

0483

Management of technology in everyday life among people with dementia or mild cognitive impairment compared to older adults without cognitive impairment.

Camilla Malinowsky, Louise Nygård, Ove Almkvist, Anders Kottorp
Karolinska Institutet, Stockholm, Sweden

Introduction: People with mild Alzheimer's disease (AD) or mild cognitive impairment (MCI) need to cope with everyday activities at home and in the society despite declining ability to perform those activities. An increasing number of activities involve technology and the way these activities are performed therefore has changed. Decreased ability to manage technology may bring about a risk for exclusion from participation in everyday activities.

Objectives: To investigate how older adults with mild AD or MCI manage technology in everyday life activities in comparison to older adults without known cognitive impairment. To identify aspects that influence the ability to manage technology among older adults with or without cognitive impairment.

Methods: Three groups of older adults; persons with mild AD; n=38, persons with MCI; n=33, and older adults with no known cognitive impairment; n=45 were assessed when managing their own everyday technology (ET) at home. Data was collected with the Management of Everyday Technology Assessment (META), recently developed to evaluate the ability to manage ET for older adults in general and specifically for people with mild AD or MCI. Rasch-based measures of the person ability to manage ET were compared group-wise using ANCOVA. To identify aspects that influence the ability to manage ET, multiple regression analyses will be applied (data analysis ongoing)

Results: Ability to manage ET is significantly more decreased in the groups with mild AD or MCI compared to the group with older adults without known cognitive impairment. Furthermore, the group with MCI demonstrated a significantly higher ability to manage technology than the group with mild AD. However, there are overlaps between the groups and difficulties to manage ET appear in all three groups.

Conclusion and contribution to the practice/evidence base of occupational therapy: Decreased ability to manage ET is associated with mild AD and MCI. Since this can have consequences in everyday life, it may be of importance to consider ability to manage ET when assessing ability to perform everyday activities. The detailed information from META about the ability to manage ET can be used to guide interventions and to support everyday activities where technology is required.