

# Older Adults in a Digitized World

Research Findings from Germany and Future Perspectives

Thursday July 18<sup>th</sup>, 2:00pm; Psychology (PDB), A206

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New digital media like the Internet and smartphone-based technologies have become an integral part of everyday life. Against the background of aging societies, understanding attitudes and behavior in different age groups is becoming increasingly relevant.

The talk will present research findings of different projects carried out in Germany and future perspectives for the research on aging and technology. Experiences, opportunities, and obstacles when older persons use technologies in a digitized world will be discussed.

The first part of the talk will summarize findings of a dissertation dealing with older adults' attitudes towards digital technologies. A mixed-methods approach was applied to study older adults' use of technologies. A focus will be on the example of activity trackers and other mobile technologies for physical activity tracking.

Secondly, results of the study *NRW80+* are presented. *NRW80+* is the first representative state-wide survey study on quality of life and subjective well-being of the oldest-old (80+) in Germany. It was performed in the federal state of North Rhine-Westphalia (NRW) in Germany. Based on data of this study, relationships between the use of technologies and selected domains of subjective well-being (loneliness, anomie, and autonomy) are analyzed.

The third part of the talk will take a future perspective. The outline and aims of the project *Assistive and digital technologies to improve mobility in old age* with a focus on the subproject *Technology implementation and acceptance* (at Heidelberg University, starting in October 2019) will be sketched.

