



# Evaluating the Role of Digital Health Tools in Dementia Prevention and Support Among Older Adults in Scotland

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## Prevalence

- Dementia affects around 944,000 people in the UK, projected to reach 1.6 million by 2040 (Alzheimer's Society, 2024).
- In Scotland, approximately 90,000 people are living with dementia, with numbers expected to rise due to an ageing population (Public Health Scotland, 2024).
- The Scottish Government's Dementia Strategy highlights the role of digital health tools such as cognitive training apps, memory aids, and telehealth in improving prevention and care (Scottish Government, 2023).
- However, digital engagement among older adults remains low, with only 43% of Scots aged 75 and over regularly using the internet (Office for National Statistics, 2024).

## Research Objectives



To assess the extent and frequency of digital health tool use among older adults in Scotland



To explore key demographic influences such as age, gender, income, education, and residence (urban/rural)



To identify barriers and enablers affecting the adoption of digital tools for dementia prevention

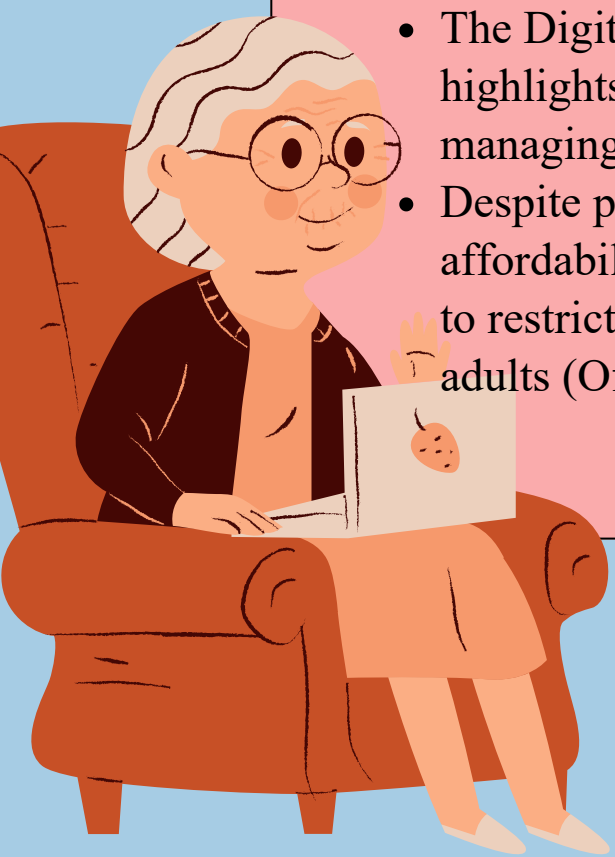


## Research Impact

- Digital inclusion policies in Scotland aim to improve older adults' access to technology, supporting public health (Public Health Scotland, 2024) and helping health and social care services integrate digital dementia tools effectively (NHS Scotland, 2021).
- These efforts align with the National Dementia Strategy and the Digital Health and Care Action Plan (Scottish Government, 2023), while also encouraging digital literacy and self-management among older adults to promote healthier ageing (British Geriatrics Society, 2023).

## Rationale

- Dementia is a growing public health challenge with major social and economic impacts on Scotland's ageing population (Public Health Scotland, 2024; Alzheimer's Society, 2024).
- The Digital Health and Care Strategy for Scotland highlights the role of technology in early intervention and managing long-term conditions (NHS Scotland, 2021).
- Despite progress, barriers such as limited digital literacy, affordability issues, and poor broadband access continue to restrict the benefits of digital innovation for older adults (Office for National Statistics, 2024).



## Research aim:

To evaluate how older adults in Scotland engage with digital health tools for dementia prevention and support, and to identify the demographic factors and barriers influencing their level of engagement.

## Research Question:

What demographic factors and barriers influence the level of digital health engagement among older adults in Scotland for dementia prevention and support?



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