

A photograph of three elderly women laughing heartily. The woman on the left has short, curly white hair and is wearing a light-colored sweater. The woman in the middle is wearing a brown hat and a light-colored jacket. The woman on the right is wearing a beige hat and a yellow sweater. The background is slightly blurred, showing what appears to be an indoor setting with a window.

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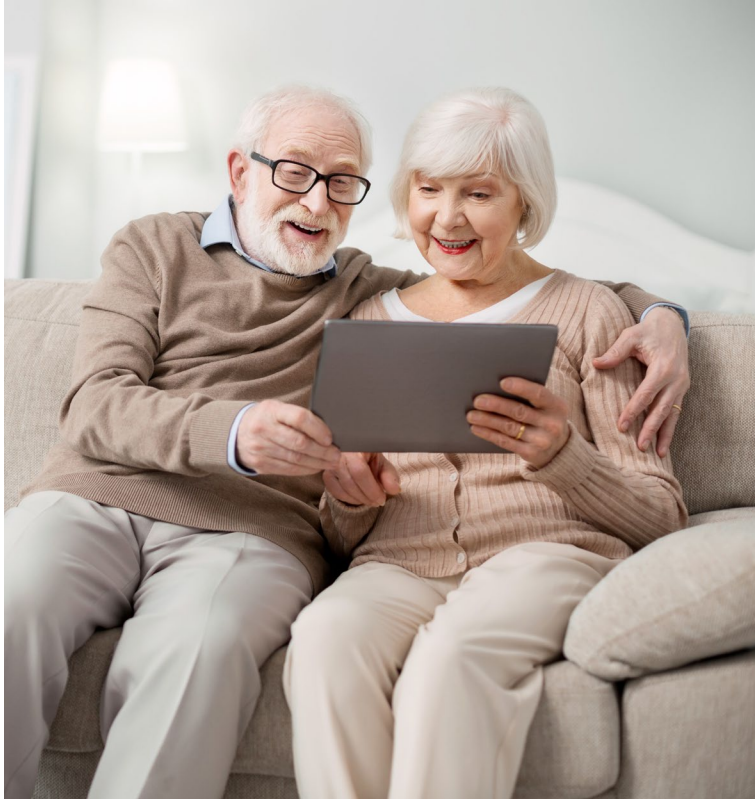
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SYSTEMATIC REVIEW

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How can technology support ageing in place in healthy older adults? A systematic review



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Abstract

Background: Ageing in place has recently gained visibility in healthcare policies and services. Technology has the potential to facilitate independence at home. The objective of this systematic review is to identify technologies that have been rigorously evaluated for supporting the ageing in place of healthy older adults. As well we explored the methods in engagement with technology in healthy older adults.

Methods: Databases Pubmed, Scopus, PsycInfo and Cinahl were consulted for clinical controlled trials or randomised controlled trials between 2014 and 2019. Studies were included if they contained a technological intervention and focussed on supporting healthy older adults' independent living. PRISMA guidelines and the risk of bias tool of the Cochrane Collaboration were applied.

Results: The search identified 3662 articles of which only 7 made the final analysis. Through narrative analysis, technologies were categorised into three groups: accessible communication, emergency assistance and physical and mental well-being. Patient-centredness was extensively addressed by exploring how the participants engaged in the development and evaluation of the technology and how they were trained and monitored.

Conclusions: Literature concerning technology to support ageing, based on controlled trials and research performed in authentic home situations, is scarce. Thus, there is a need to investigate the subject in depth. The use of a neurofeedback headband, an accessible computer system, a wristband with pedometer, a biofeedback device and an online video platform can bring added value to ageing in place for healthy older adults. A patient-centred approach for developing, implementing and evaluating technology benefits ageing in place.

Keywords: Ageing in place, Older adult, Technology, Patient-centred

Marktanalyse

GEZONDHEIDS MONITORING	FYSIEK WELBEVINDEN	MENTAAL WELBEVINDEN	ETEN EN DRINKEN	SLAPEN
MEDICATIE	VERLICHTING	VEILIGHEID EN BEVEILIGING	PERSOONLIJKE VEILIGHEID	SOCIALE CONTACTEN
DAGPLANNING	COMMUNICATIE PLATFORM	ROBOTICA	VERLUCHTING	NIEUWE TECHNOLOGIE

Evaluatie van de technologie



75% zou het aanbevelen aan anderen

79% had een aangename ervaring met de technologie

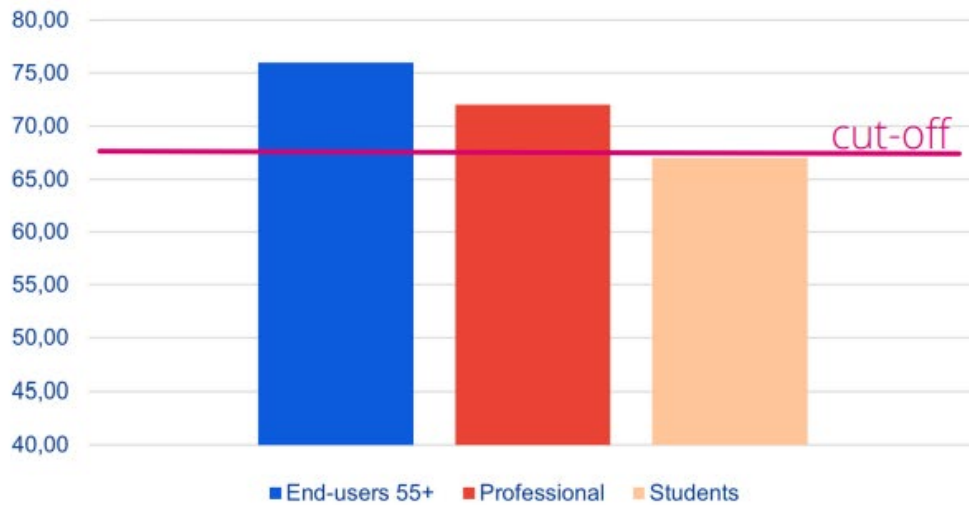


- 44% eindgebruikers, gem leeftijd 71jaar
- 33% zorgverleners
- 23% studenten ergotherapie



- 71% kende de technologie niet

System Usability Scale (SUS) score



Mean score of 71/100, above average for perceived usability. End-users found the reviewed technology more usefull then professionals and students

Uittestmoment in kleine groep

Meer info:

www.langerzelfstandigthuis.be

www.ageindependently.eu

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