

How older adults with mild cognitive impairment relate to technology as part of and potential support in everyday life

Annicka Hedman
PhD, OT Reg
CACTUS research group
Karolinska Institutet,
Sweden

Co-authors:
Eva Lindqvist
Louise Nygård



Introduction

Technologies in everyday life

- At home and in society
- Necessary for persons with MCI or mild dementia to relate to
- More difficult to use for persons with MCI or dementia



Introduction

Aim of the study

- To explore how persons with MCI relate to technology as a part of and as potential support in present and future everyday life

Introduction

Present technologies...

Everyday technology

- Technical objects/services common in peoples' everyday lives
- Well-known or newly developed of varying complexity



Introduction

... and potential future technologies

Systems for monitoring and providing reminders during performance of activities of daily living

- Still most often research prototypes
- How do persons with MCI view the potential of such technologies as support in daily life?

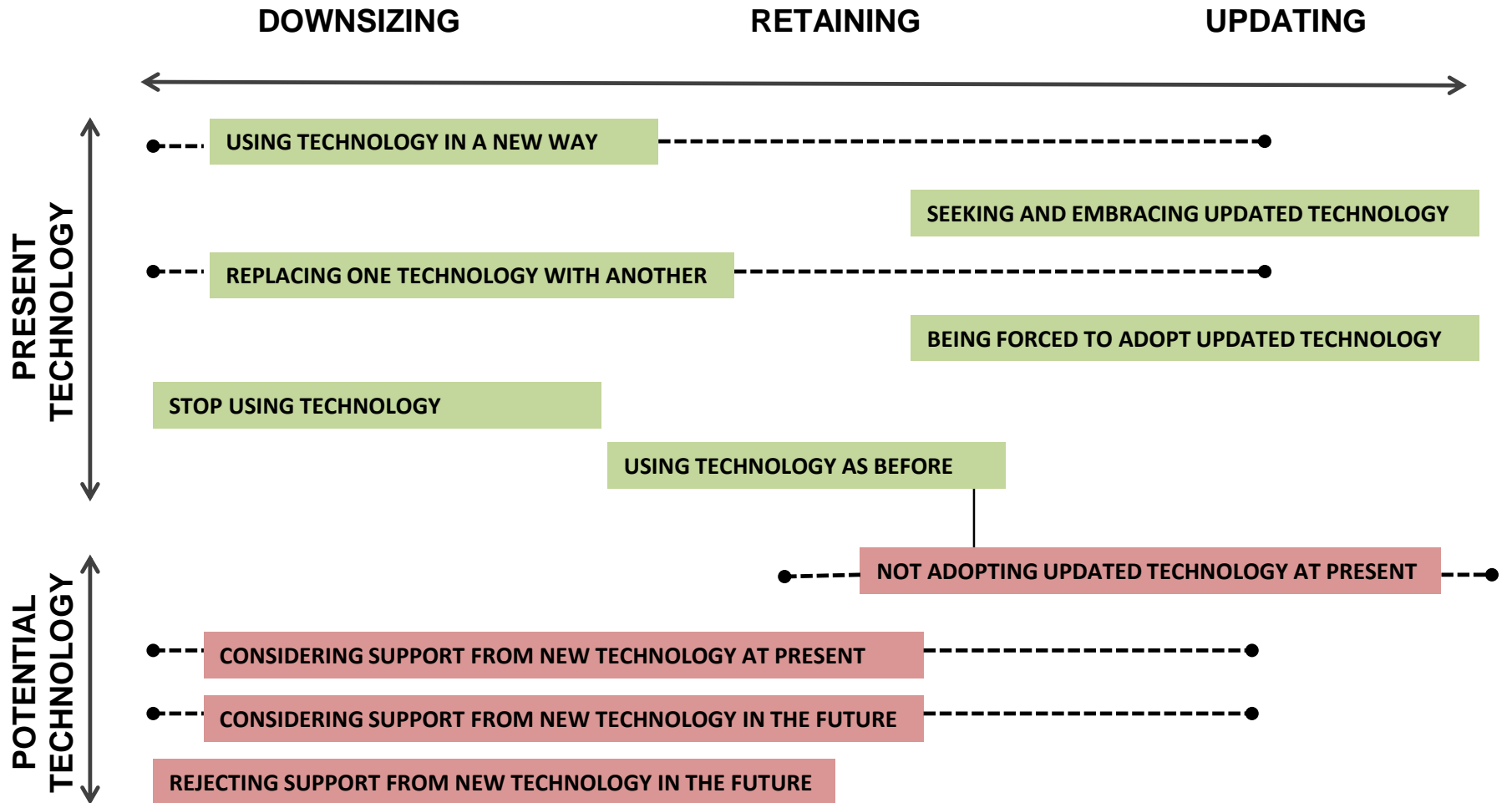
Method

Presentation of the participants

n=6

Gender	2 women 4 men
Living conditions	4 living with someone 2 living alone
Age	76 years (median) (min 61 - max 86)
Diagnoses	4 MCI 1 AD 1 no known cognitive impairment
In gainful work	Yes=1 No=5

Findings



Findings

- Conditions
- Trade-offs



Findings

- Take-off runs...



Findings

Eric (61 yrs):

”And I know, photos that I´m interested in, right? Then it´s always like when you´ve taken them and are going to empty the memory card and put the pictures in the computer, then they´ve *always* upgraded my image processing system. [...] And it feels rather as though someone has moved the furniture around *at home!* That like... that I don´t want. And if I reject this, then I can´t process the pictures. You just can´t manage it, instead you have to sit and re-learn.”

Conclusions

- Persons with MCI relate to technology and doing in multifaceted ways
- Existing everyday technologies may have potential as platforms for future support
- Support may be needed during the take-off runs



Thank you!