

# Encouraging older adults to adopt technologies that promote independence: The FARSEEING Project

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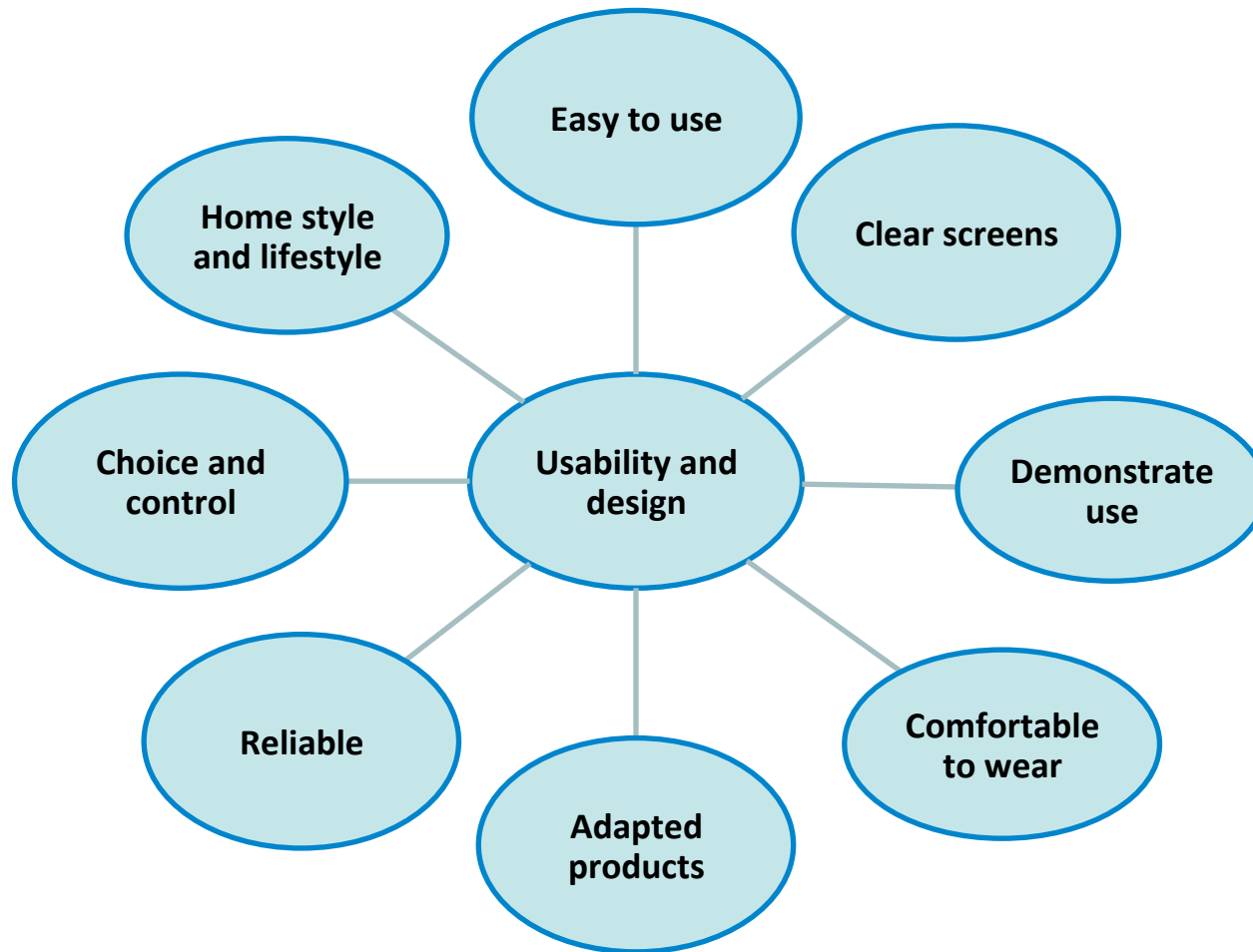


- Collaborative EC funded research project: 10 partners in 5 EU countries.
- Thematic network: healthy, independent living for older adults.
- Better prediction, identification and prevention of falls with focus on ICT and opportunities to be proactive.
- Smartphone, smarthome and exergames.

