

## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies

# AAL IANVS

## Online survey with end users

Timespan of questionnaire: 7th of May 2019 – 20th of May 2019

Number of contacted participants: 1274

Number of participants who opened the survey: 656

Responded Participants: 220 (filled in the survey completely)

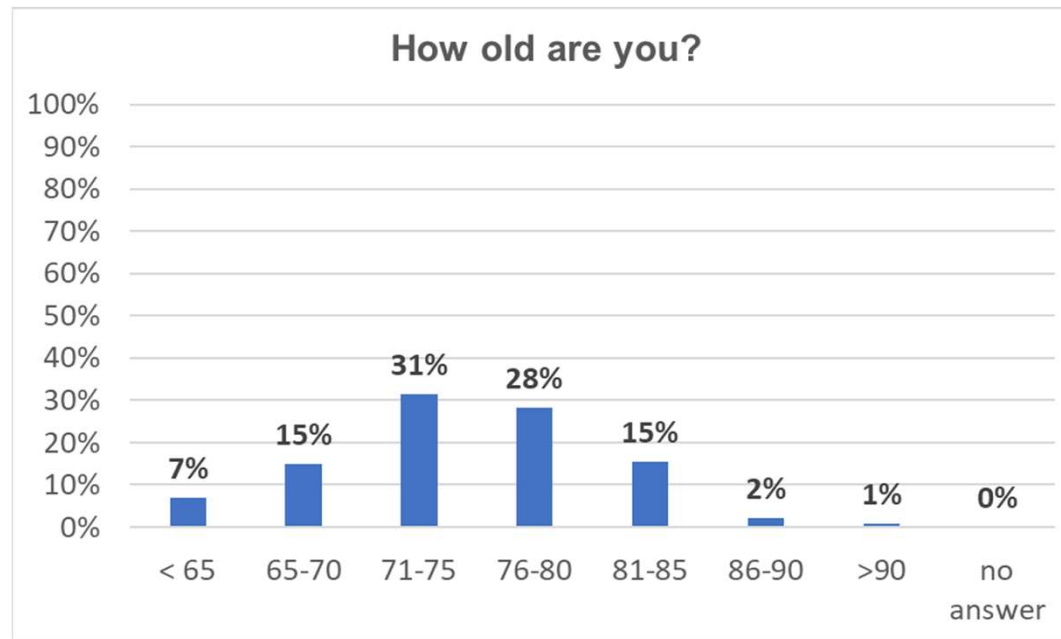
Response rate: 33.5 %

**Topic of the survey: *Age-appropriate living in your own four walls - equipment, support and the role of modern technologies***



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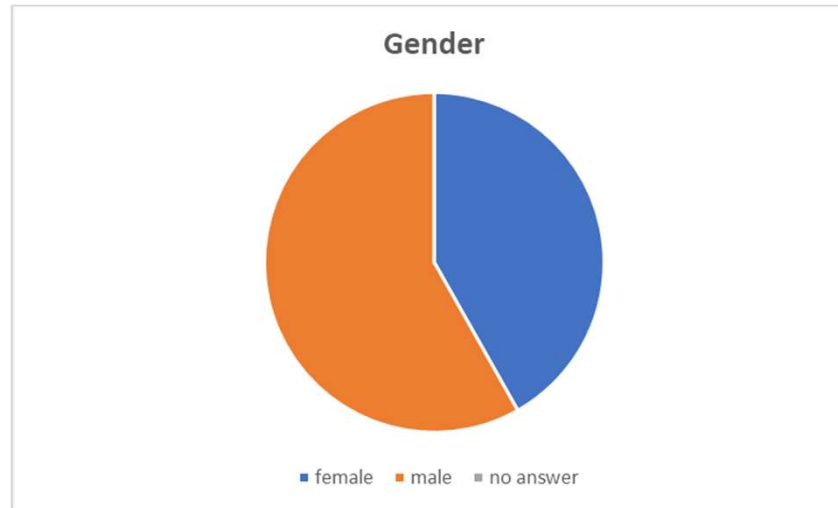
## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies



89% of the participants are in the age group between 65 – 85 years.



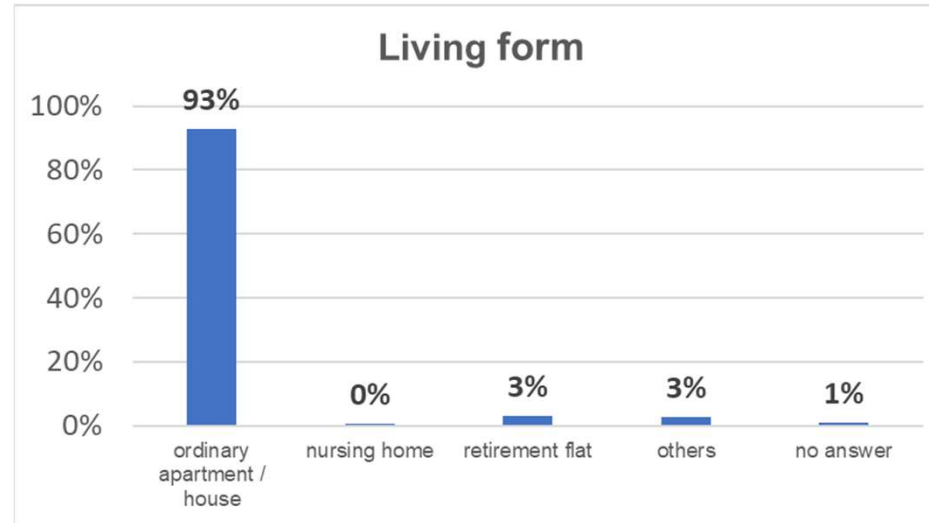
## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies



42% of the participants are *female* and 58% are *male*.



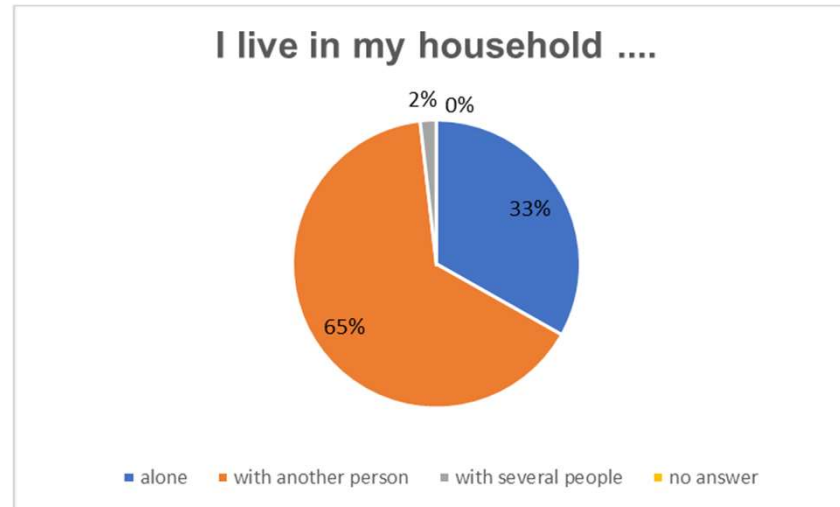
## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies



93% are still living in an ordinary apartment or house. Out of the category of *OTHERS* additional 2% are living in self owned ordinary apartments or houses.



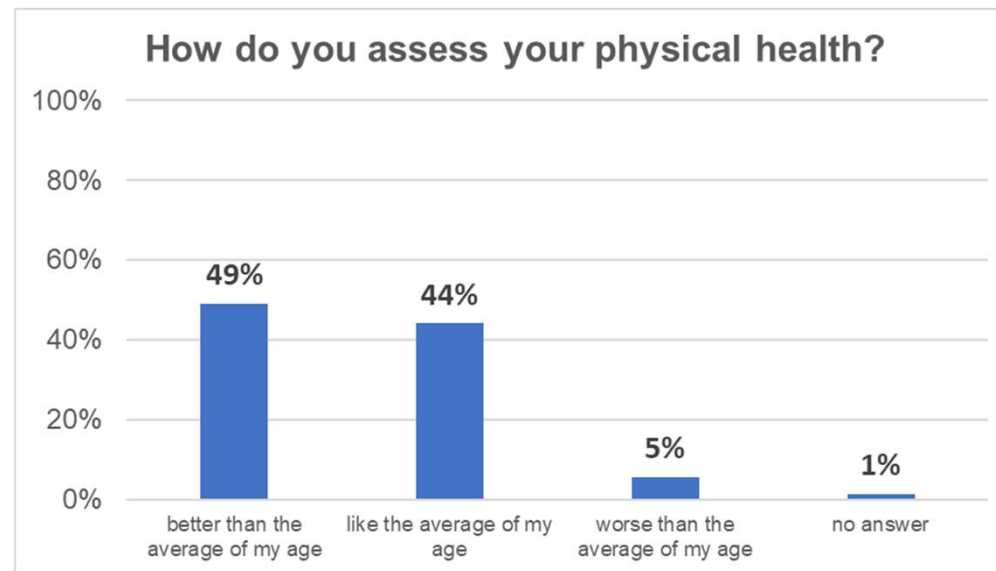
## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies



1/3 of the participants are living *alone* and 2/3 of them are *living together with another person*.



