

HOW TECHNOLOGY TRANSFORM THE LIVES OF AGED PEOPLE

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ABSTRACT

Technology is an essential part of our society. Technology includes tool machine, weapons, instruments, housing, clothing, communicating and transporting devices and the skills which we produce and use them. In the rapidly aging population aged are expected to adopt the demand for new technology and modern society. Aged people can face more problems and unwanted circumstances in modern life with the help of technology and information. In an increasingly technological world, the aged are puzzled because they did not grow up during the age of computers and the internet. Now they depend on this technology. Aged people find it difficult to understand how modern technology works, or how it can be used to their benefit. They usually face many difficulties such as lack of knowledge, economical obstacles, age-related changes, and possible disability as vision and hearing loss, lack of incentive, negative attitude, lack of appropriate training. Furthermore, undoubtedly, the use of new technologies by the aged population has outstanding contributes to a better quality of life. Alongside the internet and mobile devices, health and mobility technology for aged people has also improved dramatically over the past decade. It also helps participation in social life and reduces social and emotional isolation to some extent. As a result, the aged are querying with their children about technical issues and learning more and more. It is an essential step if the younger helps them to familiarize themselves with technology and removing all fears of new technology uses. This study investigated what type of technology aged people are using, what they are doing with these technologies, and which barriers are preventing them from what they would like to do with this new technology.

Keywords: Aged, Technology, Incentives, Isolation, Younger.

Introduction

We all are surrounded by technology and digital devices. Technology is used in every aspect of everyday life because it can provide the speed, connectivity, efficiency to make the task easier. Now a day everyone wants things to be easier and faster. Technology is often marketed for the young, but It can serve as a great tool for our enabling aged people to independently navigate the challenges of a changing world.

The Use of technology and information trespass the limits of their social and emotional isolation and allow the aged to face more easily the difficulties of modern life. Technology can enrich the lives of aged people in more ways. It has been observed that aged who have allowed technology into their daily routine life live happier and more fulfilled lives rather than those who refused to adapt to new technology and change. Digital empowerment for the aged is truly necessary for modern society. Social media apps like Facebook and WhatsApp help aged people to stay connected with their loved ones. Internet technology also helps aged people to improve their livelihood for example they can watch exercise videos, download e-books, e-magazines, movies, visiting Government websites, and connect with counselors or nurses using video conferencing, etc. Many mobile apps, websites, and online payment services are available for paying their mobile, internet and utilities bills, shopping needs, traveling needs, banking transaction, booking a cab, ordering food, hiring housekeeping help, and entertainment. Smart wearables help in self-health monitoring that can keep aged people and their loved ones stay healthy. In short, improve the quality of life of aged people.

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Technology for Aged People

In present time technology is developing at a very fast pace, every area and aspects of life has been changed in it. With the help of this technology, aged people are able to live life more easily and their health has also progressed. Through technology, it has not only become easier for doctors to treat and monitor the aged, but the technology has also proved to be a boon for the care of the aged in the family. Like other industry in the technological society we are witnessing rapid change in the aged care industry. Today, in this era, many companies that make health-related equipment are focusing more and more on using this technology for the aged.

Some Devices that Help Aged People

- **Mobiles / Tablets**

Mobile phone Technology is also play an important role in the lives of aged people because of some physical disabilities and trouble like arthritis and sight issue in old age. mobile phone have been mainly manufactured which special features specially for aged use like big buttons, clear bright screen, big font size, light weight to make them easier to use. New mobile Devices for smartphones have many important apps like skype, pill reminder , pocket Physio and other many apps help to keep them safe entertained and connected to there friends and family.

Tablet is also a useful device. it is very easy or simple to use because it include bigger screen, more affordable then laptop and computer, it doesn't have weight much so it can carry out of the house easily.

- **Wearables**

Wearable technology primarily includes technology that incorporates features of medical alert systems, such as devices fitness tracking watch and Fitbit, which are used as necklaces and bracelets. So that oxygen level, blood pressure measurement, heart rate measurement and other medical information can be obtained at all times from the aged. With the help of this technology, aged people are able to live alone at their home without any help.

