



## PROJECT SUMMARY

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| <b>Ref No.:</b> MRIC/SISM-HW-16   | <b>Title:</b> Assessing technology readiness among older adults: for the future development of health and well-being programmes |
| <b>Local institution:</b> University of Mauritius   |   |
| <b>Project Leader</b>   |   |
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| <b>TECHNICAL ABSTRACT</b>   |   |
| <p>The proposed project aims to assess technology readiness among older adults (65 years old and above) in Mauritius for the future development of health and well-being programmes. Although studies have found that the number of older adults using digital technologies have increased exponentially in recent years, these adults still face unique age-related challenges. With the help of project assistants, the target population will be administered an online questionnaire to determine the extent to which older adults use digital technologies and communication devices in their daily lives. Data collected will be analysed to determine technology literacy levels among older adults in Mauritius.</p> <p>The results of this research will provide a baseline for the development of large-scale digital health programmes which may include online resources and support networks to help seniors manage health conditions specifically designed for them. They will also have access to telemedicine services and digital training programs to enhance their technology literacy.</p> <p>Consequently, this research has the potential to improve the quality of life for older adults in Mauritius by providing them with the tools and resources they need to stay healthy and socially connected.</p> |   |
| <b>Key Words:</b> Older Adults, Digital Literacy, health and well-being, Digital Tools.   |   |