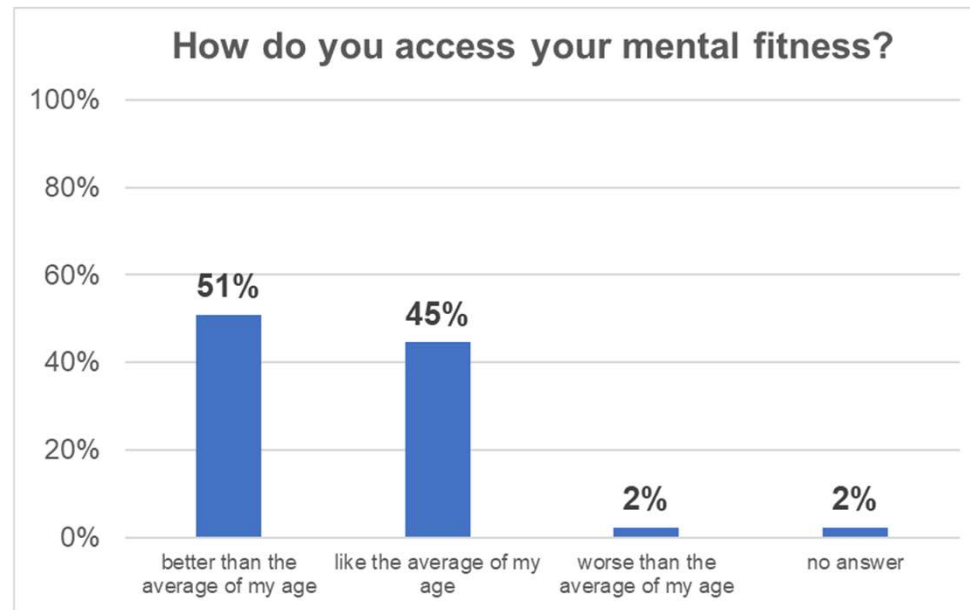
## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies



Over 90% of the participants assess their physical health *like the average* or even *better than the average* of their age.



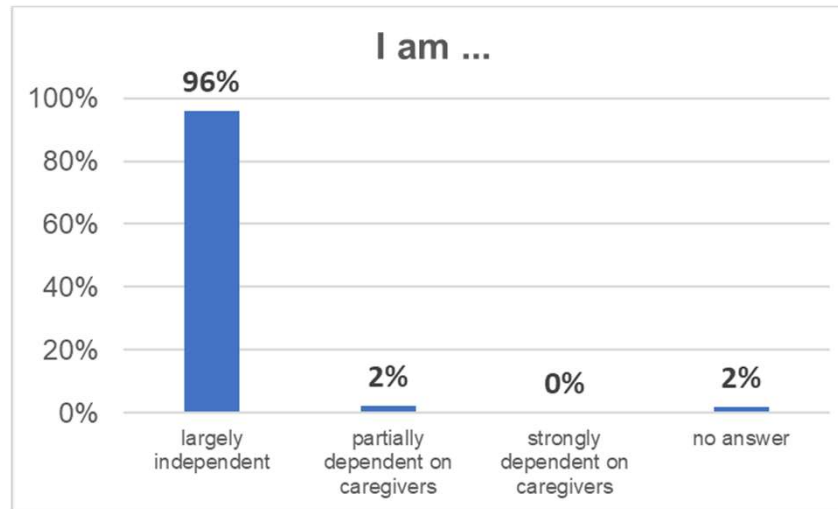
## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies



95% of the seniors clearly stated that they access their mental health *like the average* or even *better than the average* of their age group.



## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies

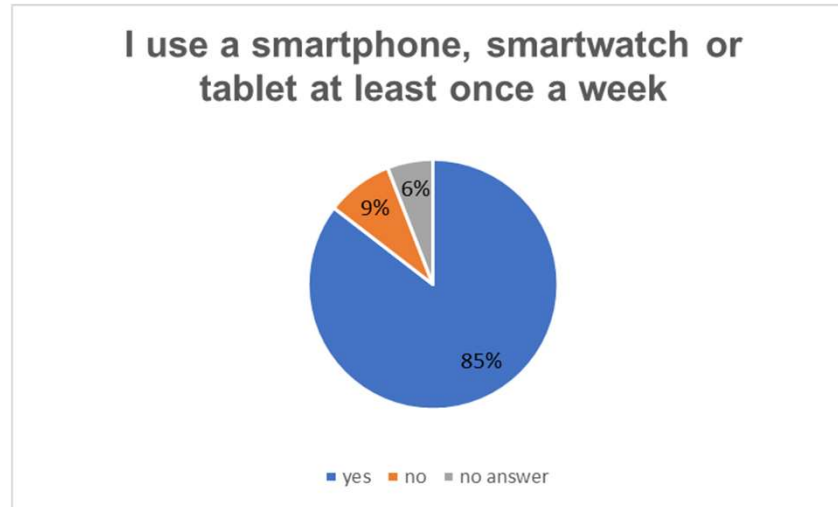


Nearly all participants are *largely independent* and not yet dependent on caregivers or informal carers.





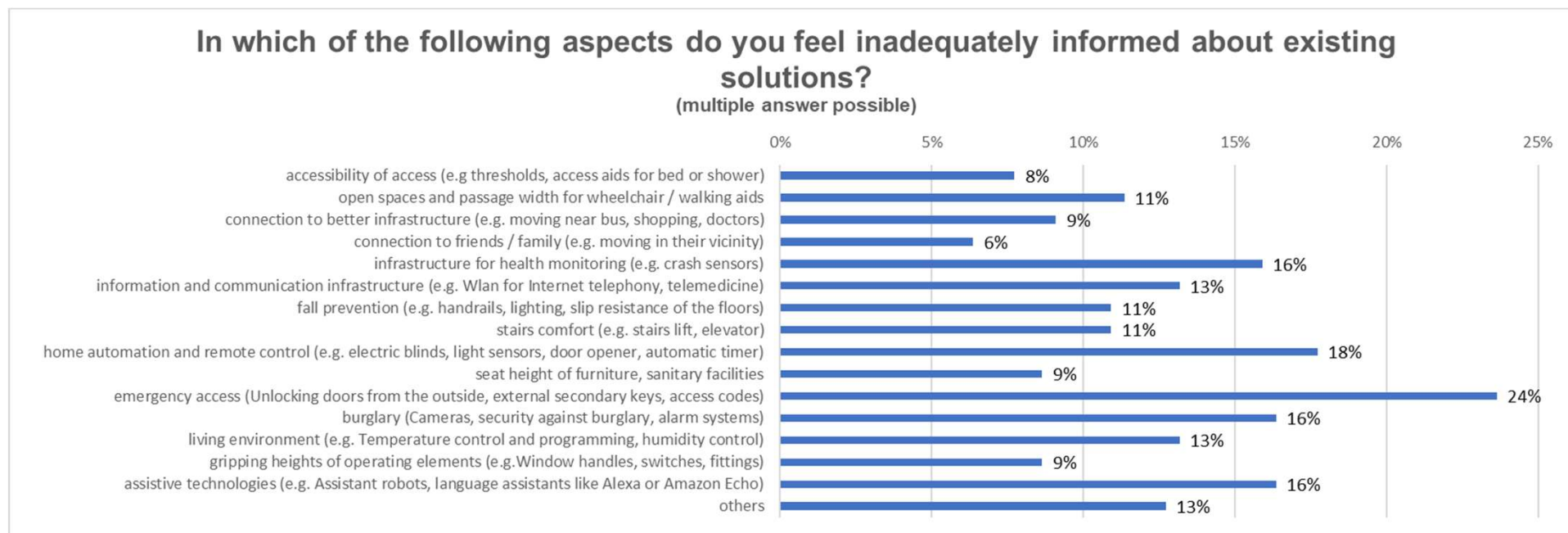
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It is astonishing that 85% of the participants are very regular using some smart devices at least once a week.



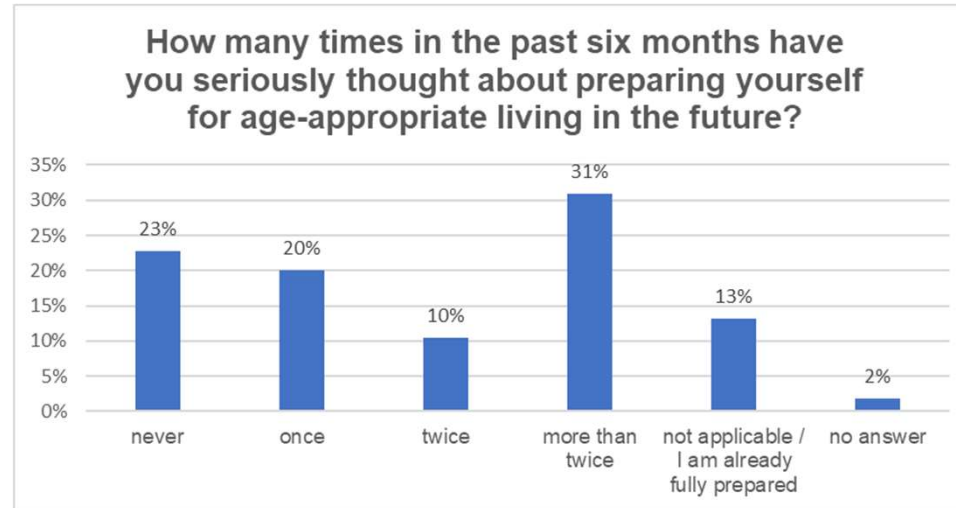
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A lack of information concerning existing solutions is especially present in the areas of *emergency access*, *home automation and remote control*, *burglary* (security systems) such as infrastructure for *health monitoring* and *assistive technologies*.



