



UNIVERSITY OF WALES
Trinity Saint David
London

Assessment 2 Supporting Paper

**Is the use of technology necessary for the elderly UK
population or an older person's life?**

Student name: Nataliya Virych
Student ID: 1909127

Module name: Living with Care: The Older Person
Module code: BMHP6009_LON
Lecturer name: Diola Bijlhout
Date: 5/12/2022

Table of Contents

<u>INTRODUCTION</u>	<u>3</u>
<u>DEFINITION OF OLD AGE.....</u>	<u>3</u>
<u>STATISTICAL DATA ON THE AGING OF THE UK POPULATION</u>	<u>4</u>
<u>GOVERNMENT SUPPORT TO ASSIST THE UK'S ELDERLY POPULATION.....</u>	<u>4</u>
<u>WHAT IS THE TECHNOLOGY FOR USED BY HEALTH ORGANIZATION.....</u>	<u>4</u>
<u>SOCIAL MEDIA.....</u>	<u>5</u>
<u>ARTIFICIAL INTELLIGENCE (AI)</u>	<u>5</u>
<u>MOBILITY</u>	<u>6</u>
<u>CONCLUSION</u>	<u>6</u>
<u>REFERENCES.....</u>	<u>7</u>

Introduction

This work presents some data from the statistics on the ageing of the British population. How government services currently in place are helping an older population age better, and what types of technologies are being used by health organizations to help older adults meet the challenges of living in the technological age.

This paper provides the views of Group A and Group B members on issues relating to the role of technology in the lives of older people in the UK. It explains why technology is necessary for older people's lives. What issues older people face utilizing computers and how Health and local organizations assist them in this.

Group B members supported the view that technology is not necessary for the life of the elderly. Their opinion was based on the following points:

- Many older adults and women do not have direct contact with a computer, smartphone, and tablet, except through the help of their children and grandchildren.
- The old generations are afraid of not understanding how much development and convenience there can be in using a PC and other devices.
- High cost of technology.

Definition of old age

Old age is called the 'sunset of life', and the 'second youth' is the 'golden age' of life. It is the last and inevitable stage of human life, a time that passes differently for everyone. There are a few aspects related to ageing.

Ageing is an unavoidable action and often is determined by chronological age. According to the NHS (2022), an older adult is a person who is 65 years of age or older.

The ONS (Office for National Statistics) define people over 85 years as the 'oldest old' (ONS, 2018).

Also, the term ageing can be considered a biological process. It is characterised by deterioration of health, mental abilities, and attenuation of body functions.

Statistical data on the aging of the UK population

Life expectancy in the UK has increased significantly due to notable advances in science and health care. According to the Center for Better Aging's annual State of the Aging report, older people aged 65 and over comprise 19% of the UK population. The data propose that the population aged 65 and over will be almost 13 million in ten years. The 2021 Census data showed that women live 82.9 years and men- have 79 years (AgeCo, 2022).

The number of “older” old people are also rising. There are now 3.2 million people aged 80 or over, and almost 600,000 are aged 90 or over (MHA, 2022).

According to the government’s latest annual mid-year population evaluation, the number of centenarians and over was 15,120 in 2020. This is the highest point in the whole history, and this is one-fifth more than in 2019 (AgeCo, 2022).

Government support to assist the UK's elderly population

With more than £300m, the UK government's industrial strategy has invested in new technologies. This maneuver covers three areas: wellness, financial, and public services (British Council, 2022).

Digital Champion 2022–2026 program was created to address digital exclusion for older people. It consists of training volunteers to support 120,000 older people between 2022 and 2026 to improve their digital skills and provide technology to loan to those older people without access (AGEUK, 2022)

What is the technology for used by Health organization

The research has rejected a common thought: that the elderly is only passive towards technology. Office for National Statistics has shown that they can be active users.

Based on data collected by the Office for National Statistics (2020), 54% of adults aged 75 and over utilize the Internet regularly (ONS, 2020).

According to Age UK (2016), 33% of older women aged 75 and over and 47% of men of the same age use the internet. It shows that women use less technology than men (Ageuk, 2016).

However, what advantages and risks are involved in the relationship between the elderly and technology?

The NHS and social care services across the country work to assist older people cope with the obstacles and challenges of accessing the internet.

Using the NHS app, older people benefit from online health and care services. It can be used to book and cancel appointments and manage repeat prescriptions.

The Covid-19 pandemic has advanced telehealth into normal. Health professionals help older patients adopt telehealth.

To access telemedicine services, patients must have an Internet connection, tablet, smartphone, or computer with a camera. According to Rushika Fernandopulle, CEO and founder of Iora Health, video visits provide more information than telephone visits. FaceTime, Skype, WhatsApp, and Google Meet use to share medical details (Umar Ikram, 2020).

