

iAge WP4: Independent Living

-> Research by students and researchers of NoorderRuimte, Centre of Applied Research and Innovation on Area Development, Hanze University of Applied Sciences.

ICT: Luxury or need for 50-plus aged people to live independently as long as possible?

Main question of the research: Which ICT-needs do 50-plus aged people have to live longer independently in their own home?

- Aim of the research:
- *To improve the living conditions of 50-plus aged people with help of ICT so they live independently as long as possible in their own home.*



Other questions

- ❖ Do 50-plus aged people need or want ICT?
- ❖ Which ICT do they use now to live independently?
- ❖ Which ICT would they -according to themselves- need in future?

Research methods

Deskresearch and 24 interviews with 50-plus aged people, 49 till 84 years old, living in different villages and regions in the Netherlands. They may be confronted with shrinkage in their village.

Age	Total	Women	Men
49-54 years	8	5	3
55-65 years	9	4	5
65-84 years	7	6	1
Total	24	15	9

First results

- *The interviewees mostly don't have problems now with independent living.*
- *If they mentioned problems themselves, they had difficulties in moving in house. They especially refer to go the stairs.*
- *According to themselves they had adequate solutions like a floor bedroom.*
- *Other difficulties in movement in the house were connected with house cleaning, gardening and shopping for food.*
- *The respondent thought they might overcome these difficulties by outsourcing these activities.*



- **First results** (continued)

- *Twenty respondents have a positive attitude towards ICT-adjustments. Also for the future. Three elderly women (75+) have anxiety and difficulties with ICT.*
- *Almost all the interviewees (except two) are familiar with PC/laptop. Skype and iPad also become popular.*



- First conclusions**

- Most of the 50-plus aged respondents (80%) have a positive attitude toward ICT-adjustments
- ICT should concentrate on the need of 50-plus aged people to keep on **moving at home**.
- Other moving difficulties the respondents expect in the future are house cleaning, gardening and shopping for food.

