Installing appropriate digital technology to enable online social participation from home

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Abstract
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Seniors and Computers

I'm out of bed and I made it to the keyboard. What more do you want?
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