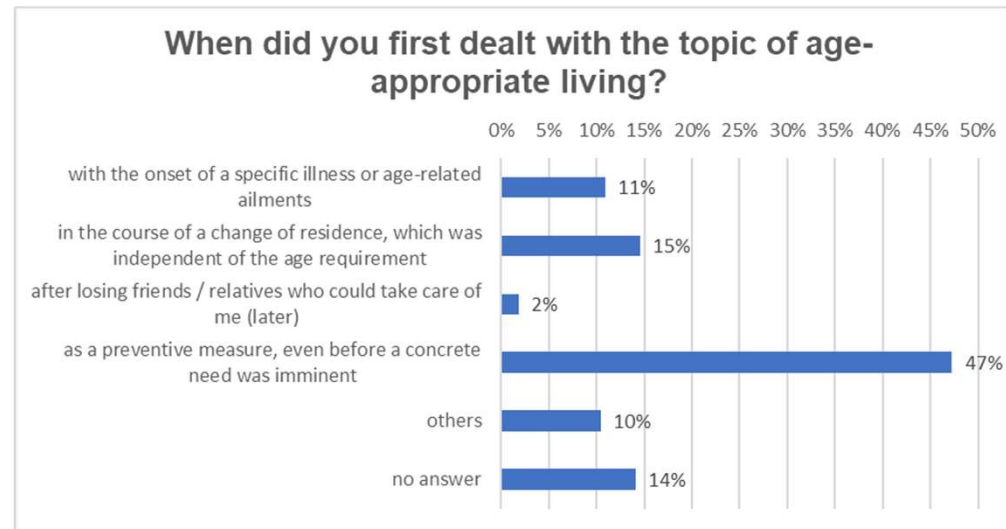
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61% *more than once* over the past six months seriously thought about preparing themselves for age-appropriate living in the future. Additional 13% express that they *are already fully prepared* and «ready for the future».



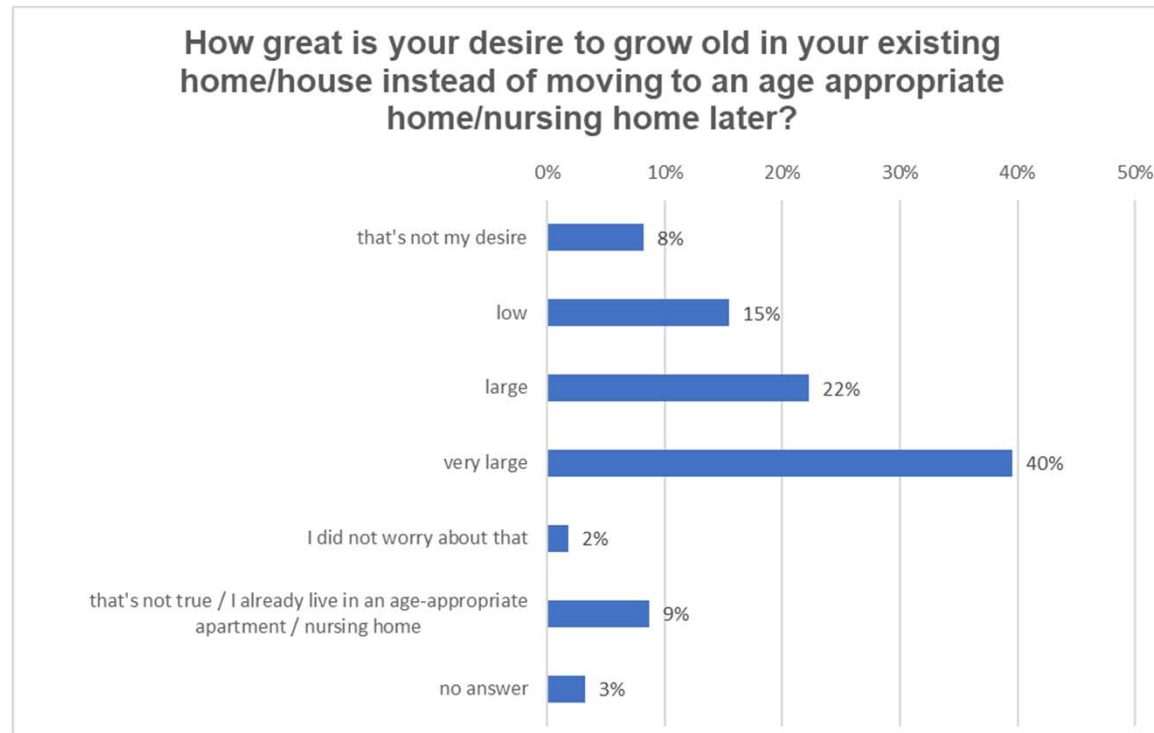
## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies



Nearly 50% of the participants dealt with the topic of age-appropriate living as a *preventive measure*. Another 15% did this in the context of a *change of residence*. It stands out that about 14% do not have dealt with the topic yet and have given no answer.



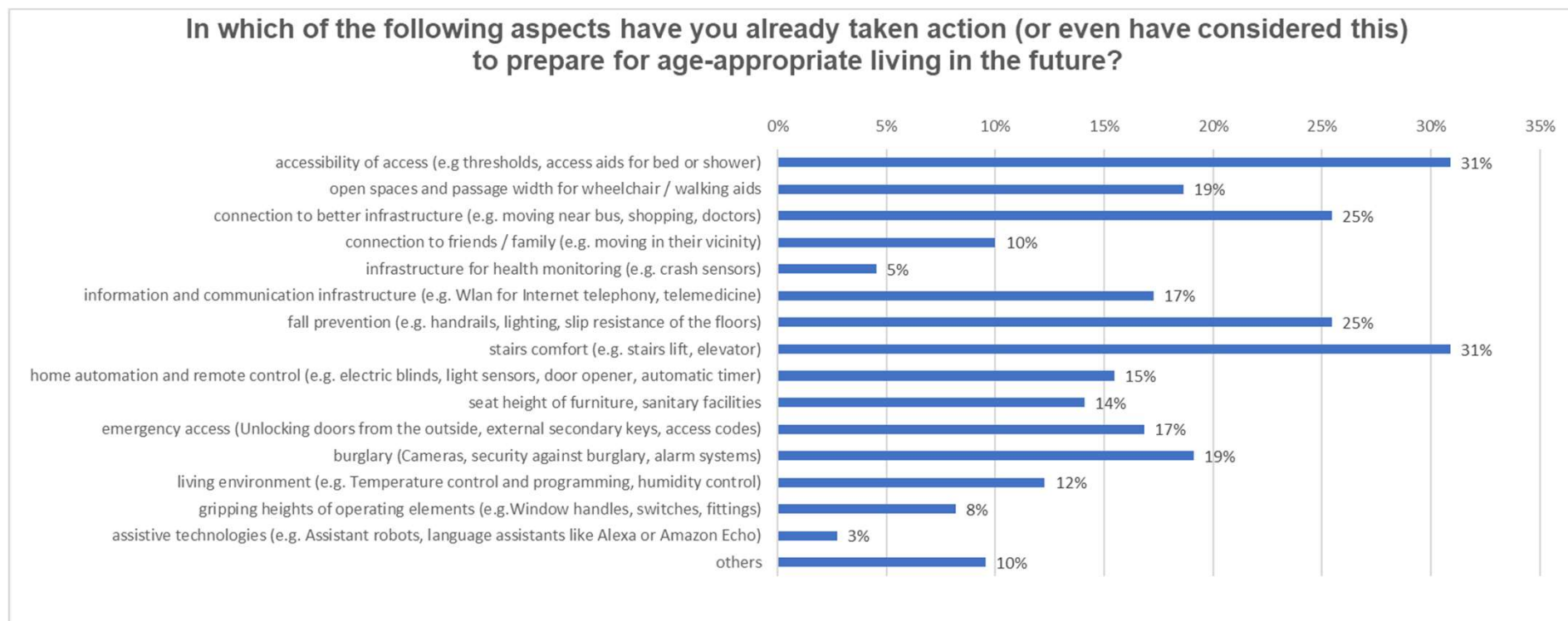
## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies



77% do have a desire to grow old in their existing living environment. Nearly 80% of them do have a *large* or *very large* desire to grow old in their existing homes. Only around 10% of all participants do not have that kind of desire.



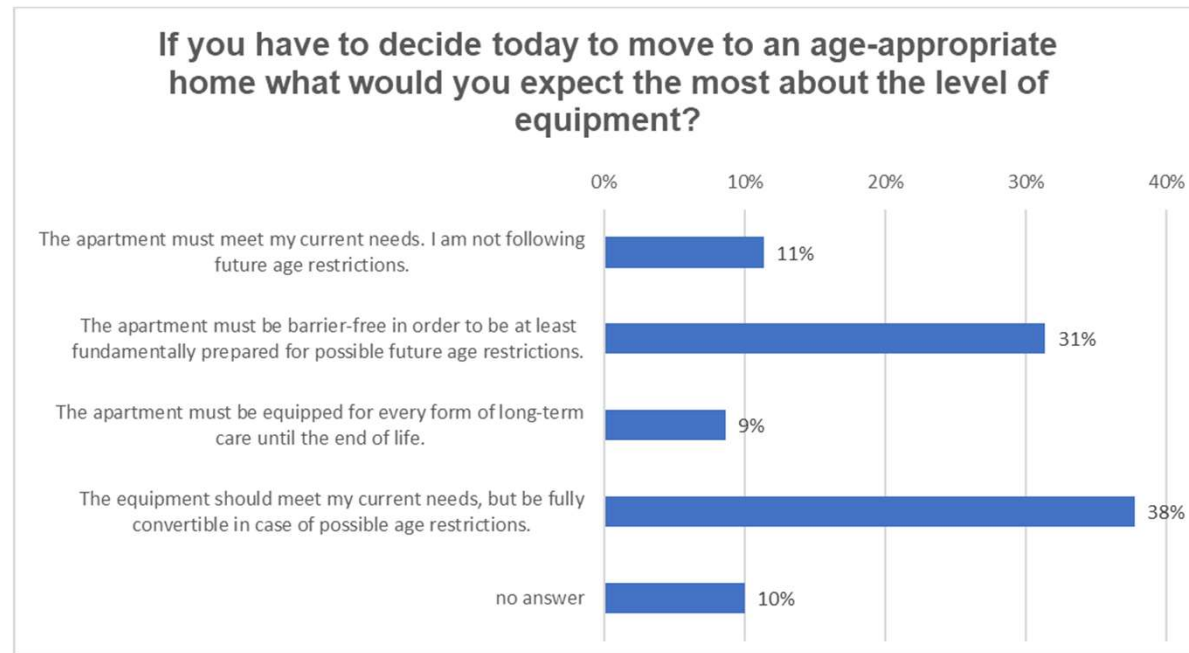
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The taking-action in preparing for age-appropriate living in the future is equally spread over several aspects. Two main groups of aspects are shown: *Accessibility of access*, *stairs comfort*, *connection to better infrastructure* and *fall prevention* (each with 25% to 31%) are of prime importance. *Accessibility*, *burglary*, *emergency access* such as *information and communication infrastructure* (each with 17% to 19%) are of secondary interest. The aspects of *infrastructure for health monitoring* (5%) and *assistive technologies* (3%) are of subordinate importance.



