technologies that promote independence. *Oral presentation at the 18th MobEx Meeting in Bologna, Italy in January 2015.*
20. **Boulton, E.** (2015) Encouraging older adults to adopt technologies that promote independence. *Oral presentation at RAatE 2014, Birmingham in November 2014.*
21. **Boulton, E.** (2014) Promoting physical activity amongst older people: what if we asked them what they want? *Oral presentation at The Gerontological Society of America Annual Scientific Meeting in Washington D.C, USA in November 2014.*
22. **Boulton, E.** (2014) Promoting physical activity amongst older people: what if we asked them what they want? *Poster presentation at University of Manchester Postgraduate Research Open Day in October 2014.*

23. **Boulton, E.** (2014) Promoting physical activity amongst older people: what if we asked them what they want? *Poster presentation at University of Manchester Postgraduate Summer Research Showcase in June 2014.*
24. **Boulton, E.** (2014) Participatory research with older adults: the promise and pitfalls of balancing action and research. *Oral presentation at the University of Manchester School of Nursing, Midwifery and Social Work PGR Showcase in June 2014.*
25. **Boulton, E.** (2014) WP2 User perspectives and psychological aspects about ICT technologies for 'ageing well': the taxonomy of technologies. *Oral presentation at the 17th MobEx Meeting at the German Sport University, Cologne, Germany in January 2014.*
26. **Boulton, E.** (2013) Promoting physical activity amongst older people: what if we asked them what they want? *Poster presentation at Faculty of Medicine and Human Sciences Postgraduate Showcase in July 2013.*
27. **Boulton, E.** (2013) Engaging people over 50 in physical activity: final results. *Oral presentation given at 16th MobEx Meeting at the University of Manchester, UK in January 2013.*
28. **Boulton, E.** (2012) Promoting physical activity amongst older people: what if we asked them what they want? *Poster presentation at 5th ESRC Research Methods Festival in Oxford, UK in July 2012.*
29. **Boulton, E.** (2012) Promoting physical activity amongst older people: what if we asked them what they want? *Poster presentation at University of Manchester School of Nursing, Midwifery and Social Work PhD Competition in June 2012. **First Prize awarded.***