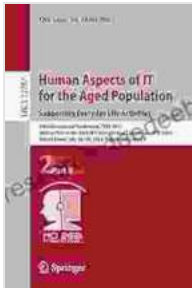# Human Aspects of IT for the Aged Population: Supporting Everyday Life Activities

**Human Aspects of IT for the Aged Population. Supporting Everyday Life Activities: 7th International Conference, ITAP 2024, Held as Part of the 23rd HCI ... Notes in Computer Science Book 12787)** by Carole Penfield

★★★★☆ 4.7 out of 5

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As the population ages, it is increasingly important to consider the human aspects of IT when designing and implementing technologies to support everyday life activities. This includes understanding the needs, preferences, and abilities of older adults, as well as the social and environmental factors that can affect their use of technology.

There are a number of human factors that need to be considered when designing IT for the aged population. These include:

- **Cognitive abilities:** Older adults may experience declines in cognitive abilities such as memory, attention, and problem-solving. This can make it difficult for them to use complex technologies.

- **Physical abilities:** Older adults may also experience declines in physical abilities such as strength, dexterity, and vision. This can make it difficult for them to use technologies that require fine motor skills or that are difficult to see.

- **Social and environmental factors:** The social and environmental factors that can affect the use of technology by older adults include their access to technology, their social support networks, and their living environment.

It is important to consider all of these factors when designing IT for the aged population. By ng so, we can create technologies that are accessible, usable, and enjoyable for older adults, and that can help them to live more independent and fulfilling lives.

## Benefits of IT for the Aged Population

There are a number of benefits to using IT for the aged population. These benefits include:

- **Improved access to information and services:** IT can help older adults to access information and services that they may not otherwise be able to, such as health information, financial advice, and social support.

- **Enhanced communication and social interaction:** IT can help older adults to stay connected with family and friends, and to participate in social activities. This can help to reduce feelings of isolation and loneliness.

- **Increased independence and autonomy:** IT can help older adults to live more independently by allowing them to manage their own

finances, schedule appointments, and access transportation.

- **Improved quality of life:** IT can help older adults to live healthier, more active, and more fulfilling lives.

There is a growing body of research that supports the benefits of IT for the aged population. For example, a study by the Pew Research Center found that older adults who use the Internet are more likely to report being in good health, having strong social networks, and being satisfied with their lives.

## Challenges to IT Adoption by the Aged Population

Despite the many benefits of IT for the aged population, there are also a number of challenges to its adoption. These challenges include:

- **Lack of access to technology:** Many older adults do not have access to computers or the Internet. This can be due to a number of factors, such as financial constraints, lack of knowledge about technology, or physical disabilities.

- **Lack of skills and knowledge:** Even if older adults have access to technology, they may not have the skills or knowledge to use it effectively. This can be due to a number of factors, such as lack of experience with technology or cognitive impairments.

- **Negative attitudes towards technology:** Some older adults have negative attitudes towards technology. They may view it as being too complex, too expensive, or irrelevant to their lives.

These challenges can be overcome through a variety of measures, such as providing older adults with access to affordable technology, offering training

and support, and changing negative attitudes towards technology.

IT has the potential to greatly benefit the aged population by improving their access to information and services, enhancing their communication and social interaction, increasing their independence and autonomy, and improving their quality of life. However, there are a number of challenges to IT adoption by the aged population, including lack of access to technology, lack of skills and knowledge, and negative attitudes towards technology. These challenges can be overcome through a variety of measures, such as providing older adults with access to affordable technology, offering training and support, and changing negative attitudes towards technology.

By addressing the human aspects of IT for the aged population, we can create technologies that are accessible, usable, and enjoyable for older adults, and that can help them to live more independent and fulfilling lives.

## References

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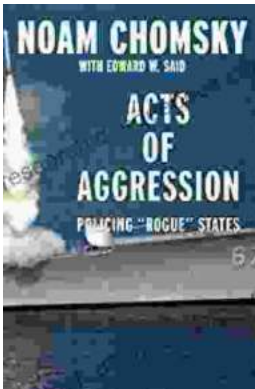★★★★☆ 4.7 out of 5

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