Technology Use for Ageing in Place

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That awkward moment when you realize that your toddler can use the latest technology better than you.
Technology alone is not enough.

Steve Jobs

• Technology is a mediator
• Support is just as important as the device
• Choice, voice and control

https://quotefancy.com/technology-quotes
Technology has the potential to improve lives of older adults in the community.

Technology use & research is fragmented and under-developed.

Understanding the needs and perspectives of technology amongst older people is critical.

Technology is successful if older adults’ needs and wishes are prioritised, the technology is acceptable and beneficial.


• Peek, S. et al. (2016b). What it takes to successfully implement technology for aging in place: Focus groups with stakeholders.

How technology is used by older adults is unclear

• Gibson, K. et al. (2018). Personalisation, customisation and bricolage: how people with dementia and their families make assistive technology work for them.

Everyday technology is being used in creative ways to enhance care needs

• Lovarini, O’Loughlin & Clemson (2018). Older Adults and Digital Technologies

Technology contributes to a sense of self, and evolves as people age.
International collaborations

UK PROJECTS: TECHNOLOGY USE IN THE HOME

– AKTIVE 2014: ‘Everyday life analysis’ of 60 older people at risk of falls or with memory problems
– SENSE 2014-2016: 38 older adults with dual sensory impairments; most had care or family support.

INTERNATIONAL COLLABORATIONS (UK, Australia, Canada, New Zealand, China):

– Older workers and caregiving; & Sustainable Care (Yeandle, O’Loughlin, Fast, Parsons, Ka Lin); Worldwide Universities Network/CEPAR funded.
– Sustainable Care Connecting People and Systems (PI Yeandle; CEPAR international partner); UK Economic and Social Research Council funded project

Current Projects

– Qualitative Study ‘Older adult’s use of technology to successfully age in place’ (Lovarini et al)
– PhD study (Borilovic) ‘Evaluating the use of technologies to support older Australians to age in place’

* Both linked to UK Sustainable Care project Work Packages:
  1) Achieving sustainability in care systems: the potential of technology
  2) Technologies to support working carers: connecting people and systems
**2014:** AKTIVE study
England

**2014-2016:**
SENSE study
England

**2017:**
ACIITC;
Technology Roadmap for
the Australian Aged Care
Sector.

**2017:**

**2018:**
ACIITC;
Technology Roadmap for
the Australian Aged Care
Sector.

**2018:**
NACA (National Age Care
Alliance);
Position Paper;
AT for Older
Australians

**2018:**
Lovarini,
O’Loughlin &
Clemson;
Older Adults
and Digital
Technologies

### Phase 1

**2018:**
Patomella, Lovarini, Lindqvist, Kottorp & Nygard;
Technology use to improve everyday occupations in older persons with mild dementia or mild cognitive impairment: A scoping review

### Phase 2

**Current:**
PhD (Borilovic)
Evaluating the use of technologies to support older Australians to age in place

**Current:**
Seeding Grant (Lovarini)
Qualitative grounded theory study of older adults.

### The journey so far...

CEPAR affiliated Sustainable Care work packages.
International.
Phase 1 (completed)

Patomella, Lovarini, Lindqvist, Kottorp & Nygard

Technology use to improve everyday occupations in older persons with mild dementia or mild cognitive impairment: A scoping review

FINDINGS:
- 14 studies; Most conducted in Europe (n=10); Mix of technologies evaluated (n=12)
- Small positive effect on some activities in some studies
- BUT:
  - Rationale for technology selection unclear
  - Little involvement of older people in technology selection
  - Goals and preferences of older people unclear
  - Lack of intervention tailored to the needs of the older person
Phase 2 (underway)

Seeding Grant

AIM:
To explore the experiences of older adults in using technology to gain an understanding of the benefits, challenges and impact of technology use.

METHODS:
Interviewed 15 participants (60% female) aged 70+ years, living in their home and using technology focussing on health, housing, daily living, communication, leisure, mobility or transport. Participants were recruited through a home care service provider. Study data were collected and analysed using grounded theory methods.

Preliminary analysis shows 5 themes…
1) Meaning of technology
2) Uses of technology
3) Impact of technology
4) Challenges of technology
5) Supports of technology
Examples of Technology:

“Hey Siri. Ring Vision Australia.”

And then, I tell them what's wrong.

All my numbers on it, my grandson wrote all the numbers on that, and I don't have to think.

“We couldn't live without the computer, or we wouldn't be making any money. We need the computer to make a quid…”

“I think it all keeps you going; Keeping me up with what's going on, makes me feel like I'm not getting old.”

“Well we wouldn't have been here if we didn't have it. And I don't want care.”

Technology to me is higher learning, Something that I haven't thought of before and which seems to be thrust upon me in my older years, and it's a bit of a slow learning curve really.”

• Health Monitoring system
• Personal alarm
• Intercom
• Home automation
• Temperature control
• Electric chair lifter
• Dressing and shower aids
• Landline/mobile/smart phones
• Computer
• Laptops
• Streaming service
• Online banking
• Social media
• Television
• Camera
• CD player/radio
• Exercise equipment
• Scooter
• GPS
• Exercise equipment
• Scooter
• GPS
Where to next?

PhD study (Borilovic)
Evaluating the use of technologies to support older Australians to age in place

• What is the best process to ensure technology can help older Australians confidently age in place?

• Three part project:
  • Contextual case study, scoping review, pilot RCT
  • Occupational therapy perspective
  • Linked with UK Sustainable Care

Work Packages:
  • Achieving sustainability in care systems: the potential of technology &
  • Technologies to support working carers: connecting people and systems
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