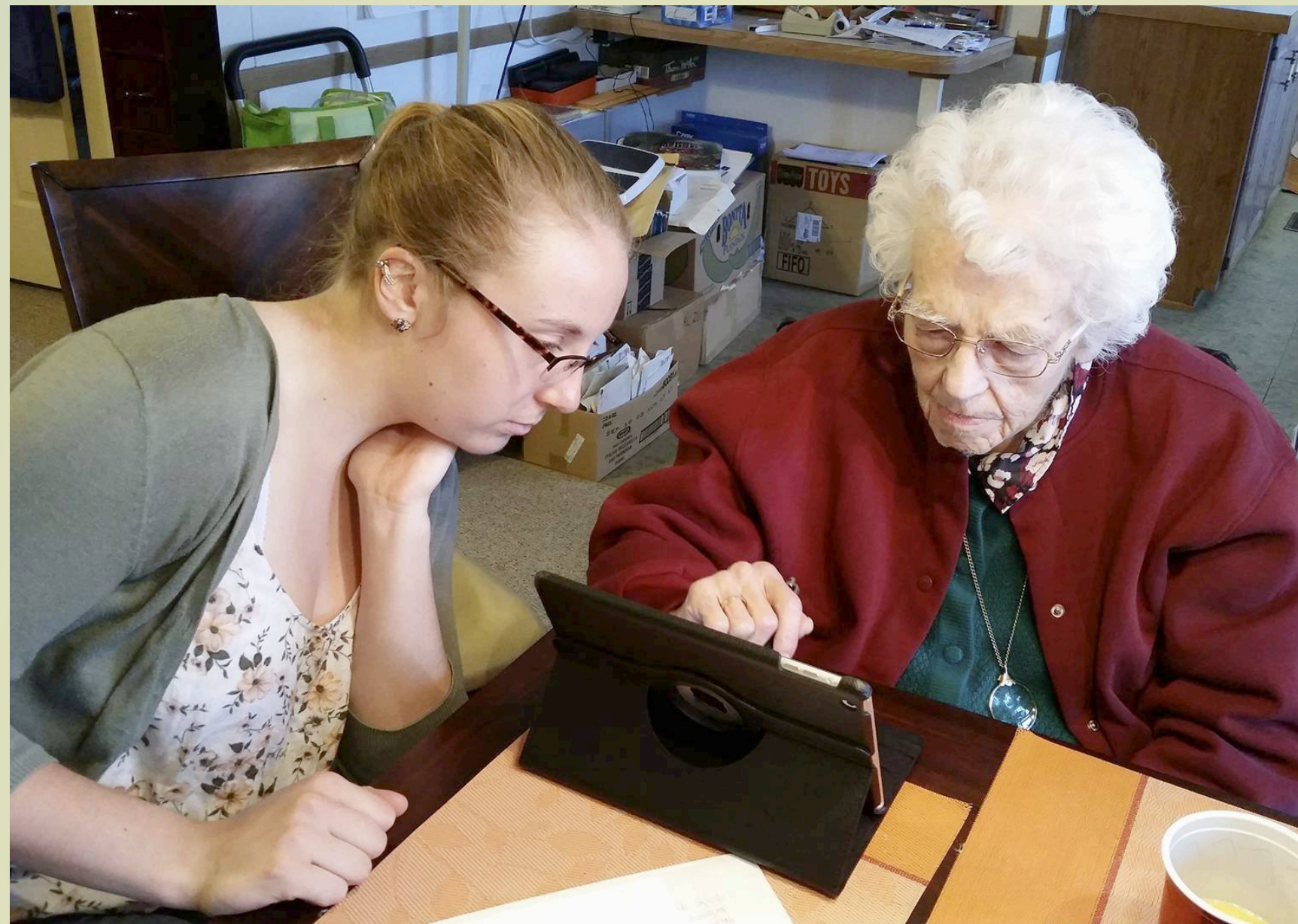


# Information and Communication Technology for Aging

## Benefits of Information and Communication Technology with Aging

Information and communication technology can:

- Increase social contact with family and friends (email, Facebook, texting).
- Help with routine daily activities for living independently (banking, shopping, renewing driver's license).
- Promote health and manage illnesses (communicate with health care providers, getting medications and test results, and accessing health related information).
- Provide leisure activities (scrabble, recipes, music, streaming movies).



## What we know about older adults and ICT?

- Older adults are an emerging group of information and communication consumers.
- Older adults under estimate their ICT knowledge and abilities.
- Non-use has to do with “attitude”, not so much about lack of skills. Use is about being interested, over coming fears and gaining confidence with technology.

## What are older adults doing online?

Among older adults information and communication technology users 53% use internet, 70% own a mobile phone, and 1 in 3 use online social networking

In our survey of 536 older adults the top ten ICT activities reported were:

Sending and Receiving Emails	69%	Shopping online	57%
Communicating via Email with Family	63%	Staying in Touch with Local Friends	55%
Information on Products and Services	61%	Looking for Health Information	54%
Staying in Touch with Distant Friends	61%	Reading News Online	54%
Sending Greetings	59%	Exchanging Photos and Videos	44%