



Student Name: HARRIET ANYANWU

Student ID: 1916050

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Lecturer name: Diola Bijlhout

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Introduction

More than one-fifth of the population in the United Kingdom are currently over 60, and this number are predicted to rise from 14.9 million in 2014 to 18.5 million in 2025. (ONS, 2015). Similarly, 75% of 75-year-olds in the United Kingdom have more than one protracted ailment, increasing to 82% of 85-year-olds (Barnett et al., 2012). Between 2007 and 2014, the number of accident and emergency visits by those aged above 60 climbed by two-thirds, a greater rise than would be predicted from population increase alone. In the United Kingdom, the proportion of persons aged 65 to **74 who use tablet and computers to access the internet has almost tripled in recent years, rising from 5% in 2012 to 17% in 2013. (Ofcom, 2014).**

What is technology?

In an article of the Use of Technology, (2022), states that technology is a body of knowledge devoted to creating tools, processing actions and the extract materials. Also, Cambridge University Press, (2022), defined, “technology as a particular method by which science are used for practical purposes”.

Government Support Services

The government have expanded accessibility to treatments such as free NHS eye tests for anyone over the age of 60, increased accessibility to cataracts care, and expanded the mammography monitoring initiative to women up to the age of 70. There has also been more equitable financing for long-term care, as well as the creation of programs that promote autonomy. Independence Grant assists councils in assisting more individuals to maintain their mobility for a longer period of time. Supporting Individuals is a new program that provides a variety of home assistance services to enable disadvantaged individuals live freely in the communities (NHS, 2020). The offer also includes free influenza immunization for everyone aged 65 and up, which aligns with the World Health Organization's five priorities (NHS, 2021).

What was the view of the other group in the debate?

E-health or Telemedicine: It was stated by my colleague from the supporting group that technology is necessary for the elderly people in the UK, additionally, they stated that the use of the E-health or Telemedicine where seniors connect with their health care providers are beneficial. However, technology might have some benefits, but the gaps are huge, it becomes bigger every day, and seniors just cannot catch up.

What was my standpoint in debate?

According to an article on the Lancaster university (2018), the study revealed that the fear of making mistakes and wider concerns about using social networking are amongst the reasons

why older people are rejecting digital technologies. Researchers also, discovered that resistance to using digital technologies is not primarily rooted in accessibility issues, as widely believed but the fear of being scammed, the physical mobilities and mental health aspects.

Furthermore, in their times gadgets were quite simple, computers were big, phones had wires, cars used petrol and to watch a movie you would go to the cinema. Now with the internet and all the smart devices you can replace almost all types of equipment from the past with only one.

Disadvantages of Technology Adoption to Older People

The use of technology is not necessary for elderly UK population due to its enormous challenges. Some of the challenges of technology adoption for the elderly includes.

1. **SLEEPING:** The usage of technology will undoubtedly have an impact on older people's sleeping patterns, which is not healthy for their general well-being. Many individuals stay up much too late watching TV, texting, or reading through social media (Blanchard, 2017).
2. **ISOLATION:** Isolation and sedentary lives are additional consequences of technological use. Digital conversation is a different from actual human connection and may even be detrimental to intimate relationships. As text-based communication becomes more popular, the gap between an individual and his or her closest relative grows wider. Furthermore, the more time spent using technology, the less time spent doing other activities outside (NHS, 2020).
3. **POSTURE:** When you're hunched over your handset, it's tough to sit up straight. As a results of not sitting upright, many individuals experience back and neck discomfort (NHS, 2020).
4. **DISTRACTION:** This is true for people of all ages, but technologies can be especially distracting for elders. When we are fixated on technology, we lose sight of what is happening around us, which can have a harmful influence, particularly on elders. Being distracted might jeopardise one's wellbeing, restrict one's brain's cognitive capacities, and impair memory (Blanchard, 2017).
5. **SAFETY:** It might be difficult to find reliable information online. Furthermore, the aged are more vulnerable to scam and having their personal data taken. If their accounts and actions are not carefully monitored, they may face major issues in the future (Blanchard, 2017).
6. **ADAPTATION:** Despite advances in technology, many devices fail to tackle the crippling effects of aging. Researchers and developers are developing devices with larger

letter sizes, larger buttons, adjustable brightness, and contrast for those with limited vision, and overall improved user experience and understanding. However, for the time being, most modern technologies are incomprehensible to the elderly (Blanchard, 2017).

Impact of Covid

Access to conventional treatment for non-COVID-related diseases was hampered as facilities were overcrowded with COVID-19 cases. As a result, persons seeking treatment for non-COVID-related diseases were at a greater risk of sickness and death throughout this period (Lazzerini et al., 2020). This danger particularly affected the elderly, who have greater rates of health issues than younger people and are more likely to be advised to shun regions where the virus may be contracted. Telemedicine, or the act of delivering health care coverage virtually and virtually, has become prevalent throughout the globe because of Covid. This transition, however, has had less favourable consequences among the aged than in other groups. According to a recent survey, over 40% of senior people were not ready to use telehealth services, owing to a lack of abilities to efficiently use the technology (Verywell Health, 2022).

It was also claimed that several elderly individuals in the United Kingdom were experiencing elevated and oftentimes disastrous levels of worry, in partly because they were aware they were at considerable danger from the disease. Even in the summer, when lockdown was relaxed, many people were too scared to go out. Months of confinement at home have resulted in muscular frailty and, in some cases, a loss of posture, heightening the danger of falling (AgeUk, 2020). There were also reports of new and growing mental deterioration, with families claiming it was aggravated by the extremely tough, sometimes isolated settings in which their elderly relatives lived throughout the epidemic (AgeUk, 2020).

Conclusion:

It is vital to develop new technologies or new software that suit senior's needs and provide sufficient training to familiarise seniors with the use of these technologies.

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