Social Media

Social networks represent the primary use of people of all ages. For the elderly, this is a great way to maintain relationships and social contact with distant relatives and friends.

WhatsApp, Messenger, and Facebook make the elderly feel less alone and participate in what is happening (AgeCo, 2020).

Artificial Intelligence (AI)

Artificial intelligence (AI) technologies are revolutionizing public health and medicine for the elderly. The World Health Organization (WHO) presented policy Ageism in artificial intelligence for health to take legal, non-legal and technical measures. These measures reduce the risk of aggravating and introducing ageism through Artificial Intelligence technologies (WHO, 2022).

For example, one innovation in care for the elderly is paper robots. Their cameras respect privacy and have intelligent diaper sensors that can measure saturation levels and radar that detects falls in patients and prevents falls from happening again.

Another modern solution in assisted living facilities and nursing homes is voice-activated intelligent assistants. It works well in cooperation with other smart devices (SKYRESPONSE, 2022).

Mobility

There have been significant technological advances with the release of new mobile devices that help seniors stay independent and participate in social and cultural activities. It is difficult for older people to rely on public transport, especially for those with limited mobility. Car service could be instrumental in improving accessibility for seniors.

With the help of indoor stairlifts, it will no longer be difficult for the elderly to move independently in their home (AgeCo, 2018).

Conclusion

Looking to the near future, where will computers, Web and smartphones belong to every segment of the population, including the elderly.

The dates of the statistics allowed to confirm group A's opinion that internet access and the use of electronic devices can bring benefits to the elderly population, both in terms of psycho-physical well-being and social inclusion. It is thanks to access to information and the possibility of using the social services and services provided by them.

It is essential to study the possibilities of how to approach and introduce the elderly population to the age of digitization by involving citizens, social services, and institutions.

References

- AgeCo, 2018. *Life-changing technology for older people*. [Online]
Available at: <https://www.ageukmobility.co.uk/mobility-news/article/life-changing-technology-for-the-elderly>
- AgeCo, 2020. *An older person's guide to the different social media sites*. [Online]
Available at: <https://www.ageukmobility.co.uk/mobility-news/article/an-older-persons-guide-to-the-different-social-media-sites>
- Ageuk, 2016. *The Internet and Older People in the UK – Key Statistics*. [Online]
Available at: https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/active-communities/rb_july16_older_people_and_internet_use_stats.pdf
- AGEUK, 2022. *Digital Champion Programme 2022-2026*. [Online]
Available at: <https://www.ageuk.org.uk/our-impact/programmes/digital-skills/digital-champions/>
- ONS.Gov.Uk, 2021. *Internet users, UK: 2020*. [Online]
Available at:
<https://www.ons.gov.uk/businessindustryandtrade/itandinternetindustry/bulletins/internetusers/2020>
- MHA, 2022. *Facts & Stats*. [Online]
Available at: <https://www.mha.org.uk/get-involved/policy-influencing/facts-stats/>
- Council, B., 2022. *How can technology help us meet the needs of our ageing society?*. [Online]
Available at: <https://www.britishcouncil.org/anyone-anywhere/explore/communities-connections/technology-ageing-society>
- NHS, 2022. *Improving care for older people*. [Online]
Available at: <https://www.england.nhs.uk/ourwork/clinical-policy/older-people/improving-care-for-older-people/>
- ONS, 2018. *Living longer: how our population is changing and why it matters*. [Online]
Available at:
<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/ageing/articles/livinglongerhowourpopulationischangingandwhyitmatters/2018-08-13>
- ONS, 2019. *Overview of the UK population: August 2019*. [Online]
Available at:
<https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/articles/overviewoftheukpopulation/august2019>
- ONS.Gov.Uk, 2021. *Internet users, UK: 2020*. [Online]
Available at:

<https://www.ons.gov.uk/businessindustryandtrade/itandinternetindustry/bulletins/internetusers/2020>

SKYRESPONCE, 2022. *Artificial Intelligence and its Role in the Future of Elder Care.*

[Online]

Available at: <https://skyresponse.com/artificial-intelligence-and-its-role-in-the-future-of-elder-care/>

Umar Ikram, S. G. J. F. F. a. T. W. F., 2020. *4 Strategies to Make Telehealth Work for Elderly Patients.* [Online]

Available at: <https://hbr.org/2020/11/4-strategies-to-make-telehealth-work-for-elderly-patients>

WHO, 2022. *Ensuring artificial intelligence (AI) technologies for health benefit older people.*

[Online]

Available at: [https://www.who.int/news/item/09-02-2022-ensuring-artificial-intelligence-\(ai\)-technologies-for-health-benefit-older-people](https://www.who.int/news/item/09-02-2022-ensuring-artificial-intelligence-(ai)-technologies-for-health-benefit-older-people)