



Northern Ireland
Assembly



The Open
University



Knowledge Exchange Seminar Series (KESS)

...is a forum that encourages debate on a wide range of research findings, with the overall aim of promoting evidence-based policy and law-making within Northern Ireland



Role of digital health wearables in the wellbeing and quality of life of older people and carers

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in collaboration with Age UK Milton Keynes, Carers MK, Samsung UK and University of Oxford



CarersMK



The Oxford Institute of
Population Ageing

Research strands related to people aged over 55

social isolation and loneliness in people aged over 55 years

digital skills of people aged over 55 years

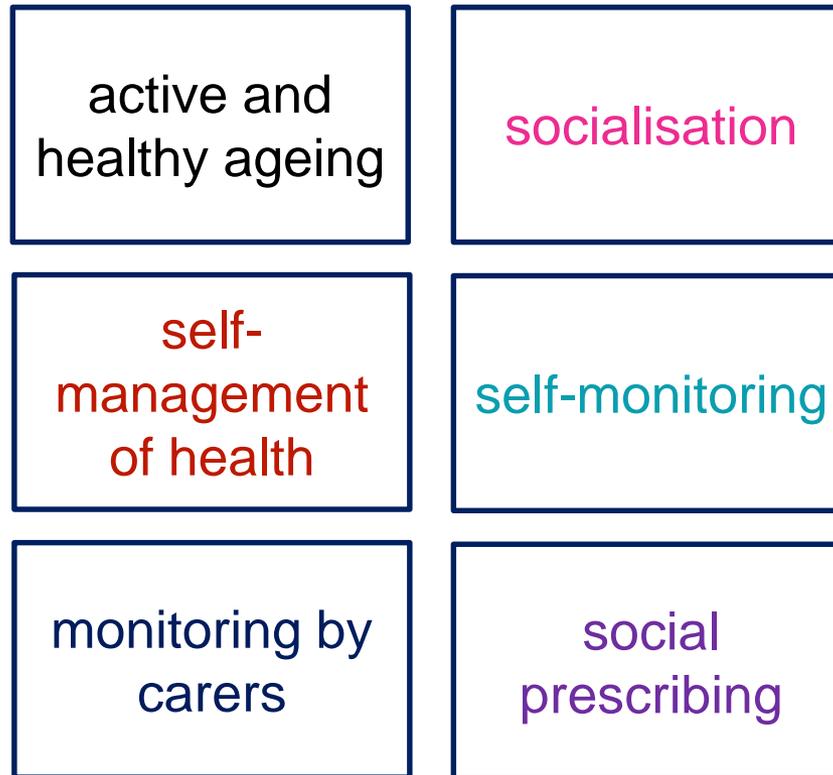
activity monitors for older people, carers, and people being cared for



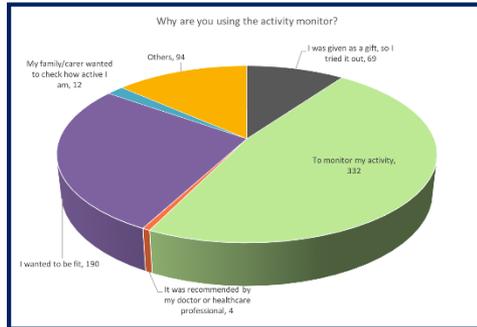
Activity monitor and the app



Research objectives



Research methodology



Surveys

245 participants, aged 18 years and over
518 participants, aged 55 and over
74 carers
82 healthcare professionals.



Workshops

Four workshops with 55+ who were given activity monitors (2016-2017)
Five knowledge exchange workshops (2017-18).



Interviews

10 users 55+
10 carers
12 healthcare professionals
5 manufacturers
2 local charities.

Use of activity monitors (2016 - present)



Users of activity monitors, 2016

Results



Research objectives

- support to physical wellbeing
- motivation for continuous usage
- concerns
- adoption barriers

What did we learn?

- behaviour change interventions
- usage strategies
- in medical interventions
- for socialisation

Impact

- active and healthy ageing
- for carers and people being cared for
- integrated healthcare

Recommendations

health literacy
socialisation
social
prescribing

activity monitors
digital health
wearables and
apps

carers, people
being cared for
self-monitoring
and monitoring

digital health
literacy
data privacy
data accuracy

service design
evidence-based
research
medical education

procurement
training and
support
capacity building

ethical issues
socio-economic
aspects
infrastructure

For further information and discussion

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Queen's University
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