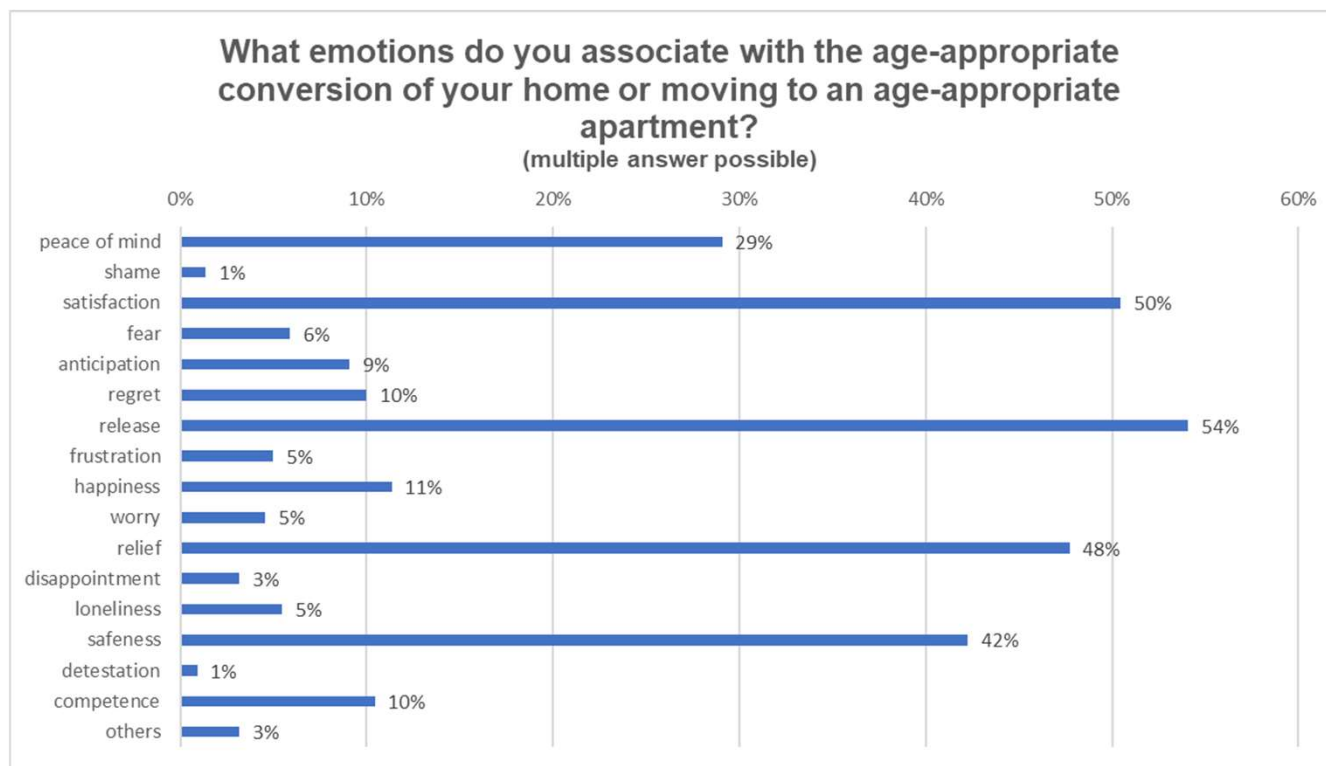
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Two expectations do have clear priority for the seniors. The equipment in the age-appropriate home should *meet current needs but be fully convertible* for future requirements (38%) and the home *must be barrier-free but at least fundamentally prepared for future needs* concerning to the seniors possible future age restrictions (31%).



## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies

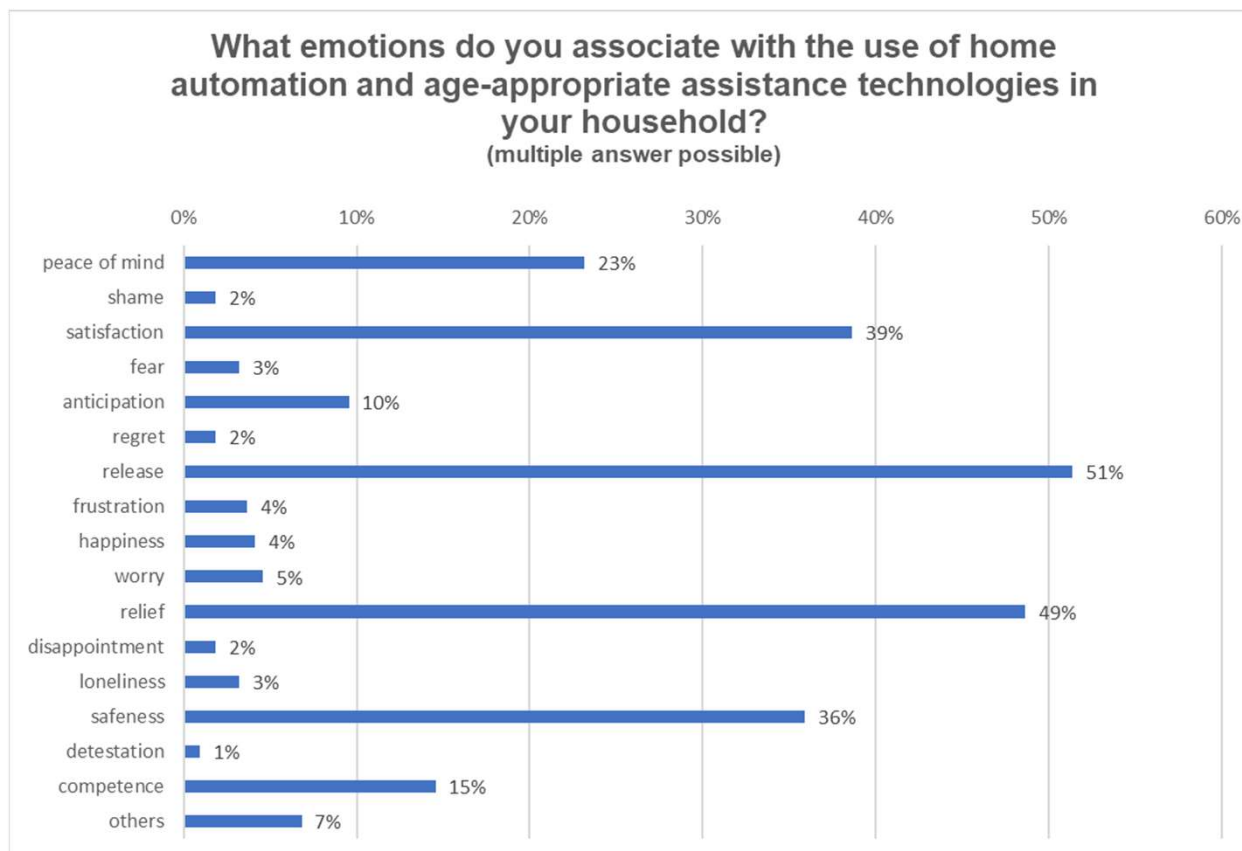


There are five emotions which are mainly associate with the age-appropriate conversion of the home or moving to an age-appropriate apartment: *release*, *satisfaction*, *relief*, *safeness* and *peace of mind*. With a big gap these five emotions are the most succinctive ones.





## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies

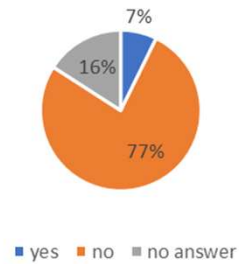


It is notable that the same five emotions as in the previous question are the most succinctive ones here too: *release, relief, satisfaction, safeness and peace of mind.*



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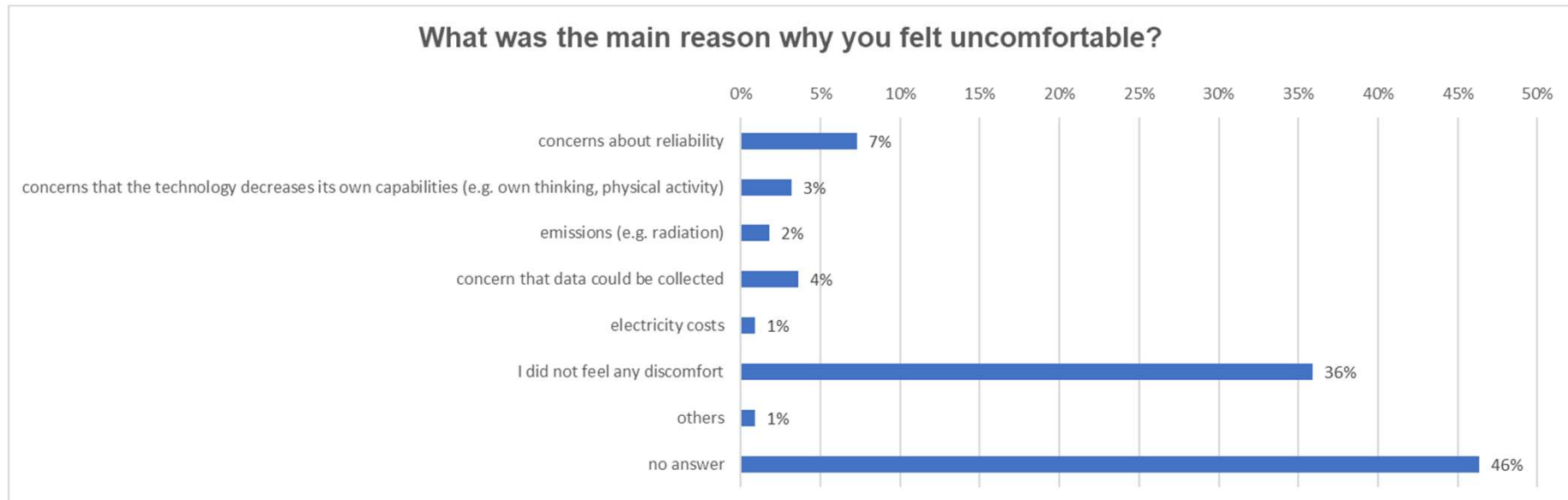
Have you ever felt uncomfortable when in your environment sensors have taken control of equipment? (e.g. automatically switch on the light, automatic door lock)



Seniors got used to the implementation of sensors in their environment. More than  $\frac{3}{4}$  of the consulted participants do feel comfortable when sensors take over control of equipment. At least 16% are undecided and have given no answer.



