


THE USE OF TECHNOLOGY WITH PEOPLE LIVING WITH DEMENTIA.

Genevieve Major –Occupational Therapist  
Aged Care Revolution




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- Introduction
- Overview of the research on the use of touchscreen technology with people with dementia.
- Considerations for developing and assessing the suitability of apps for people with dementia.
- Benefits of life story work for people with dementia and the development of the My Life Story app

OVERVIEW

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- The benefits of restorative memory interventions for people living with dementia are well known.
- There is still poor uptake of these practices.
- This study sought to identify the benefits and challenges of using touchscreen technology for both residents and staff.
- Improve the lives of people living with a diagnosis of dementia.

University of Worcester (2011). EVALUATION OF THE IMPACT OF TOUCH SCREEN TECHNOLOGY ON PEOPLE WITH DEMENTIA AND THEIR CARERS WITHIN CARE HOME SETTINGS. Upton, Jones, Julia, Brooker.

WHY USE TOUCHSCREENS?

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► Supporting reminiscence



"I think it's wonderful, things they can be brought up that you'd forgotten about."

"I remembered him [Al Johnson] from my childhood days yes. I enjoyed that. I thought it was going to be good but that's gone out the window I'm surprised to say it was quite superb!"

"I liked to look at the crabs because I went crabbing as a young girl with my dad down at Lady Bay"

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► Aiding recall and supporting activities of daily living.



"I chose my food on it the other day, but it does not make the food for you..... I can see the food on it. Sometimes I find it difficult to remember what I like to eat you see. So I get frustrated. But [name of carer] helps because she asks what I liked when I was younger. I could not remember the name of what it was so we had a look on the iPad."

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► Increasing interpersonal and intergenerational interactions



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▶ Improving staff/resident relationships and Improving quality of life.



"I think it influence as well the relationship between staff and the residents, a closer relationship as well cause you got to think that you know we're all different staff and we've got different interests so we use different apps. So you work with residents and ...you talk about things you get to know them better. "

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▶ Ease of Use



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▶ Impact on the wider care environment.



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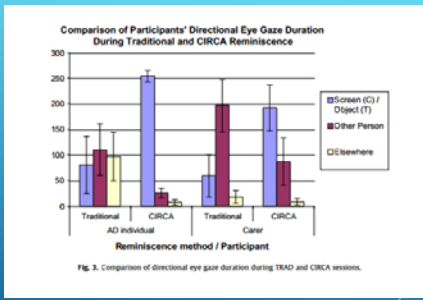


Fig. 3. Comparison of directional eye gaze duration during TRAD and CIRCA sessions.

USING A TOUCH SCREEN COMPUTER TO SUPPORT RELATIONSHIPS BETWEEN PEOPLE WITH DEMENTIA AND CAREGIVERS (2010)  
 ARLENE J. ASTELL A., MAGGIE P. ELLIS A., LAUREN BERNARDI A., NORMAN ALM B., RICHARD DYE B., GARY GOWANS C., JIM CAMPBELL

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- Ergonomics.
- Complexity of the interface.
- Staff confidence.
- Connectivity issues.
- Cost.
- Security.

CHALLENGES TO USE

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- Limited concentration
- Changing abilities
- Perceptual deficits
- Fine motor deficits
- Visual impairment
- Hearing impairment
- Little experience with tech
- Memory impairment
- Weight of the device
- Glare/ Shine
- Advertisements and pop-ups
- Cost and Security
- Staff training
- Connectivity

CONSIDERATIONS FOR USE OF APPS WITH PEOPLE WITH DEMENTIA

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“A lot of people go to have their life story written but it’s a hassle so if there were something easier [like the iPad] that’d be fine.” (SM2, Lines 13-16).

University of Worcester (2011), EVALUATION OF THE IMPACT OF TOUCH SCREEN TECHNOLOGY ON PEOPLE WITH DEMENTIA AND THEIR CARERS WITHIN CARE HOME SETTINGS, Upton, Jones, Julia, Brooker.

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It involves working with a person and/or their family to find out about their life, recording that information in some way and then using the information with the person in their care (McKeown et al 2006).

- Promotes increased understanding of the person
- Improves interpersonal relationships
- Guides person-centred care
- Improved sense of belonging and identity
- Improved satisfaction for care givers (family and professional)
- Reducing feelings of anxiety and depression.

### BENEFITS OF LIFE STORY WORK

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- Run Through of My Life Story App.

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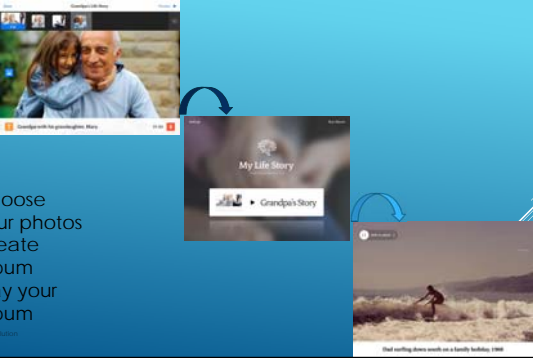
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- Choose your photos
- Create album
- Play your album

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<p><b>Challenges</b></p> <ul style="list-style-type: none"> <li>• Limited concentration</li> <li>• Changing abilities</li> <li>• Perceptual deficits</li> <li>• Fine motor deficits</li> <li>• Visual impairment</li> <li>• Hearing impairment</li> <li>• Little experience with tech</li> <li>• Memory impairment</li> </ul>	<p><b>Fixes</b></p> <ul style="list-style-type: none"> <li>• Changeable slide length</li> <li>• Easy to edit (based on changing needs)</li> <li>• Clear pics / high contrast</li> <li>• Tap to pause feature</li> <li>• iPad only/ high contrast</li> <li>• Use of headphones</li> <li>• Intuitive / use with others</li> <li>• Walk through pop ups/ press and play.</li> </ul>
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**CHALLENGES AND FIXES FOR MY LIFE STORY APP.**

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- [www.mylifestoryapp.com](http://www.mylifestoryapp.com)
- \$9.99 from apple app store
- Please leave your email tonight if you would like a free copy.
- Gmajor.ot@gmail.com

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- Using a touch screen computer to support relationships between people with dementia and carers (2010) Astell, Ellis, Bernardi, Alm, Dye, Gowans, Campbel. *Interacting with Computers* 22 (2010) 267-275
- Evaluation of the impact of touchscreen technology on people with dementia and their carers within care home settings (2011) D Upton, P Upton, Jones, Jutta, Brooker. University of Worcester.
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