How do older adults perceive technology in their everyday lives?

To answer this question, we enrolled six HomeLab participants (age range: 55-84 years) in a four week research study. They answered daily workbook questions about their experiences with technology and also kept a daily diary to record their interactions and difficulties with technology.

What did we find?

Overall, participants were positive about technology, but they did express some concerns such as identity theft and loss of human contact. Participants reported using a wide range of technology in their everyday lives, from alarm clocks to coffee makers to computers. Individuals cited efficiency, making everyday life easier, and communication as reasons why they use technology and what they liked about it. A recurring theme was that adult children played a major role in influencing aspects of technology adoption and use for older adults. Participants commented that they used technology and were willing to adopt new technologies when they could clearly see that a need was met or that value was added.

Participant Voice: Judy Cottrell

Keeping a diary on the use of technology in my life was a real “eye opener.” There is so much technology we simply take for granted, e.g., the garage door opener, the systems that run our automobiles, a sewing machine, etc. There is also so much technology that can be very frustrating like a new cell phone, a television that adds more than just an on/off button, a new computer, along with many others. I promised myself I will master Facebook simply to keep in touch with children and grandchildren. All in all, keeping the diary was fun as it allowed me to vent my frustrations.
Ellen Do, a researcher at Georgia Tech, was interviewed on Atlanta public radio station WABE, on October 9, 2012, to discuss her computerized dementia screening tool called “ClockMe.” It was developed from a standard pencil-and-paper clock-drawing test that screens for dementia. People are given a time and asked to draw a clock face with numbers and the hour and minute hands in the correct places. In “ClockMe,” people use a computer and a stylus to draw the clock. The software can automatically score the drawing and save the drawing for future comparisons. The system is currently being used at the Emory Alzheimer’s Disease Research Center. Do and colleagues are hoping this will become a commercialized product for home use.

For more information:
http://wabe.org/post/home-based-dementia-screening

What are your hobbies?
I love photography and travelling with my husband. I really like taking pictures when we travel. However, my favorite subject lately is our grandson, Noah! I also enjoy music. I really like to sing and I have the privilege/challenge of leading our Children’s Choir at church.

What do you like best about working with HomeLab?
I love the home visits as I’ve had the chance to meet at lot of wonderful people. I think the thing I have taken away from this experience so far is a different outlook on my “senior” years. As I approach 50, I can really see this next stage of my life in a whole new light. Being a senior adult doesn’t even mean you slow down - just shift gears. I have met many retirees that do more in an average day than I can even think about. It makes me look forward to that time in my life… I don’t think I have ever thought about it like that before.

Quiz
1. People 65 years of older represented ____% of the U. S. population in 2010.
2. There are more than ____street names in Atlanta that contain the word Peachtree.
3. Georgia Tech Research Institute has been around for over ____ years.
4. What state ranks number one for highest percent of adults age 50 years or older?

Tell Your Friends
Know someone who might be interested in joining HomeLab? Have them contact Renita Folds, Director of Recruitment, for an initial telephone interview. Call 404-407-7253 or email renita.folds@gtri.gatech.edu.

Quiz Answers
1.) 13% 2.) 65 3.) 75 4.) Maine

Renita Folds, Director of Recruitment
Tell us a little about yourself.
I was born and raised in Carrollton, Georgia. I am married and have four daughters and one grandson. I have a degree in music as well as an MBA. I started working at GTRI eight years ago with the Arthritis Ease of Use program.