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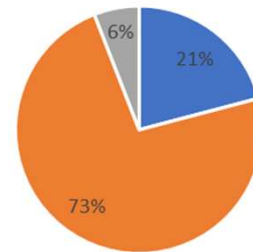


Because of the clear answers to the previous question it is logically that nearly half of the seniors (46%) give no answer and another 36% do not feel any discomfort when sensors take over the control of equipment in their environment.



## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies

Did you have concerns about electrosmog (electrical or magnetical emission) in your household through the use of electronics at least once during the last month?

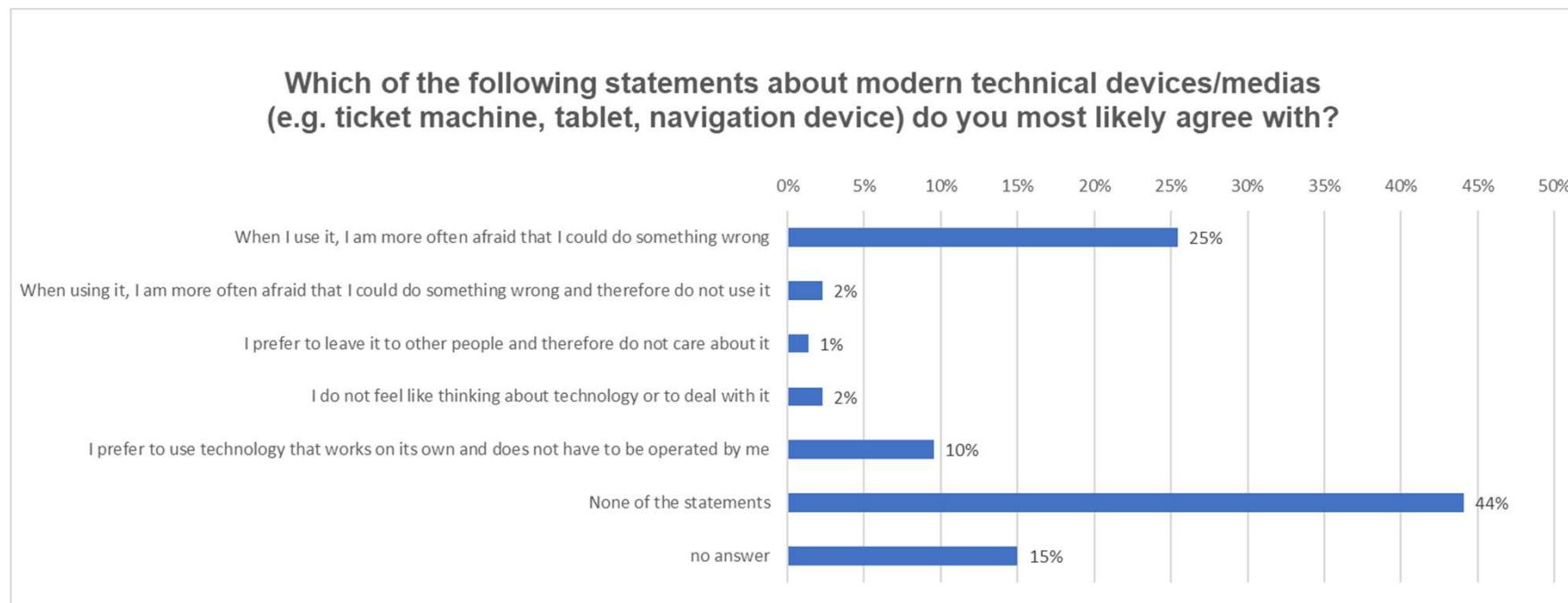


■ yes ■ no ■ no answer

Nearly  $\frac{3}{4}$  of the seniors are not worrying about electrical or magnetical emission (electrosmog) in their personal households by the use of electronics. Only  $\frac{1}{4}$  of them do have concerns or have no opinion about that topic.



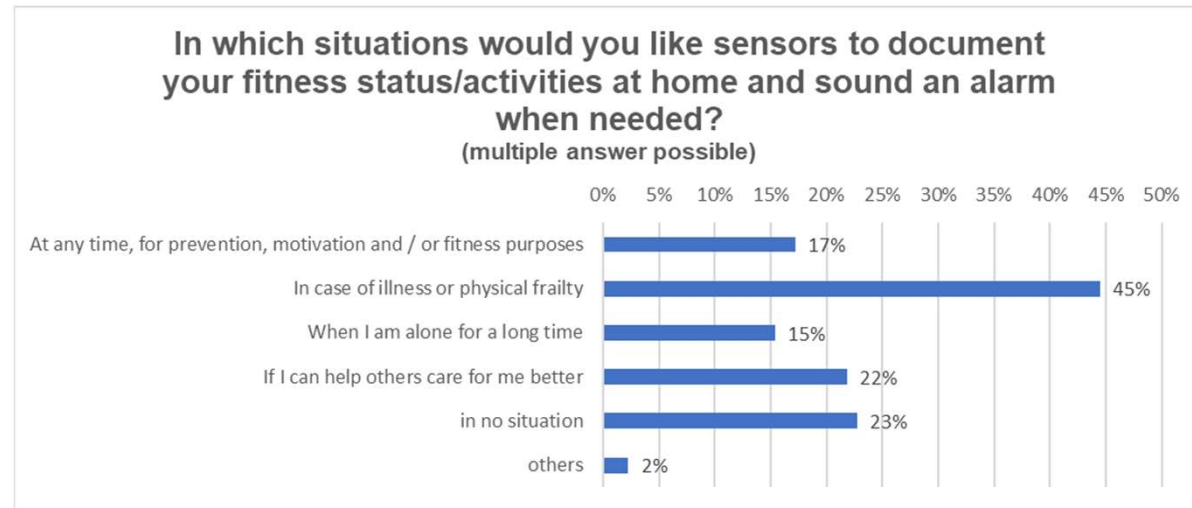
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We have to take it serious that 25% (1/4 of the seniors) are afraid using modern technical devices / medias because of the fear that they could do something wrong. This kind of insecurity is also visible in the fact that 10% feel safe *when technology works on its own or have not to be operated by the seniors themselves*. The huge group of seniors (44%) who answered that *none of the statements* is applicable includes the seniors who are open for the use of modern technologies and do not have any fear of contact with these kind of devices.



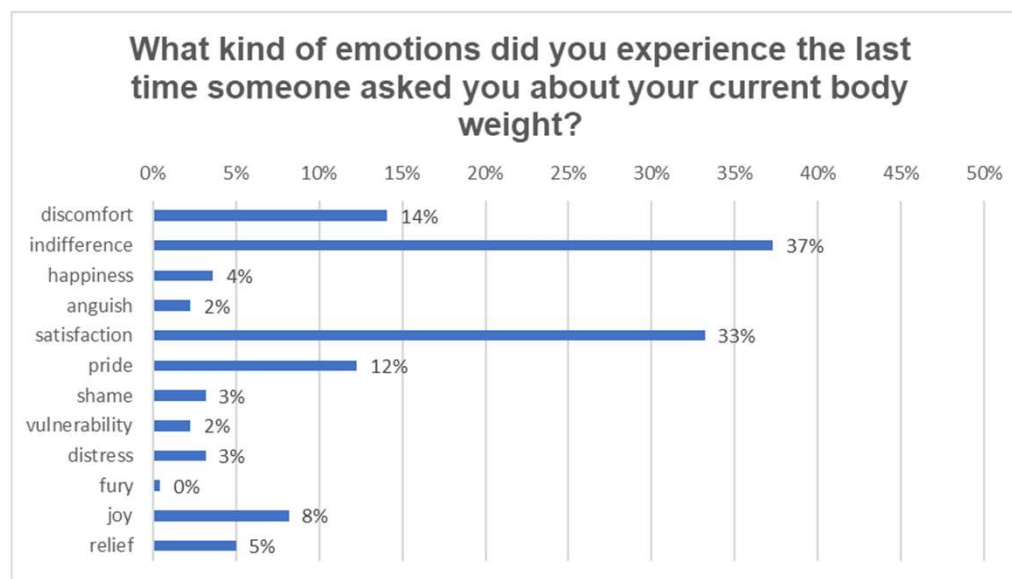
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Only  $\frac{1}{4}$  of the seniors are not willing that sensors document their fitness status / activities at home. Exactly  $\frac{3}{4}$  of them are open for an implementation of sensors for documenting reasons. Especially *in case of illness or physical frailty* (45%) and if that helps others to take care of them (22%) they are willing to use sensors. Another 17% are open for the use of sensors *at any time*.



