

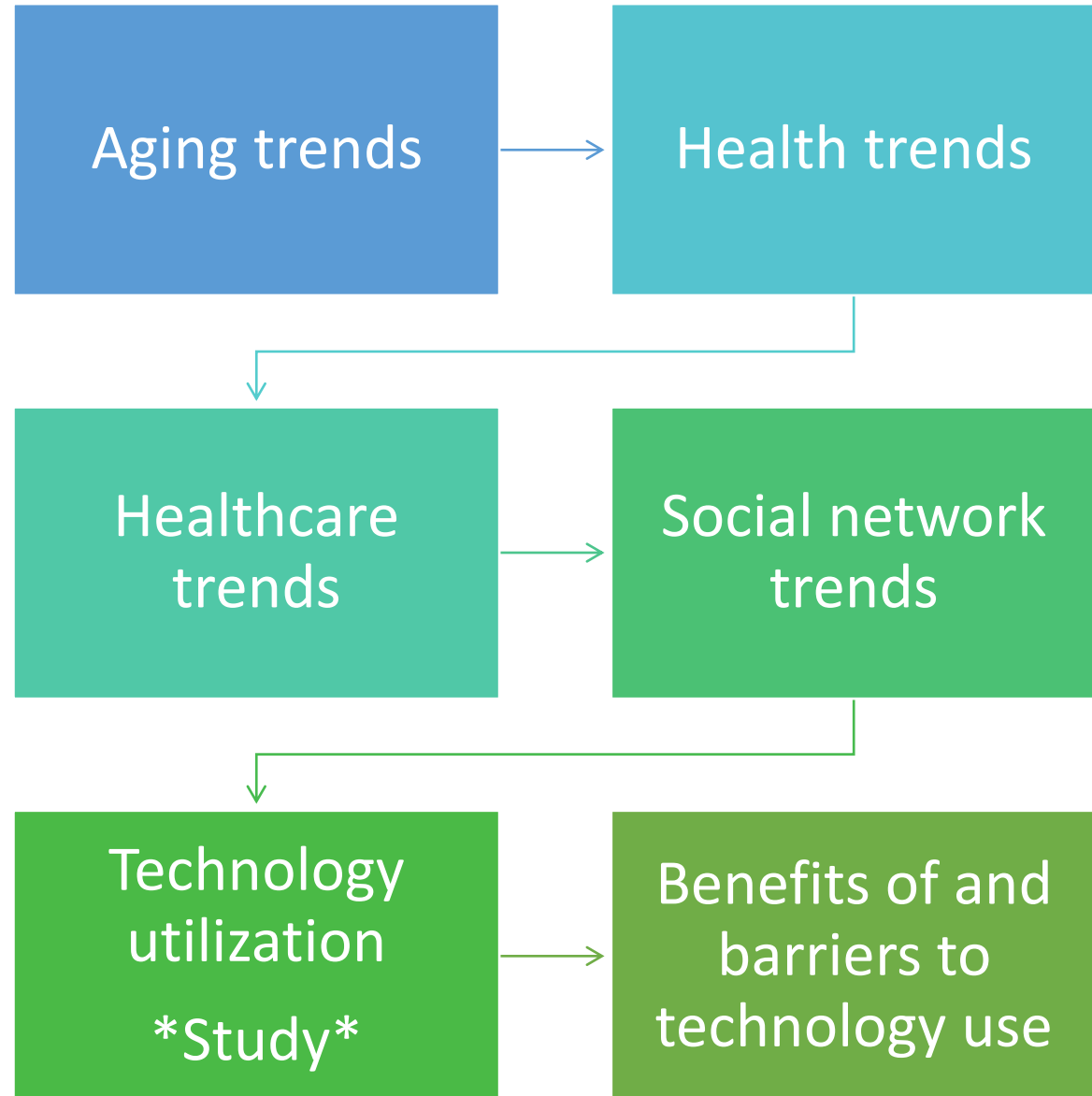


*Retiree Health,
Social Trends,
and
Technology Use*

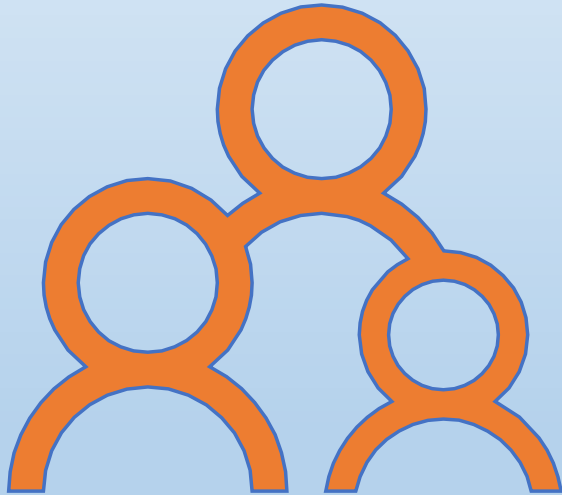
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Overview



