

A Home-Based Information Communication Technology Training Program for Aging-in-Place: Development and Randomized Controlled Study

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Introduction: Information communication technology (ICT) has immense promise for seniors to age-in-place. This presentation will highlight a novel home-based inter-generational ICT training program funded by the National Institute of Health, USA for an at-risk cohort of seniors in the community, and outline findings from a two-year randomized controlled study.

Objectives: To highlight the development and implementation of the ICT Training program for seniors through a multi-stakeholder needs-assessment approach

To enumerate findings from a longitudinal randomized controlled study to verify effectiveness of the ICT Training program for seniors across key outcome domains: technology adoption and utilization, attitudes on technology, social participation, health and wellbeing.

Methods: A series of focus groups and interviews comprising 45 stakeholders including seniors, their family and care providers, and occupational therapy students fulfilled the needs-assessment for the ICT training program. A two-year randomized controlled trial (RCT) comprising of more than 80 older adults (40 each in a training and control group) is currently underway to verify effectiveness of the ICT training program.

Results: Content analysis of our needs-assessment data derived themes centered on the effective implementation of the ICT training program. Descriptive analysis and mixed model ANOVA of the first-year RCT data show significant increases in prioritized ICT activity for the training group compared to the control ($p < 0.05$). Any consequent changes in social participation and subjective health will be analyzed towards the two-year follow up phase of the study early next year.

Conclusion: The research offers a replicable and evidence-driven ICT training program for occupational therapists to implement in geriatric settings.