Social health and technology

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Leading question

How can technology promote social health?
Social health

Social health: balance between opportunities and limitations, influenced by social and environmental factors

(Huber et al., BMJ, 2011)
Potential social health and dementia

- No defectology, but attention for capacities (Oliver Sacks)
- Connection with normal life
- Potential for prevention and treatment
Technology

Technology includes all tools, instruments, devices and the skills by which we produce and use them

(Read Bain, 1937)
Technology

Omnipresent
Problems to be addressed by technology

Disabilities:

• Hearing and vision problems
• Mobility
• Activities
• Companionship
Need for technology

Awareness of problems that can be addressed by devices such as hearing and visual problemsen

20-32% of elderly people dual sensory impaired (Roets, Vernooij-Dassen Int J Nurs Stud, 2014; Yamada, JAMDA, 2014)

Occupational therapists conservative approach in use of technology (Jarvis, Disabil Rehab Assist Technol, 2016)
Technology for dementia

Assistive technology in UK

171 products

331 services

Technology used “by”, “with” and “on” pwd

(Gibson et al. Dementia, 2016)
Barriers social participation and technology

- Denial of problems
- Reluctance to social contacts and activities because of stress social contacts and fear of failing (Donkers, Vernooij-Dassen et al. in prep.)
- Stigma (label as technology for pwd)
- Accessibility (Egan, Pot 2016)
- Mismatch needs and technology
- Lack of experience with technology (Pinto, Front Aging Neurosc, 2015)
Technology

The medium is the message

(Marshall McLuhan, 1964)
Social health

- Capacity of people to fulfil potential and obligations
- Ability to manage their life with some degree of independence despite a medical condition
- Ability to participate in social activities

(Huber et al., BMJ, 2011)
Social health: capacity of people to fulfil potential and obligations

Interactive multimedia tools for cognitive stimulation in dementia

(Smartbrain www.educamigos.com);
GRADIOR (Franco et al in Moniz-Cook, Manthorpe, 2009)

Shared Decision Making: tool to support SDM (Span, Vernooij-Dassen et al, 2015)

SDM: pwd providing valuable comments and recommendations in development of IT application (Span, Vernooij-Dassen et al. Ageing Res Rev., 2013)

Therapeutic robotic animal (Moyle, BMJ Open, 2015)
Implementation

• Integrate with existing service (use by professional)
• Collaborate with pwd in development
Social health caregivers

- Web-based Skills training for caregivers (STAR) (Hattink, Meiland et al., J Med Internet Res, 2015)
- Technology driven interventions for caregivers: some positive effects (Godwin et al., Am J Alzh Dis Other Demen, 2013)
- Technology –based CBT: effects equivalent to face to face interventions (Scott et al. Ageing Mental ahealth, 2016)
- Internet-based supportive interventions: positive effects on well-being, e.g. depression and sense of competence (Boots, de Vugt, Verhey Int Geriatr Psychiatry, 2014)
- Websites Alzheimer Societies (dementie.nl AN; Alz UK)
Social health  Ability to manage their life with some degree of independence despite a medical condition

- **GPS**: increase safety maintain autonomy and enjoy freedom (Oderut et al, Stud Health Technol inform, 2015)
- **Safety and security** (Olsson, Scand J Caring Sci, 2012)
Social health: Ability to participate in social activities

- Virtual meetings
  - Skype
  - Facetime
- ICT-based interventions promote more social behaviours than non-technology-based interventions (Pinto-Bruno, Aging Ment Health, 2016)
limitations

Methodology effect studies
Outcome measures
Technology and Social Health:

Potential:

• Convenient
• Economical
• Improve confidence, self-efficacy
• Preserve dignity
• Allow reciprocity
Dignity

Importance not being perceived as a burden to others as well as continuing to be useful

(Mulley, BMJ 2010)
Use of technology to improve social health

Social environment should be keen on needs and potential technological options

Devices not enough

Person centred instructions on how to use

Barriers to use should be acknowledged and addressed

Respect autonomy