Changing Demographics



- By 2030, nearly 20% of U.S. population will be 65+
- 85+ age group is fastest growing group in U.S.
- 75% of all aging Americans want to remain in their homes for as long as possible
 - this desire increases with age

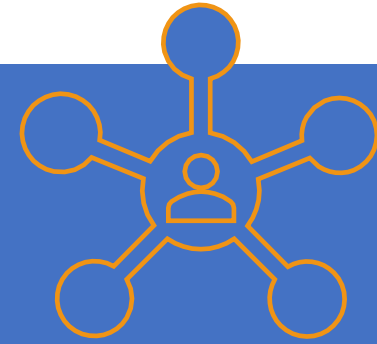
Health Trends

- People are living longer but with a higher degree of functional limitations
 - impairs independent living
- Among people 65 and older:
 - 84% suffer from at least one chronic physical health condition
 - 20% have a mild degree of disability
 - over 30% need some assistance to remain in the community

Healthcare Trends

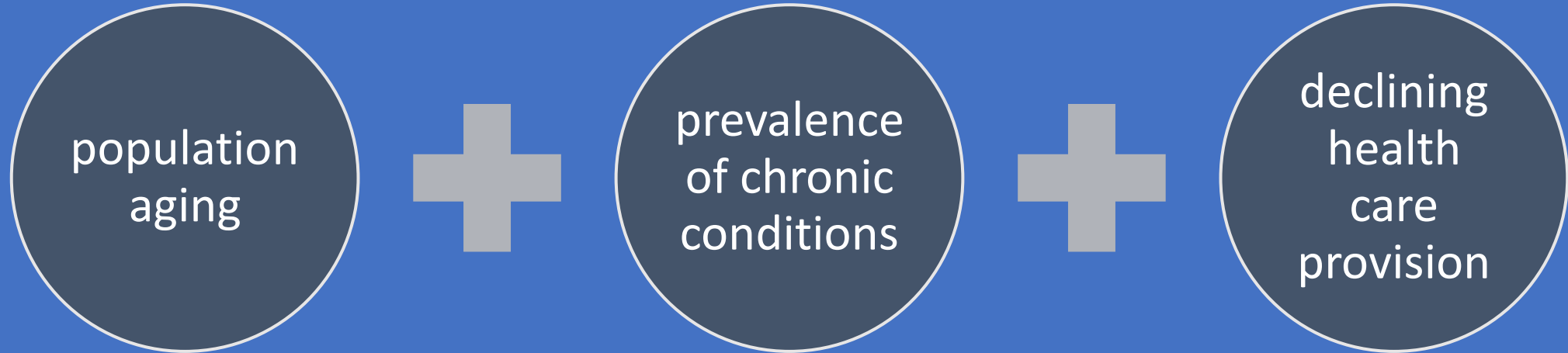
- Decreased availability of formal health care support
 - less face-to-face time with a physician
- Demands for health care services will outweigh the available resources
- Rely on informal support instead

- Fewer informal supports
 - Changes to marital/parental status
 - More people aging “alone”
 - Often geographically remote
- More than a quarter of adults over 65 live alone