- **Health Monitors**

In the technological age lots of health monitoring tools for aged people is available. These tools give Information about health in every second. These health monitors take care the aged both at home and outside the home and alert the aged people before they face major health problem. It helps before become serious.

- **Fitness devices**

There are various types of fitness devices available to help track aged daily progress. Fitness trackers are worn around the wrist like a watch or a lifeline pendant and will monitor your activity throughout the day. Devices can track the number of steps, calories burnt, heart rate, sleeping pattern, etc. Some devices such as Fitbit surge come with GPS and can connect with our Android or Apple mobile phone

- **Mobility technology**

There is a huge market place for health and mobility technology for aged people. This allows aged people and disabled people to continue living independently in the comfort of their own home, some mobility technology for aged people include stairlift, mobility scooters, electric wheelchair, etc.

- **Insole Sensors**

This intelligent insole system provides great feasible supervision for health surveillance, injury prevention, for aged. Related insole Data is report to a doctor, carer, or loved ones and will alert them in case of such injury.

- **Smart Pills**

It's not always easy to remember whether they have been taken their medicine on time or not . However, smart pills, which have edible sensors inside, can now be taken at the same time as normal medication. Once consumed, they send information to a mobile device, making it easier to track suppository usage. Similarly, there are even smart pill bottles, which can track how many times the lid has been removed and replaced, as well as how many tablets have been taken, transmitting this evidence to a mobile device.

- **Floor Sensors**

Floor sensors are an extremely useful development for aged people, both at home and in care homes. The sensors in these mats can track movements and alert carers or families of falls. This can help people get help much quicker, which can reduce pain and stress levels.

- **Internet Of Things (IoT)**

There are various devices connected to the Internet of things that already help the aged. For example, they can monitor where residents are, the temperature in their rooms, whether a kettle has been boiled that day, whether windows are locked if lights have been switched on/off, etc.

- **3D Printing**

Many aged people have difficulty eating hard foods, particularly those suffering from dysphagia. 3D printed food is often pureed, so it is easy to eat and can be made to look appetizing. It can even be optimized to provide people with specific nutrients and portion sizes.

- **Robotics**

In present the robotics is a huge demand under development and can have many benefits to aged care. For those still living at home, robots will be able to act as a partner, to prevent loneliness. However, they may be able to do, such as helping with the cleaning, finding lost items, fetching things, helping with exercise, even cooking, and reminding people to turn the oven off or lock the door. Robots will not only be able to take commands from touch-screens, but also through voice-recognition, making them even easier to use.

For carers, robots can help to lift patients out of bed or from a fall, and in the future. it's significance however has become increasingly more ostensible as the gap between the number of available caregivers and the world's aging population continue to widen.

How do we teach the elderly to use Technology?

Technology no doubt makes life easy. For the younger generations that have grown up in this time, it is almost natural to accept these changes but these changes are daunting for aged people who are not acquainted with the technology. If today we do not reduce this difference between senior and technology, then tomorrow with new inventions, life will become more difficult for them. It is an essential step if the younger helps them to familiarize with technology and removing all fears of new technology use.

There are some enlightening tips about helping aged people learn to use technology

- Always remember that aged people want your help. When you try to educate the aged about technology, keep things fun, friendly, and relaxing.
- Have patience with aged people and compliment them for their effort.
- Stay positive when teaching aged people about technology.
- Teach them slowly about technology and let them ask questions.
- Help them to become familiar with working with technology and allowed them to play with devices.
- Encourage the aged people to constantly practice what you are teaching them about technology.
- Try to keep it simple while teaching technology to aged people and translate knowledge into simple language.
- If they get lost or forget how to do something, get them a notebook for writing down any steps which they need to remember.
- Build their confidence and encourage them, this keeps them more engaged and they feel the freedom to explore on their own.
- Explain the value of technology that it is not only about emphasizing the overall benefits of using technology it is about tailoring these benefits to their personal lives.
- As you teach technology to aged people show them how it will enrich their social lives.
- One of the most important aspects of using technology is safety so that be sure to teach them the best practices of staying secure while using their gadget.

