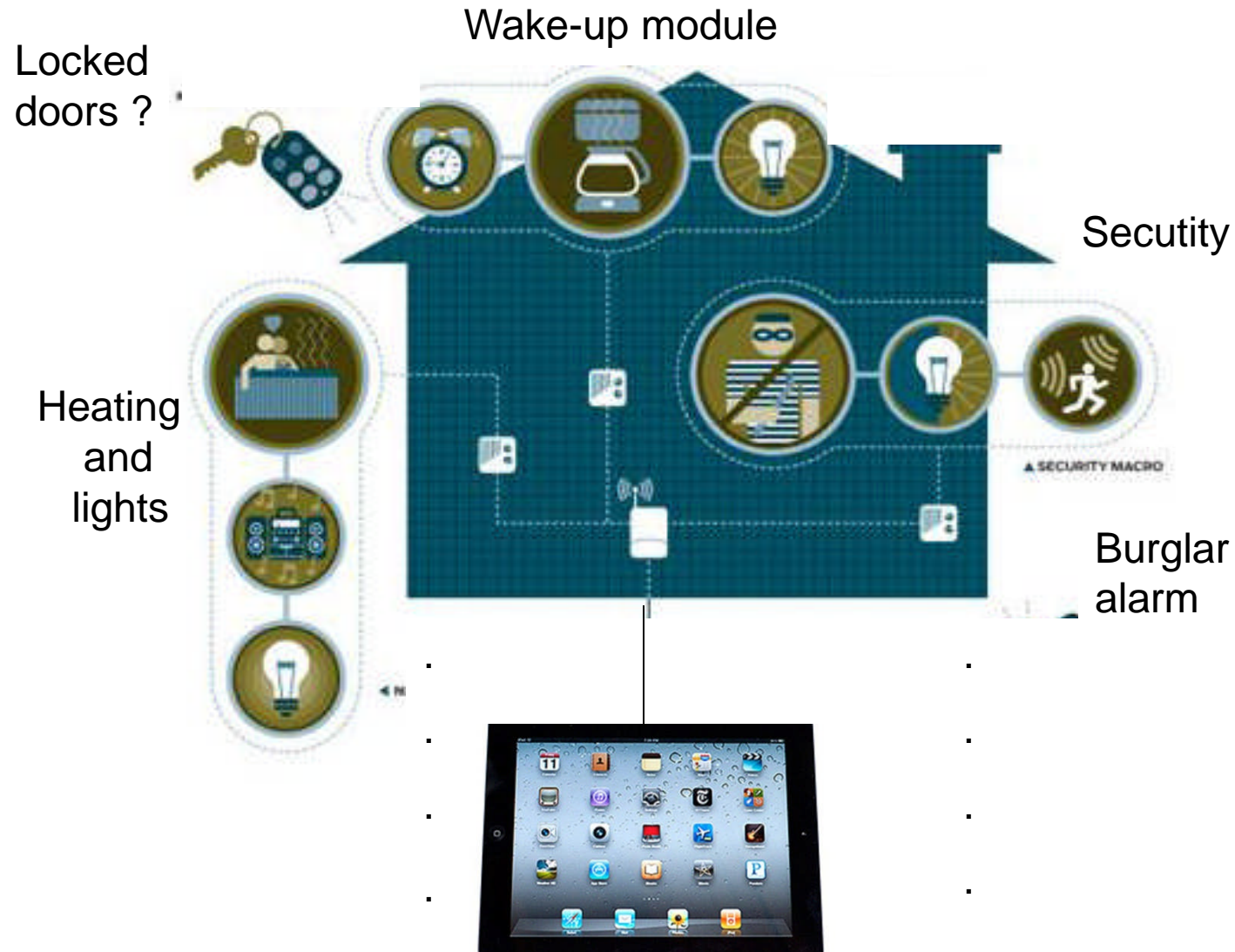


Can seniors learn to run a "SMART HOUSE" by iPad?

- A study in Norway 2012

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THE SMART HOUSE



The study was published as

"Feasibility of the iPad as a hub for smart house technology in the elderly; effects of cognition, self-efficacy, and technology experience"

- by H. Alvseike and K. Brønnick (2012): **Journal of Multidisciplinary Healthcare**, 5, 2012, p 299-306)

The people in the study

Recruited from a club for seniors and from home care service, all were above 70 years and some received some help in their homes

- N 28
- Sex: M/F 11/17
- Age: mean (SD) 78.5 (9.7)
- Education years: mean (SD) 12.4 (3.7)
- Co inhabitant: N 20
- MMSE score [test for dement] 26.0 of 30 (3.4)
- **Abbreviations:** M, male; F, female; SD, standard deviation; N, number of subjects.

Previous technology access or experience

- PC access: yes/N (%) 13/28 (46%)
 - Own mobile phone: yes/N (%) 23/28 (82%)
 - Own iPhone: yes/N (%) 4/28 (14%)
 - Owned iPad previously: yes/N 0/28 (0%)
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- **Abbreviations:** N=number of subjects; PC=personal computer.

Methods

- All were given a iPad to use, all had optical fiber or mobile phone Internet access and technology at home
- The participants had the opportunity to use the technology for 4-5 months in their homes
- Tested how many that actually used it for controlling lights and some other things

The results

- Ability to use iPad functionality
- iPad light control: yes/N (%) 12/28 (42%)
- iPad heat control: yes/N (%) 8/20 (40%)
- iPad curtain control: yes/N (%) 4/7 (57%)
- iPad TV control: yes/N (%) 0/3 (0%)

Abbreviation: N, number of subjects who actually had the technology.

What was learned

- Half of the participants could not use the technology
- Old age was not important
- Gender was not important
- Mini Mental Status Examination score (MMSE) must be above 25 pts (of 30) to use the technology
- The mental transition from a switch on the wall to a button on the iPad proved difficult for some