

Living with care: the older person

BMHP6009

Component 2: Supporting paper

**Topic: Use of technology necessary for the elderly
UK population on an older person's life**



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Introduction:

In this supporting paper, I will be discussing about my point of view of the topic, the importance of technology on the elderly UK population and explain the main points discussed in the debate, also I will be reflecting on other colleagues' views debate that states the opposite of my topic, to evidence and stick to my topic I will provide statistics of seniors in UK, the government support regarding elderly people, at the end I will explain the impact of the covid-19 pandemic on the older person.

In my group presentation, our main topic was based on the necessity of technology for the elderly UK population, I was in favor of the importance of older adults using technology, however, the opposite group was against technology being beneficial of the use of technology on older adults' lives, my group provides arguments with evidence that shows different benefits of technology in the UK such as cognitive, social, independence, medical control and security.

What were the arguments from my group?

In the debate, my group gave arguments that are relevant to the importance of utility of technology on older adults' lives such as the improvement of transportation issues and benefit for people that have a disability, the senior person can receive medication online through email or apps of medicine reminder which improve safety,

Concerning cognitive stimulation, it was the main topic I discussed in the debate, I can say that older people need to enhance their memory and include in activities it is essential to challenge the brain. Social connectivity is an important argument related to technology because it helps older people communicate with family at a distance. Technology also helps older people with improvement of mental well-being, they can become more independent and manage their health.

About safety and emergency some services support older adults improving their quality of life with smart home devices, apps for communication, and social media.

What were the opposite group views in the debate?

The opposite group discussed the negative side effects of technology on older adults' lives, they explained that technology is not useful for older people because it increases depression, and older people tend to be isolated and far from the normal environment, (Freeman et al 2020), it was also said that technology influences the physical posture, loss of activity and affect the problem of vision. (Caspi, Daniel & Kave, 2019)

Older people find it hard the use of new technology and adapt, the more the use of technology the more they become dependent. (AgeUK, 2021)

Other arguments were also discussed by the opposite group they explained that older people are more vulnerable when dealing with scams, fraud or breaches on the internet because they are more dependent on other individuals for technology assistance and they have lack of experience. (Blank and Lutz, 2016)

The older people have the challenging thoughts that technology is for younger generation, which can influence on the cultural stigma that prevent senior people enjoying the benefit and adapt to the technology.

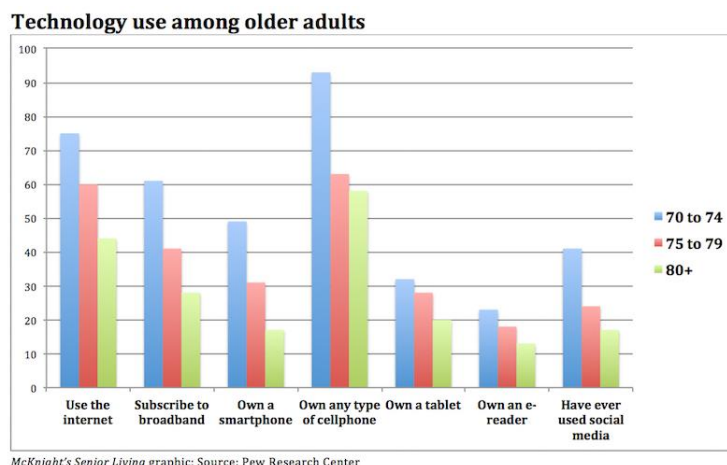
Reflect on the information provided in the main points discussed during your group debate.

In my point of view, technology is important for older adults because nowadays we all need technology for everything it is essential for communication, in terms of taking information online and emergency assistance or medical assistance.

I have reflected and learned that technology is beneficial for older people and it satisfies all their needs, improving their quality of life, even though sometimes it can be challenging for them to manage , they can overcome this with the help of new app devices such as smart home devices, apps for social media, apps for managing medication or support from closed family.

You must provide statistics on the ageing UK population that are relevant to your topic.

Topic: Technology use among older adults



(A.Bowers,2017)

This table shows that older people's use the internet is increasing between 70 to 40 years overall, however, the use of e-reader and tablets were less used, it has been reported that older people with the age of 70 to 74 are sixty one percent that subscribed to Broadband in the opposite there are 41% of older people age 75 to 79, and the one age 80 and more years has 28%. 70 to 74 years old people own a smartphone compared to 75 to 79 there is 30%, 80 more years the percentage is 19%.

There is also an increase in the use of any type of cellphone of people aged 70 to 74 years.

When older people are involved in participatory design, they can become more effective in terms of technology, satisfying their needs and capabilities, which contributes to motivation and higher interaction with technology devices. (Royal College of Physicians,2023)

Current government support or services in place to support the UK elderly population

(Age Uk,2023) supports older people to increase their confidence and skills with the higher use of the digital world through programs.

They support older people with alertness-improving activities for them, making use of digital inclusion services, it is to inform them about the importance of using technology to benefit them personally. This contributes to motivating people about different ways that digital help older people's life be enjoyable and easy. Implementation of sessions with digital skills and preparation of technology and connectivity.

Abilitynet supports and advice senior people through IT skills, settles in software, figure out error messages, teaches them how to use chat and social media (James,2020)

Explore the impact of the COVID-19 pandemic on older persons and relevant services.

During Covid-19 pandemic had a big impact on all people including older people, they saw fewer benefits from digital solutions, older people are more probably to have the worst effects. Recently reports demonstrated that during COVID-19 older people with the age over 65 had 80% of deaths. On the opposite Technology has become an essential way to fight these negative effects related to continued loneliness and isolation, they have the opportunity to avoid loneliness through communication with family and friends by video calls and studying online which turns normal in different areas such as school and universities change to online classes.

(Van Jaarsveld G, 2020)

Conclusion:

In summary, technology contributes to a higher quality of life ,it improves their ability to communicate with other relatives over long distances, and to be more independent, various services can support them to live healthily such as Age UK and Abilitynet, in the pandemic of Covid-19 technology become more useful and helpful for older people because they start to use more social media, with this develops benefits two of them are they are more independent and engaging in the social media.

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