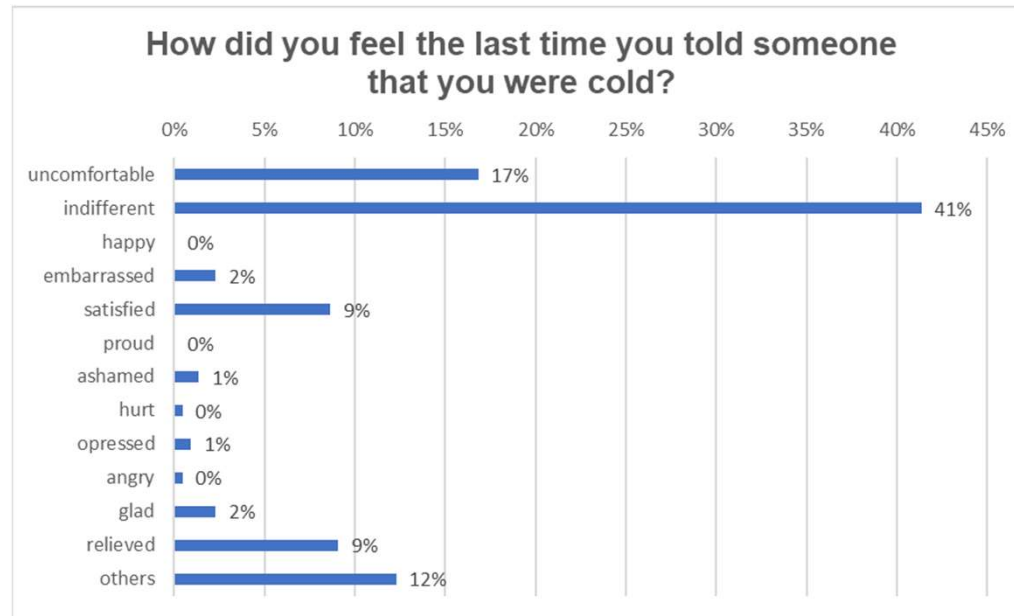
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There are two outstanding «pairs» of emotions which were answered the most: On the one hand *indifference* (37%) and *discomfort* (14%) and on the other hand *satisfaction* (33%) and *pride* (12%). This seems to be a contradiction but reflects only the perspective of how the seniors see themselves.



## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies

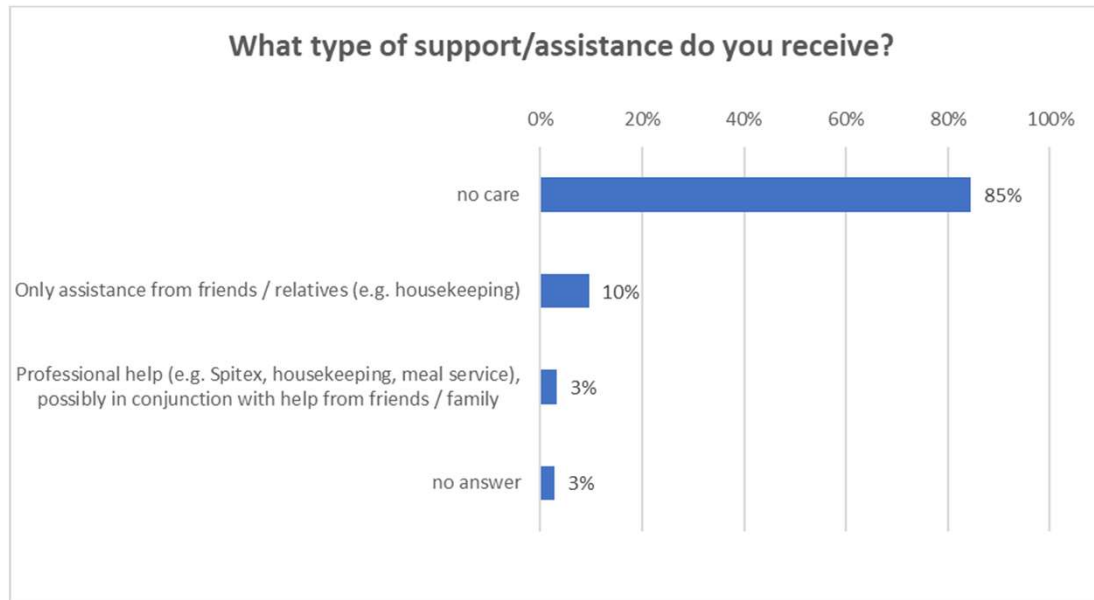


Most of the seniors felt *indifferent* (41%) or *uncomfortable* (17%) by telling someone else that they were cold. These feelings shows that they seem to be insecure in demanding something for themselves.





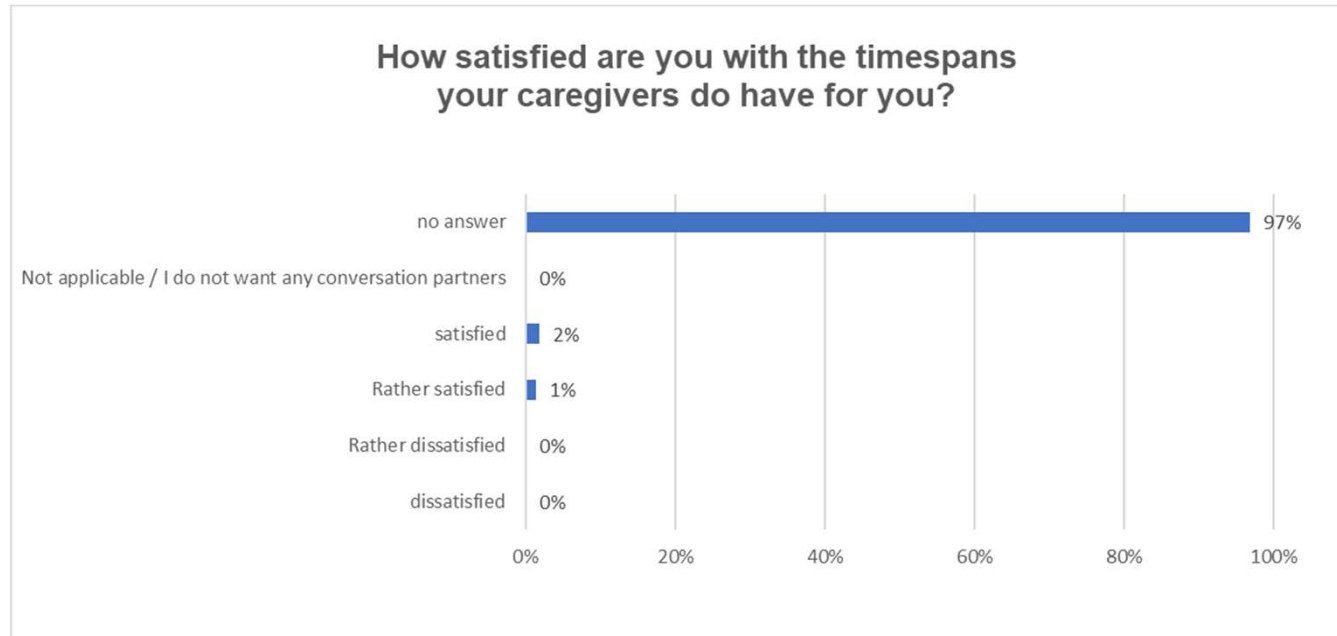
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Most of the participants are in a good health condition and still able to manage their own households without any need of care (85%). 13% are in need of assistance from friends / relatives or professional help.



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Because of the very high proportion of participants who yet do not need any care (see previous Q & A) there is only a little response possible. Those seniors who take advantage of professional help or support of friends / relatives are satisfied or rather satisfied. No one expresses in any way to be dissatisfied.



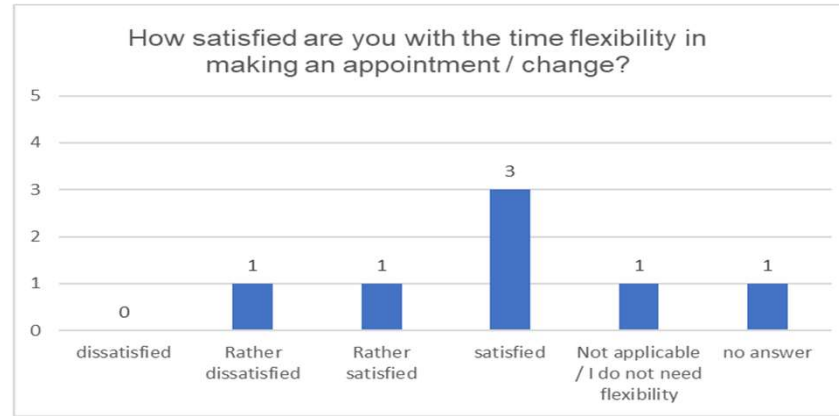
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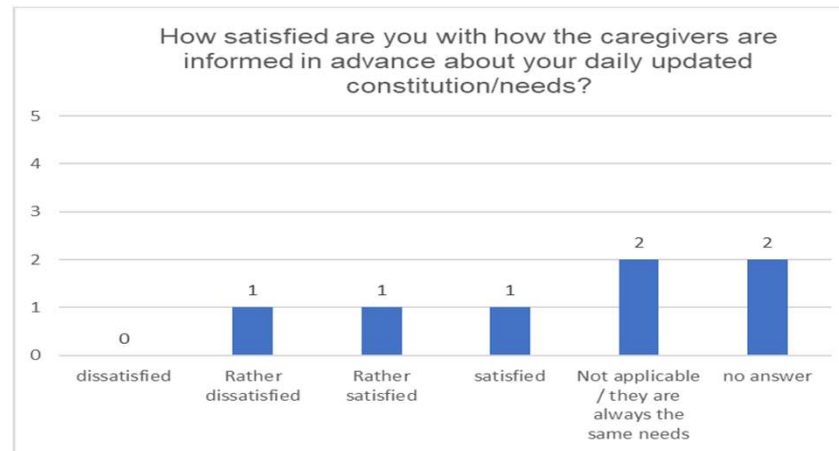
Out of the same reasons like the evaluation of the previous question this Q & A is of lower significance because there is only a small amount of participants who is in need of some help or support. The ones who are in need of support are *satisfied* or *rather satisfied* with the coordination of the caregivers / service providers.



