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Enhancing Wellbeing Through Information Technology DWS Document Set#

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Project Name
➢ Enhancing Wellbeing through Information Technology

Description

➢ This project would require engaging a social work student from Flinders University.
➢ The student would work with the SSRG Project Officer, Vanessa Leane and the
➢ The Ageing and Technology partners will work towards developing an on-line training resource and booklet which demonstrates how volunteers, carers or service providers can support an older person to learn or engage with computers and/or tablets to explore, discover and enjoy.
➢ The project will be supported through work already achieved by Flourishing Lives (Vanessa Leane) and utilizing the expertise of her staff and volunteers.
➢ Workgroup members will support the development of the training, give feedback, trial it and support evaluation of the final package.
➢ Training methodology will include adult learning principles, working with strengths, appreciative inquiry.
➢ The training will be evaluated by consumers during trial sessions.

Project Leader

➢ Sally Warnes

Reason for Project

Definition: "Assistive devices and technologies are those whose primary purpose is to maintain or improve an individual's functioning and independence to facilitate participation and to enhance overall well-being. They can also help prevent impairments and secondary health conditions."(WHO 2016)

Research has shown that communication technologies have been under-utilised by older people and that being able to access vast quantities of information is empowering. One recommendation established through research suggests the need for: "Specifically designed ICT education and support programs targeted at older individuals with small social networks, to help in alleviating social isolation and poorer health by strengthening their sense of connectedness to family, friends and community." (Feist & McDougall, 2013)

Information and Communication Technologies (ICTs) may have the capacity to improve quality of life, extend length of community participation, improve physical health and wellbeing, delay the onset of serious health problems and reduce family and care-giver burden.

The vast majority of initiatives to engage older people in the use of computers and tablets are based on efforts to promote active ageing. Lifelong learning is

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significant in promoting 'mental well-being and resilience and preventing cognitive decline in ageing' (Boulton-Lewis and Tam (2012 p. 2). The World Health Organization *(WHO online 2016) state:* 'Health and well-being are determined not only by our genes and personal characteristics but also by the physical and social environments'… 'The key environments include home, social relationships, neighbourhoods and communities' [para 1].

Although there is a significant amount of literature to support 'active ageing' very little attention has been paid to giving voice to the older person, their own perspectives, wants and needs. This would establish the need for the specific project that is being proposed.

Strategic Links

Commonwealth Home Support Programme: *Objective*
➤ Facilitate client choice – to enhance the independence and wellbeing of older people and ensure that services are responsive to the needs of clients.

Commonwealth Home Support Programme: *Outcomes*
➤ Frail, older people are supported to be more independent at home and in the community, thereby enhancing their quality of life and/or preventing or delaying their admission to long term residential care
➤ Frail, older people have increased social participation and access to the community including through the use of technology
➤ Frail, older people's psychological, emotional and physical well-being and functional status is maintained and/or improved
➤ Sustainability and service innovation is improved
[Commonwealth Home Support Programme Manual 2015]

Objectives

➤ To provide knowledge to volunteers and service providers that will improve well-being to older residents living in the southern regions of Adelaide South Australia
➤ Encourage and promote the use of technology to older people
➤ Examine how volunteers and service provider's best engage the older person with personal computers and/or tablets, building on the existing knowledge to lay the foundation for developing appropriate training materials
➤ Understand the attitudes and motivations of older people who engage or do not engage in using computers and tablets, providing valuable knowledge that draws on lived experiences of the target group
➤ Identify the factors perceived by older persons to be significant for the success or failure of engagement of the use of computers and tablets

Outcomes/Outputs

➤ Positive impact for older people by increasing exposure, understanding and benefits of using communication technologies.

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Evaluation   OPTIONAL

- ➢ Feedback from survey's and focus groups
- ➢ Engage volunteers, service providers and older people in the evaluation process

Exclusions

The project will focus on one learning module at this stage [currently there are 3 modules proposed by St John]

Limitations

- ➢ As the project will be largely conducted by a student on placement the research will be exploratory in nature and its findings will not be regarded as exhaustive due to potential time restraints
- ➢ Funding limitations may impact, to some degree, on development of the final product

Assumptions

- ➢ Older people are capable of learning new things

Stakeholders   OPTIONAL

- ➢ RSB
- ➢ ACNA
- ➢ ECH
- ➢ City of Mitcham
- ➢ Resthaven
- ➢ ECH - Smart & Assistive Technology
- ➢ Carers SA
- ➢ ACH
- ➢ Holdfast Bay Council
- ➢ City of Onkaparinga
- ➢ St Johns
- ➢ Flinders University

Key Milestones   OPTIONAL

- ➢ Presentation
- ➢ Develop Scoping Document
- ➢ Develop an MOU Partnership document
- ➢ Literature Research
- ➢ Needs Analysis
- ➢ Find out more about the Computer Companion program
- ➢ Making the module into an online resource
- ➢ Evaluation

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? Discussion with
OPTIONAL

- ➢ St John – Flourishing Lives program
- ➢ SSRG Dementia Work Group
- ➢ City of Onkaparinga

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| ? | Officer who prepared this document |

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- ➢ Department: Active Ageing Team
- ➢ Date Created: 3/8/16