Social Network Trends

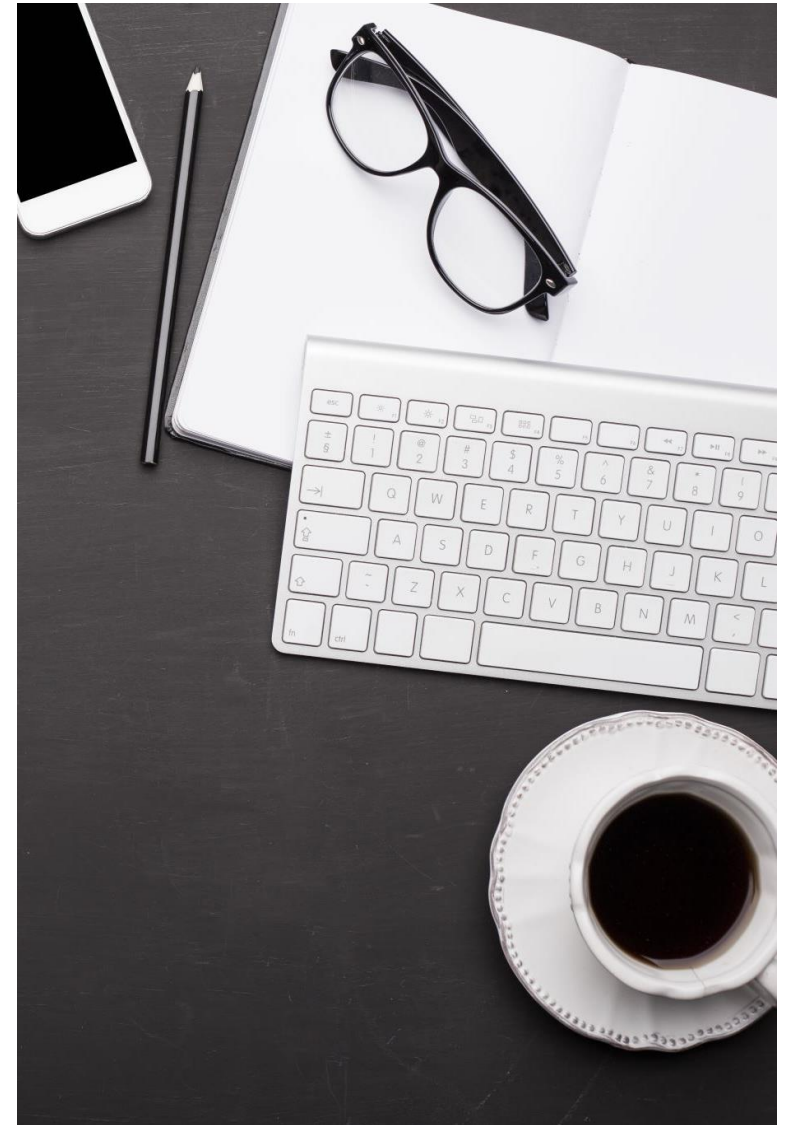
A Perfect Storm



**Role of
Everyday
Technology**

Everyday Technology

- Mobile devices
- Internet
- Email
- Video chat software
- Smart phones
- Mobile applications
- Social networking platforms



Role of Everyday Technology

- Everyday technology has been shown to:
 - enhance health
 - facilitate independence
 - promote supportive relationships
- **Can it be used to meet health care needs?**



*Health-Related
Technology Use and
Daily Experiences in
Adulthood: A
National Profile
from MIDUS*

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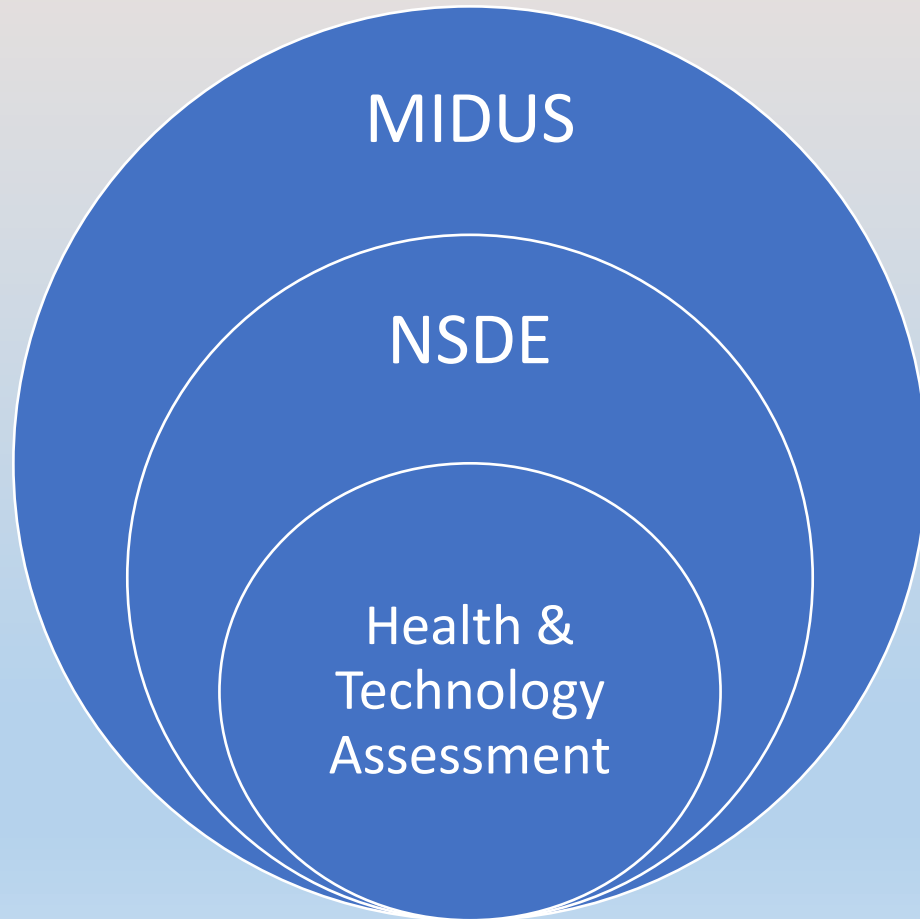


Purpose of the Study

Create a comprehensive portrait of the health and daily context of older adults who utilize technology for health-related purposes



Methodology



MIDlife in the US: telephone and mail survey assessing multiple dimensions of psychosocial and physical well-being

National Study of Daily Experiences: nightly telephone calls across 8 days to assess daily health, mood, stress, etc.

