A Multidisciplinary Technology-based Approach to Improving the Lives of Older Adults

Presented by:
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The aging of the populations creates enormous challenges and opportunities for designers, researchers and policy makers to develop strategies to maximize the contributions of older people and ensure that they are healthy, able to live independently and remain productively engaged. The explosion in technology developments presents new innovative approaches to providing support and fostering independence and well-being among older people. However, older adults must have “meaningful access” to and be able to successfully use technology systems. This presentation will discuss the potential role of technology in promoting health and well-being for older people. Examples will be drawn from research at the Center on Aging and the NIH funded the Center for Research and Education on Aging and Technology Enhancement (CREATE) examining how technology can be used to support family caregivers of older people and to foster social engagement and connectivity among older adults. Information will also be presented regarding technology adoption among older people, attitudes towards technology, and barriers to successful technology uptake. In addition, potential strategies to enhance successful use of technology among older adults will be discussed. The overall objective of the presentation is to underscore the importance of the issue of technology and aging and to outline needed areas of future research.