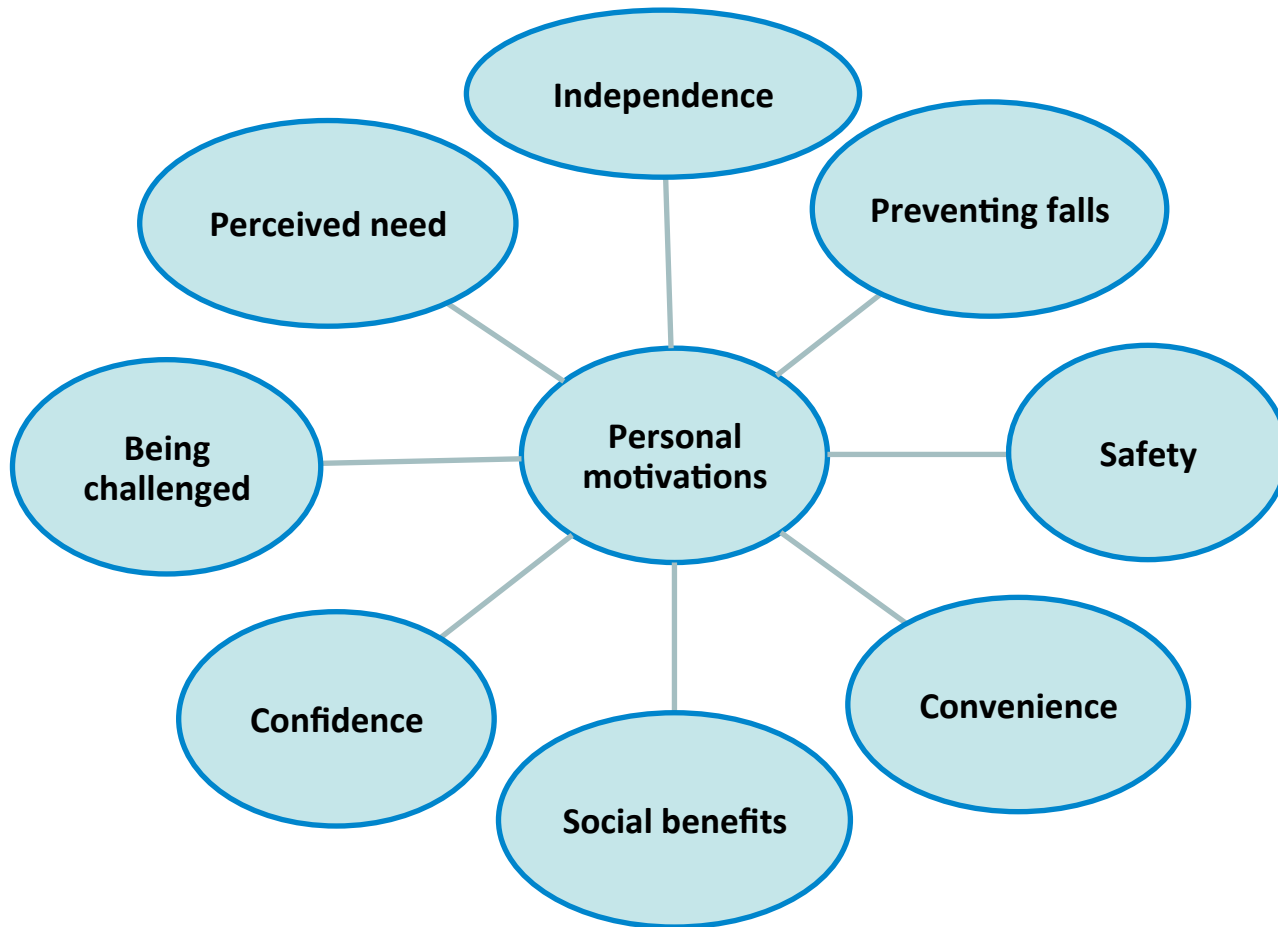
# Acceptance of ICT

- Systematic review of users' perceptions of technologies (Hawley-Hague et al. 2014 - IJMI).
- Stakeholder consultation – older adults' acceptance and implementation opportunities.
- Usability testing - waist-worn smartphones.
- Usability testing - Exergames – DDR, The Mole (SilverFit) and Light Race.
- Usability testing - smarthome touchscreen.
- Professional & users focus groups following falls alarm trial.