- Give knowledge about technology training apps for aged people. It offers videos on how to use popular apps, websites, and more.
- Education of the untrained aged is the most essential step to become familiar with new technologies.
- The strong sense of social responsibility may be a more important factor for many aged people's rejection of digital technology.

Barriers to use Technology for Aged People

- **Significant gap in technology:** Our world becomes digital. Life of the aged is different than in their young days. They did not grow up during the era of computers and the internet, but yet this age group now depends on this technology, this gap is huge and it becomes bigger every day and the aged just can't catch up.
- **Lack of confidence with technology:** The main barrier that could influence technology adaptation by aged people include lack of confidence in digital skill. They need someone to assist them in learning and using new technology devices.
- **Fear of fast-changing Technology:** Fear of fast-changing technologies and the need for constantly relearning skills is a big challenge for the aged.
- **Loss of memory:** This is another drawback of aging that they start to forget a lot of things that they don't use in our day to day life. A memory challenge is one of the hardest possible to learn Technology.
- **Expensive gadgets and devices:** New technology is not always cheap. It is quite costly therefore it is not easy for retired aged to buy these expensive devices and gadgets.
- **Lack of time:** Each of us has some routine and finding some extra time can be a big challenge for aged people. Time management is a crucial factor for the aged.
- **Difficult to focus:** Lack of focus is one more reason for the aged to adapt to new technology. Aged are not quite excited about technology. We live in the world of destruction and the world changed so much in the last few years. It's even harder for the aged to deal with it.
- **Struggle with the biological process:** When our body becomes older our biological process changes. These changes can affect mental function. Due to these changes, aged people find that they do not do as well as young. This type of negative thinking hinders the use of technology for aged people.
- **Computer hesitation:** Aged people are fearful that they will break the computer, thus may be hesitant to touch the computer or to play around with it. The anxiety will make it difficult to learn the necessary skill.
- **Negative thought about social media:** Aged people who have not used social media, they may be frustrated that communication modes have changed so drastically from phone calls and personal visit to WhatsApp and Skype.
- **Lack of identifying benefits:** Aged people might not see the way technology could benefit them, especially if they have never used the internet, smartphone other technological devices.
- **Panic about internet safety:** Aged people feel very uncomfortable with privacy practices such as creating a strong password, adjusting privacy settings, etc. They don't want to learn computer skills until they feel safe going online.
- **The power of habit:** It is hard to adopt something new when you are used to some old technology that still works and you are comfortable with. The aged have a long relationship with simple things that are now replaced with new smart devices. These device requires some learning process.
- **Vision loss with age:** It is very common in aged people over age 65 to have some form of eye diseases that impact vision like glaucoma, cataract, muscular degeneration, which makes it difficult to be able to use technology.
- **The complexity of Technology:** The aged people are disappointed when they realize the complexity of new gadgets and smart devices. They give up before starting to understand it.

- **Security and privacy threat:** People have a concern about new technology's potential to disrupt their privacy and personal or financial security. Aged people may be afraid of putting any personal information on a computer.
- **Updating requires:** Mobile apps and technology devices require updates and relearning of operations that create a lot of problems for aged people.
- **Lack of adequate training:** The lack of learning environment, instructions, proper guidance is a big barrier to adopting the new technology.
- **Lack of family support:** The aged people do not have the technical experience so they always need to help and support family members and younger ones.
- **Strong sense of social responsibility:** Wider concerns about their social responsibility are the reason why older people are rejecting digital technology.

Conclusion

All of the technology mentioned above can help aged people to improve their physical, mental well being, as well as their social lives. Apps and social media can help prevent loneliness. It is no secret that technology has slowly but surely made its way into aged care and nowadays it is paving the way for individual efficient treatment of all elements related to aged . Important outcomes to teaching technology are the adoption of technology by aged people is not simply a matter of performance and price, but a complex issue that is affected by multiple factors. Aged people require time and patience to learn new technology, just as people teaching them to need to be patient and effort to improve the lives of the aging population utilizing technology. There is a need in India for technology training specially designed for the aged community. It would be beneficial if the younger helped them to familiarize with each object and removing fears of using high technology devices. In short only practice will make them comfortable with the digital world.

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