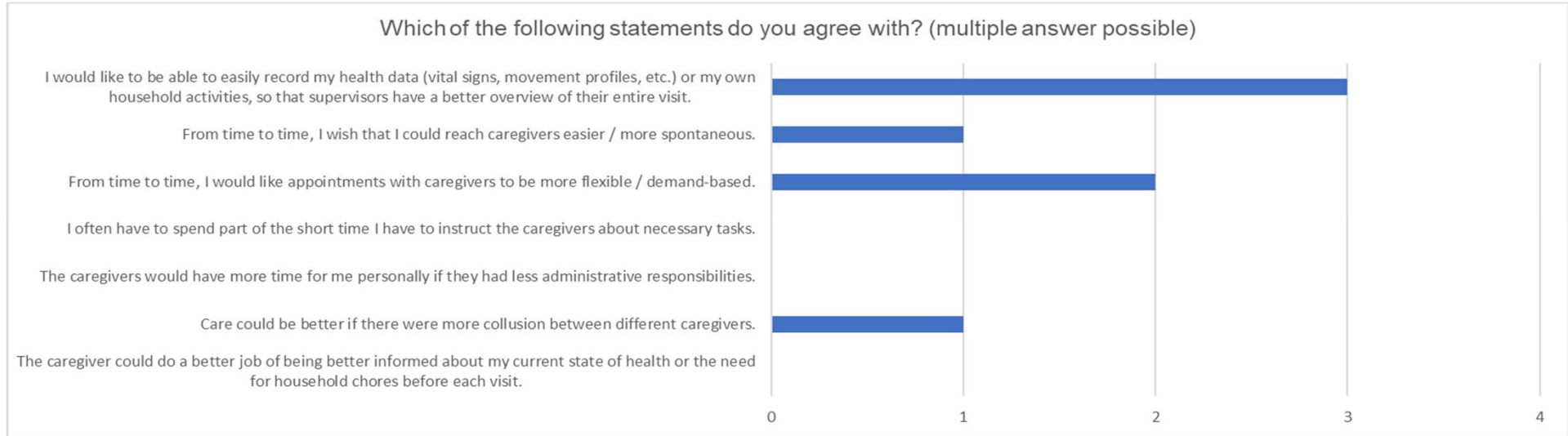
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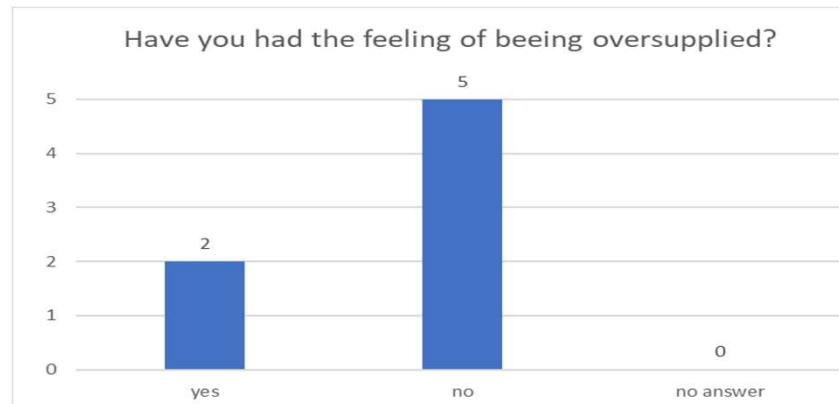
These charts are insignificant for the evaluation of the survey – the charts are just for information purposes



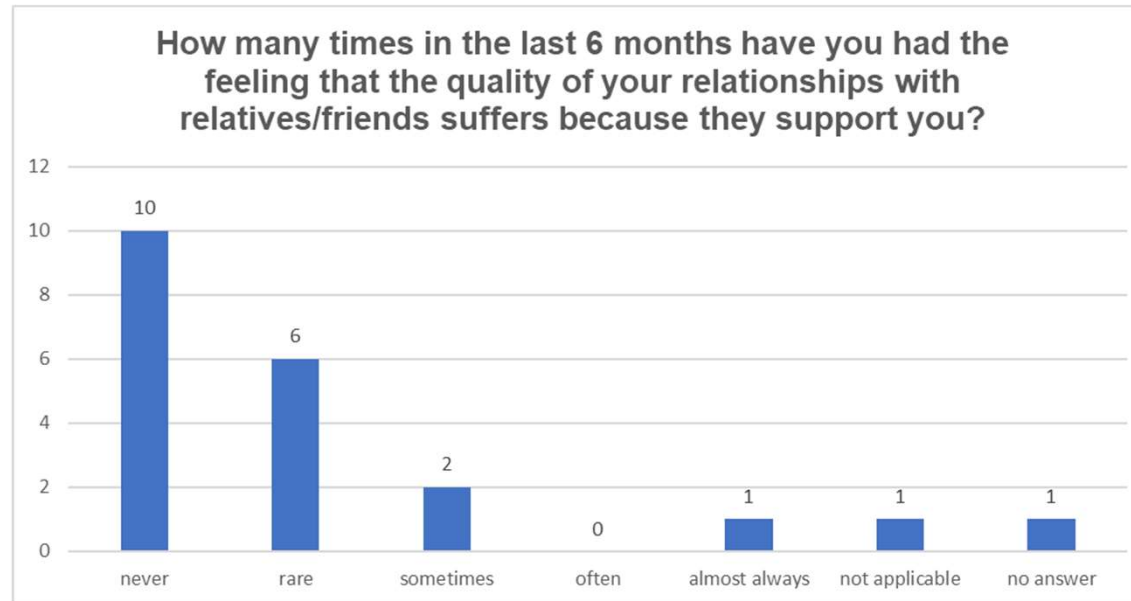
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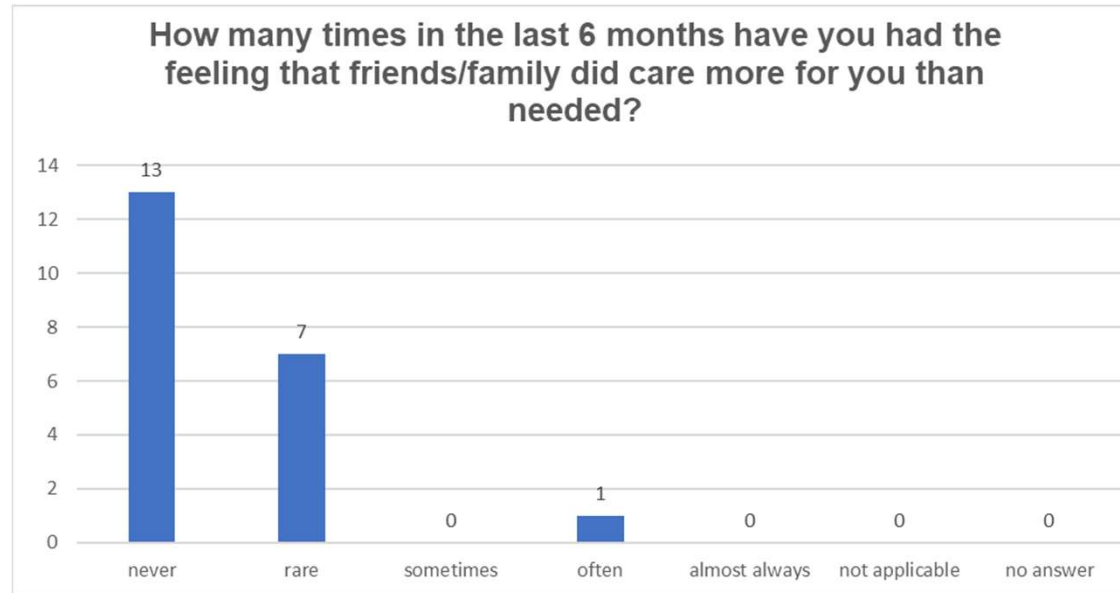
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Receiving care or support from friends or relatives does not necessarily mean that the quality of the relationship between the needy person and the caregiver has to suffer. Most of the applicable seniors *never* or *rarely* perceive a suffering of their relationships.



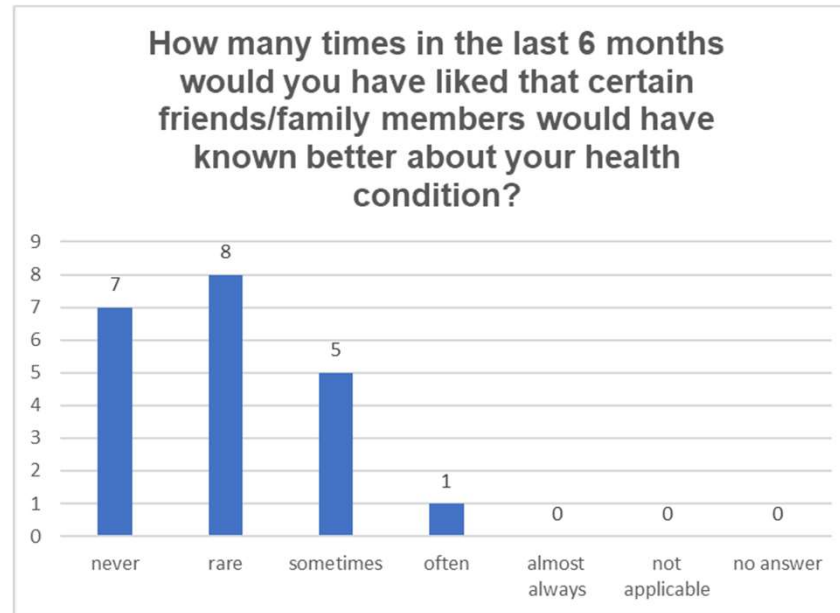
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Nearly all of the needy seniors are of the opinion that their friends and relatives did not care more for them than needed.



