

# Evaluating of an interactive ICT-platform in older adults for participatory care

## Background

The increasing elderly population placing demands on health care services to promote health and self-care. The challenge is to develop new solutions to meet the older adults need and expectations and facilitate communication with their home care nurses. In a research group, I-care, and with collaboration with a Swedish company (Health Navigator) specialized in health care management consulting and new innovative care an interactive information- and communication technology (ICT) platform was developed. The ICT-platform include questions of health status, instant access to self-care advice, graphs and a risk assessment model for alerts.

## Goals

The aim of this project is to evaluate an ICT-platform among older adults, focus on feasibility, acceptability and older adult's well-being and participatory in care.

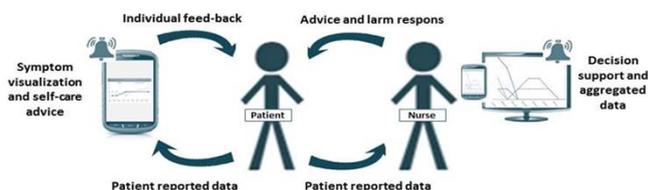
## Results so Far

The older adults seen the ICT-platform as a stimulated learningprocess, both appropriate and a safe way of communication with home care nurses and finally, for strengthen their self-confidence.

"It could help me with the communication with the nurse"

"I felt like someone was listening to me"

## Participatory care



## Approach

The design is underpinned by the Medical Research Councils complex intervention evaluation framework and with a mixed method approach due to evaluate new technologies within health care. Interviews with older adults, focus groups interviews with home care nurses are analyzed. Main outcomes as well-being, self-care and senses of coherence will also be analyzed by questionnaires from the older adults before, after and with 6 months follow-up after the intervention.

## Publications

Göransson C<sup>1,2</sup>, Wengström Y<sup>3</sup>, Ziegert K<sup>1</sup>, Langius-Eklöf A<sup>3</sup>, Eriksson I<sup>4</sup>, Kihlgren A<sup>2</sup>, Blomberg K<sup>2</sup>. (2015). Factors of importance for perceived health and self-care among older persons- perspective of older persons, health care professionals and the literature- a scoping review. *Submitted*.

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