

USING HYBRID LIVE STREAMING TECHNOLOGIES AS A PREVENTIVE MEASURE TO SUPPORT OLDER ADULTS PHYSICAL AND MENTAL HEALTH ACTIVITIES AND HABITS

Mr. David Struzek,
Institute of Information Systems at the University of Siegen

The phenomenon of an aging society leads to the increasing importance of research on the health of older people. The health habits of older adults in terms of physical activity are influenced by various physical, as well as social, factors and characteristics. One way to promote both physical and social activity in older adults is through the use of sociotechnical systems, such as the implementation of hybrid physical activity programs.

A challenge in this context is the sustainability of the use, i.e. the continuous and regular use of such an application, but also the overcoming of fears and biases among non-technical participants. In this presentation, we would like to report on the challenges but also opportunities in developing and establishing such technology solutions during crisis situations, such as the COVID-19 pandemic.