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.

Norway, Kristiansand, June 2013
ICT: Luxury or need for 50-plus people?

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.

<table>
<thead>
<tr>
<th>Age</th>
<th>Total</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>49-54 years</td>
<td>8</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>55-65 years</td>
<td>9</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>65-84 years</td>
<td>7</td>
<td>6</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>24</td>
<td>15</td>
<td>9</td>
</tr>
</tbody>
</table>

- 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.