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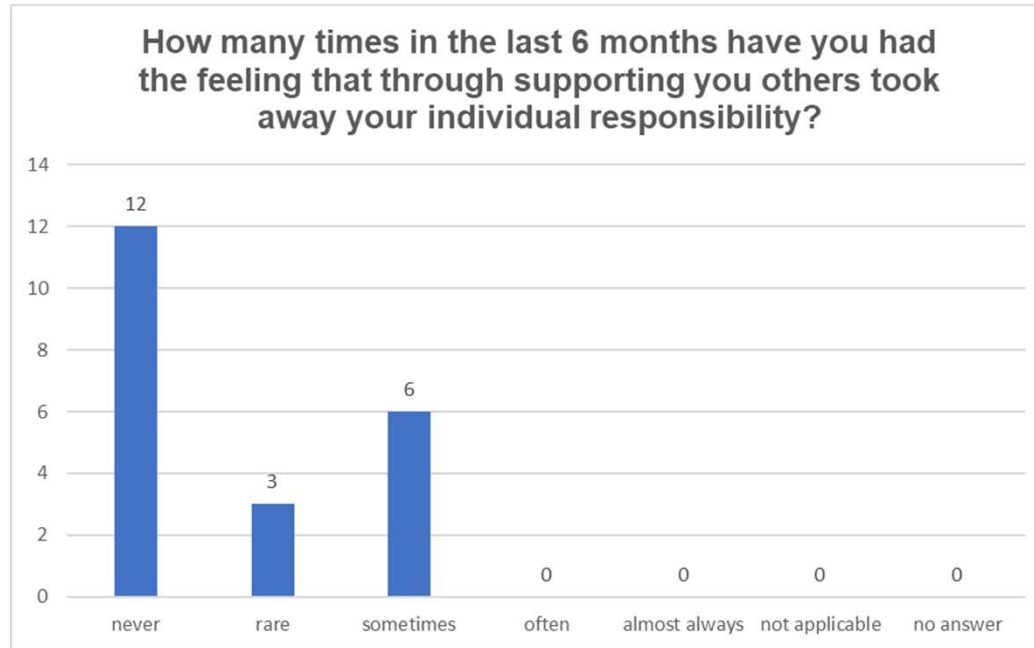


Almost  $\frac{3}{4}$  of the needy seniors are of the opinion that their friends and family members know enough about their health condition and that there is no need of better information. The other  $\frac{1}{4}$  of the applicable seniors would *sometimes* or *often* like to have better informed friends and relatives.





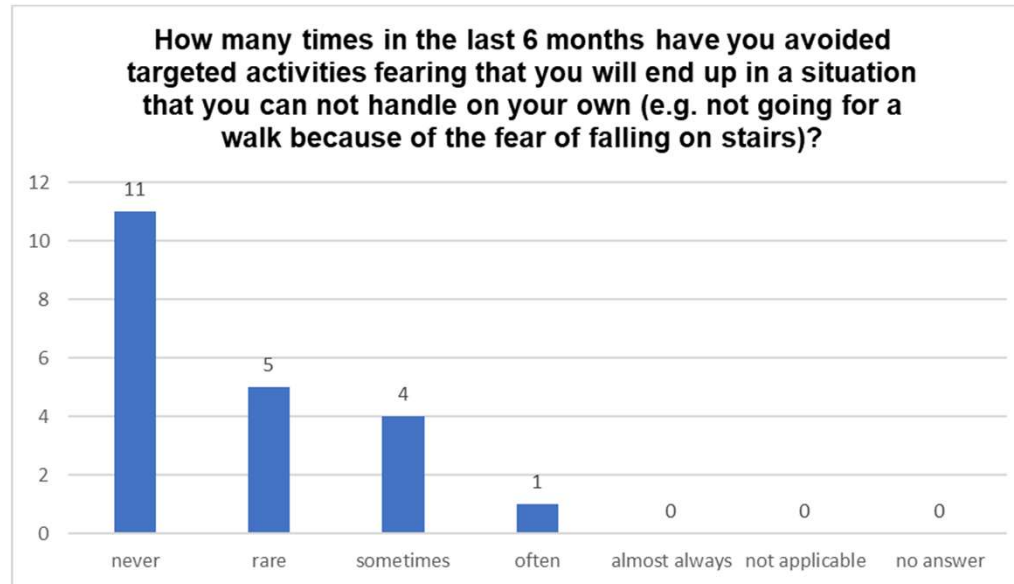
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Only something about 1/3 of the affected seniors have the feeling that through supporting them individual responsibility is taken away from them. The other part of 2/3 of that seniors fell that there is no impact in that direction.



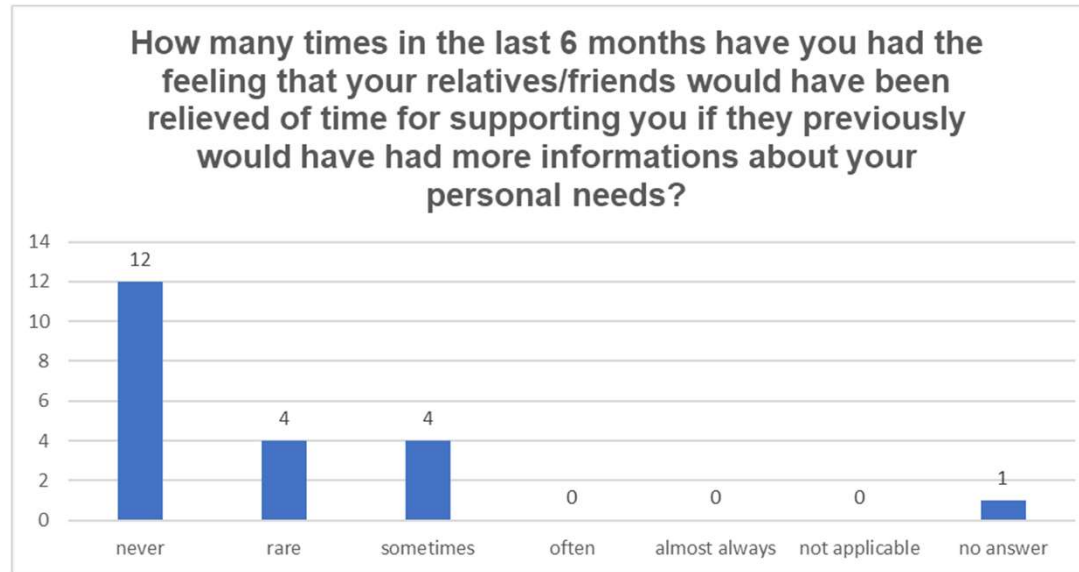
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About  $\frac{3}{4}$  of the affected seniors clearly stated that they *never* or *rarely* avoid targeted activities because of fear. Only  $\frac{1}{4}$  of them *sometimes* or *often* cancel targeted activities because they do have fear to end up in a situation they can not handle on their own.



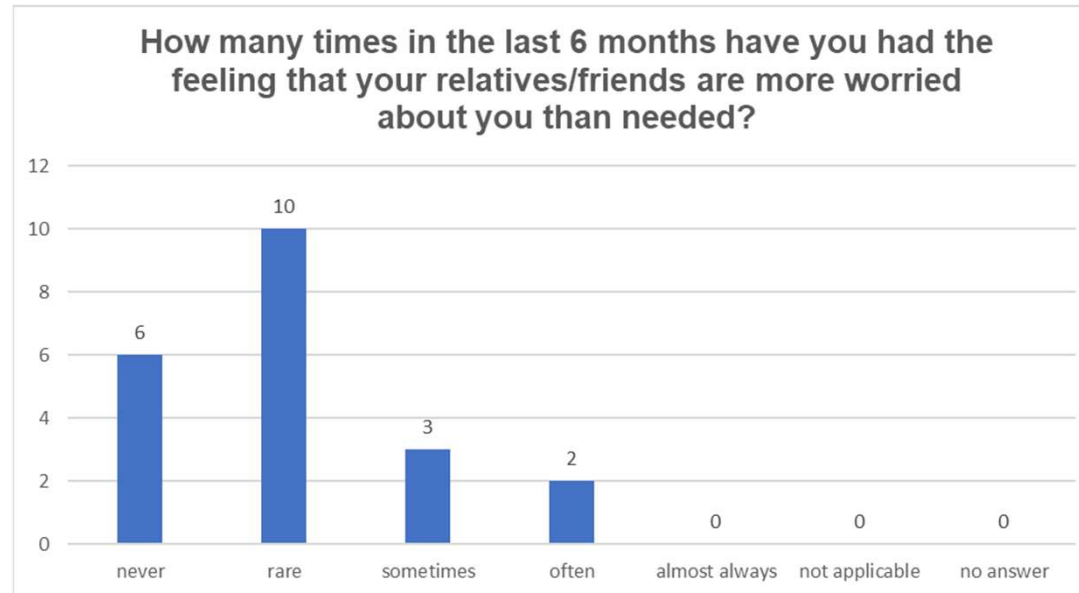
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Approximately 1/3 of the needy seniors *rarely* or *sometimes* have the feeling that if their supporters previously would have had more information there would have been a release of time for the supporters. Nearly 2/3 of the needy seniors *never* had that kind of feeling or impression.



## Age-appropriate living in your own four walls - equipment, support and the role of modern technologies



Only  $\frac{1}{4}$  of the needy seniors clearly stated that they *never* had the feeling that their relatives / friends are more worried about them than needed. But approximately  $\frac{3}{4}$  of them *sometimes*, *often* or at least *rarely* had the feeling that their friends / relatives are more worried about them than needed.

