

January 2016

Installing appropriate digital technology to enable online social participation from home

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Abstract

Presentation only.

Publication Details

H. M. Hasan "Installing appropriate digital technology to enable online social participation from home.", National Conference Centre, Canberra ACT, 28-29 April 2016, (2016)

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Seniors and Computers



Increasing Isolation

- At home - decreased mobility, more difficult to get out and about
- In care – distance from family and community
- Isolation is detrimental to health and wellbeing
- More focus on bio-medical health issues than social
- Isolation is also a problem for carers and families



Role Play

- Imagine a scenario where you could be stuck at home for many months and not able to go out. (eg you are injured or have to care for someone).
- What would you miss?
- How would you occupy your time?



Social computing solutions

- Young people, with similar problems, use social media to maintain social contact and stay connected with the community.
- Many seniors and their carers do not have, and cannot use, these technologies.
- However, the potential is there



Things to do

- Connect with others via Email, Skype, online communities
- “Surf the net” (look up information on the Internet)
- Track your family history
- Manage files (documents, photos etc)
- Write stuff (stories etc), publish online
- Conduct transactions online (banking, buy/sell stuff, bookings)
- Read newspapers/books, watch TV/Movies, listen to music
- Play games either solo or with others online

Our in-Care Experience

- Provision of a space with computers, desks, power
- Internet Connections
- Tutors and Mentors often 1-1
- Work at the learners pace,
- Allow for reduced capabilities, physical, cognitive, understanding
- Weekly sessions
- Lots of fun and patience

Programs in aged-care facilities

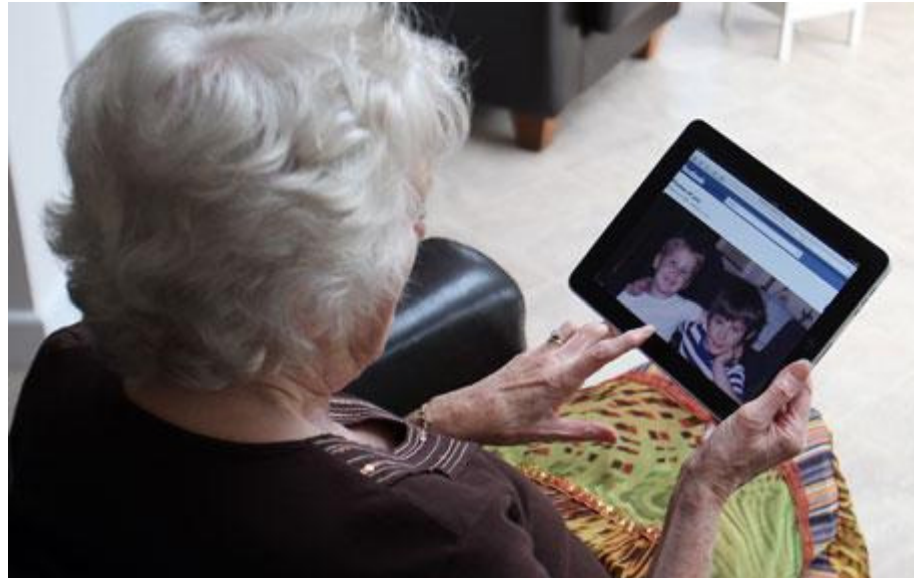


The Challenge at Home

- Suitable, affordable device (computer, laptop, tablet)
- Reliable, affordable, fast enough Internet
- Somewhere suitable to sit
- Learning on the device that will be used
- Learning to manage privacy and security
- Learning to do just one thing first
- Ongoing support
- Forming, joining online communities

Potential areas for wellbeing

- connection,
- occupation,
- self-sufficiency,
- self-worth/esteem,
- productivity,
- personal development,
- being in control,
- and enjoyment.



ICT care Packages

- 5 stages –
 1. assess the client,
 2. get a suitable device,
 3. get the Internet,
 4. learn the basics,
 5. ongoing support
- Work within their Zone of Proximal Development (ZPD) (ie know what they are able to do)
- Involve partners and volunteers.
- Make it affordable
- Involved the seniors themselves and their carers

Your ideas

- ?