Health and Technology Assessment: added to the final night's interview protocol

Participants

- 198 adults across the U.S.
 - 55-75 years old ($M = 64.71$ years, $SD = 5.45$)
 - 52.5% female
 - 86.9% white
 - 64.1% married
 - average annual income of \$76,343 ($SD = \$58,449$).

Measures

Types of Tech

- phone
- text
- email
- social network sites
- internet
- mobile applications

Tech Purpose

- monitoring a health condition
- monitoring a health behavior
- communicating with social network
- communicating with family member, friend or caregiver
- communicating with a health care provider
- appointments, test results, prescriptions, or seeking information

Predictors of Use

- BMI
- chronic conditions
- pain
- self-reported health
- health symptoms
- smoking
- exercise
- alcohol
- sleep
- stress
- social support

Gender Profile of Health-Related Technology Usage among Adults 55+

		All	Male	Female
		%	<i>M (SD)</i>	<i>M (SD)</i>
Health-Related Technology Used	Phone	34.3	.24 (.43)	.43 (.50)**
	Text	6.6	.03 (.18)	.10 (.30) †
	Email	20.7	.18 (.39)	.23 (.42)
	Social Network Sites	10.1	.06 (.25)	.13 (.34) †
	Internet	34.8	.36 (.48)	.34 (.48)
	Mobile Apps	10.6	.11 (.31)	.11 (.31)
Purpose for Technology Use	Monitoring Health Condition	13.1	.24 (.43)	.25 (.44)
	Monitoring Health Behavior	12.6	.28 (.46)	.20 (.40)
	Health Communication with Social Network	14.1	.22 (.42)	.30 (.46)
	Health Communication w/ Family, Friends, Caregiver	22.7	.33 (.47)	.49 (.50) †
	Health Communication with Provider	16.7	.26 (.44)	.34 (.48)
	Check Appointment/ Information	36.9	.65 (.48)	.70 (.46)

† $p < .1$, * $p < .05$. ** $p < .01$.

Health & Psychosocial Predictors of Technology Usage among Adults 55 +

		Non-Technology Users		Any Technology Users	
		<i>N</i>	<i>M(SD) or %</i>	<i>N</i>	<i>M(SD) or %</i>
Health Status	BMI	86	28.43 (5.57)	99	30.15 (6.15)*
	Chronic Health Condition	88	2.56 (2.37)	107	3.66 (3.29)**
	Daily Pain	90	1.67 (0.47)	107	1.55 (0.50)
	Self-Evaluated Physical Health	91	2.49 (1.06)	107	2.40 (0.98)
	Daily Health Symptoms	91	1.42 (1.96)	107	1.71 (2.21)
Health Behaviors	Smoking	58	3.16 (7.75)	71	1.48 (5.63)
	Exercise	91	1.05 (1.92)	105	0.44 (0.78)*
	Alcohol Consumption	68	1.00 (1.84)	94	0.64 (1.36)
	Sleep (<i>Hours</i>)	91	7.15 (1.56)	107	7.29 (1.38)
Psychosocial Factors	Daily Stressors	91	0.35 (0.29)	107	0.45 (0.38)*
	Social Support	91	9.49 (2.27)	106	8.73 (2.25)*

* $p < .05$. ** $p < .01$.

Summary of Results

- Several demographic characteristics are associated with health technology usage
 - Telephone and internet were used most often
 - Primary motives were managing health care appointments and information and communicating with family, friends, or caregivers about one's health.
- Availability of telehealth and telemedicine
 - Healthcare delivery is becoming increasingly efficient
 - Access to more aging adults
- Digital health divide still exists among older adults

Benefits & Barriers



Conclusions & Implications

- gain a better understanding of:
 - technology users versus non-users
 - relationship between biopsychosocial variables and technology usage
 - motivations for and barriers to using
 - improve clinical practice via:
 - planning and implementing future technology-related interventions
 - the development of new technologies
- add to our knowledge of factors contributing to successful aging





Questions?