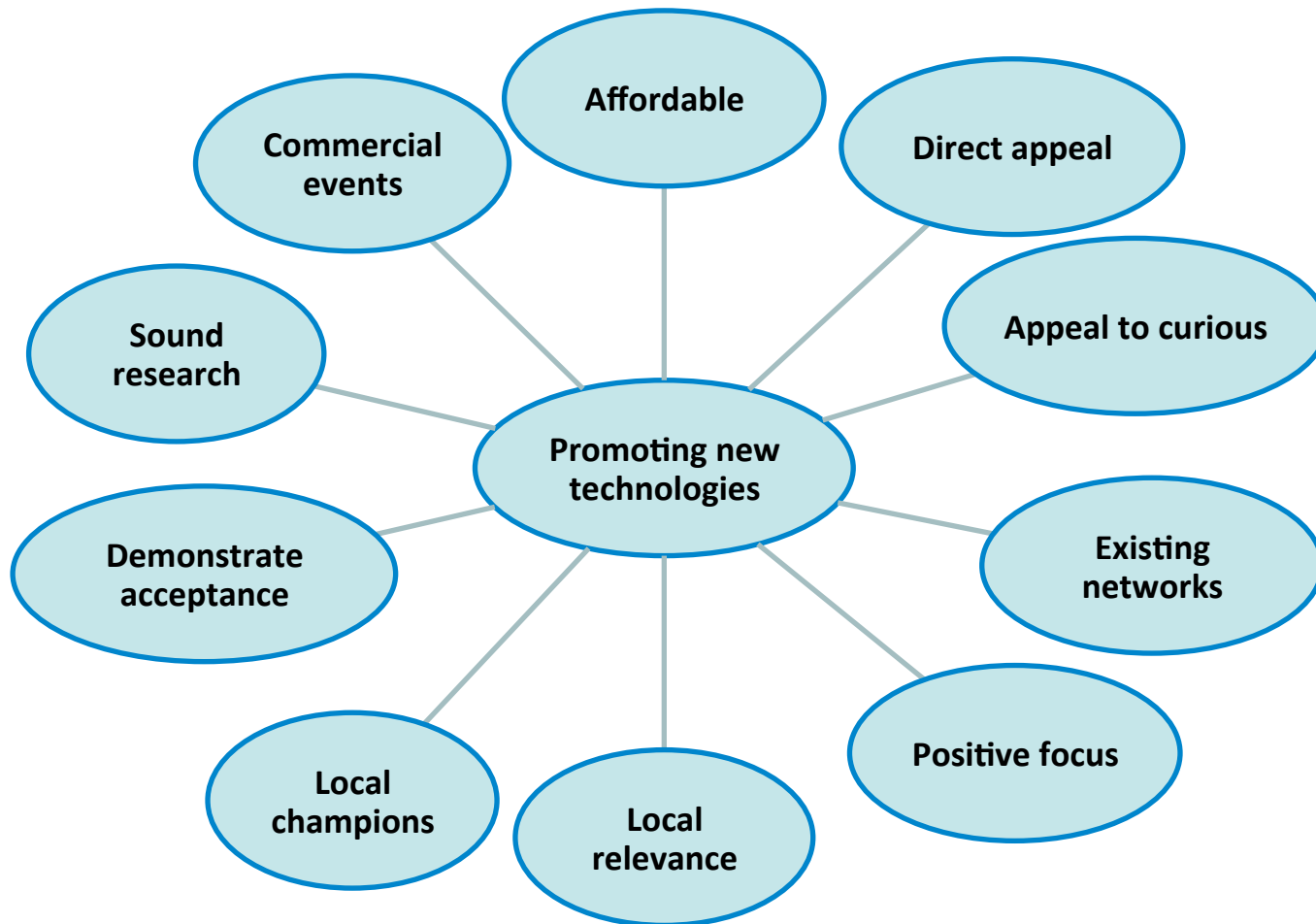
# Themes (1)



# Themes (2)



# Themes (3)



- Easy to use: easy to set up with little or no active intervention from user.
- Display screens clear and easy to read: large, clear fonts and clear navigation routes.
- Demonstrations for users: operation and benefits clearly explained.
- Comfortable to wear: methods of attachment to be comfortable and unobtrusive.

# Usability & Design (2)

- Adapting 'off-the-shelf' technologies: simplify the operation of complex effective tech.
- Smartphones are an attractive option.
- Ensure reliability: minimise false alarms and deal with compatibility between devices & systems, good battery life.
- Older adults must have control over technologies, e.g. deactivating false alarms, timed feedback.
- Style and substance are both important.



- Regaining or maintaining independence: being able to remain in own home and feel confident to go out.
- Preventing falls - taking risks.
- Reassurance and feeling safe - for older adults and their family members.
- Convenience: technologies can make life easier and overcome access barriers.

# Personal Motivations (2)

- Social benefits: communication tools for staying connected with others.
- The opportunity for competition, but this should be tailored to the individual.
- Increasing confidence and improving quality of life: developing new skills and having fun!
- Enjoying a challenge: games should incorporate progression and achievable goals.
- Feeling the need for ICT: provide information to show how ICT can help.

# Promoting interventions (1)

- Involve users and stakeholders in all stages of development, trying before use.
- Affordable: low costs to users; cost benefits/ added value to stakeholders/funders.
- Appeal to older adults directly to make informed decisions also engage family/friends.
- Appeal to the curious.
- Use existing networks and services.
- Focus on the positive - demonstrate success/ benefits.

# Promoting interventions (1)

- Find the local relevance - gatekeepers and opportunities.
- Find a local champion - an older adult or respected practitioner.
- Demonstrate acceptance - report the views of older adults.
- Demonstrate sound, peer-reviewed research.
- Promote at conferences, fairs, conventions and through existing networks.

- Physical activity profiles, goal setting, real-time feedback, social support networking.
- If you are going to tailor your intervention. Consider:
  - (1) Multiple contacts with participants
  - (2) Dynamic tailoring (i.e. assessing intervention variables prior to each feedback)

## [farseeingresearch.eu](http://farseeingresearch.eu)



Updated guidelines for design and implementation of technologies  
March 2015



# Thank You

**Web: [farseeingresearch.eu](http://farseeingresearch.eu)**

**Twitter: @farseeingresearch**

**Facebook: FARSEEING**

## **Users:**

- Family worried
- A few falls
- Don't want to move
- Technology for exercise
- New to you
- What would you use?
- Objections?
- Worries and fears?

## **Game Designers:**

- A game that older adults will use.
- Key features?

## **Physiotherapists / Healthcare professionals**

- Which movements included?
- How measure effective movement?