Title

"Immersion of the elderly person in a retirement home: study of the possible impacts of ICT in its psychosocial (re)construction"

Keywords

Elderly - gambling - ICST - technology - Internet - communication - cognitive stimulation - social

Abstract

In the notion of immersion there is the idea of absorbing an element into a larger whole. If this element is a human being there is also the idea that this inclusion, by absorbing it, makes it disappear as an individual and disorients it completely. Without reference, he no longer knows how to position himself individually and socially. This effect is observed punctually or more permanently when an elderly person is placed, by choice or obligation, in a retirement home. In this article we propose the first results of a study to determine the extent to which technological activities can have a beneficial effect on the elderly and help them, in particular, to better evolve in this new environment.

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Analysis

The elderly accumulate social, physical, psychological, cognitive and digital disabilities.
It's about a cognitive decline (with a reduction of the possibilities of adaptation, unlearning, demotivation, difficulties of memorization ...) and of important psychological degradations (marked by a greater psychological vulnerability, the absence new investments, an attack on self-esteem, depression ...).
Physical losses are significant, symbolized in particular by a greater concern for health, important functional pathologies and a loss of physical dexterity and sensory-motor coordination.

The erosion of identity and social bond is also specific to this generation. With old age, we observe a decline of the person in the home and a significant weakening of his social and family roles, a life by proxy, regressive behavior (food, hygiene, social uses), a loss of purpose and identity leading to a state of anomie
Disengagement is expressed in particular by the decrease of the level of social interaction as much by the attendance as by the degree of implication. Thus, 11% of octogenarians live completely isolated, that is to say that they have no outings, no relations, no telephone contact with third parties (family, friends ...)

The arrival in a retirement home is often particularly poorly lived personally and socially and causes, because of this sudden immersion, a form of disorientation more or less long. Technologies are then often proposed as a way to compensate for or offset these declines. Our purpose is to see, in the case of APs immersed in this community setting that is the retirement home, if the technologies have a real impact and if they have an effect on the adaptation to this place. We consider, under the term technology, a specific software (ActivitalTM).

From the mid 90's, "Gerontechnology" is defined as the study of technology and aging conducted with a view to designing a better living and working environment, as well as medical care adapted to dependent elderly.
Studies show that the dominant view is indeed that of the promoters, whether they are industrial, researchers, institutional. They focus on essentially technical and / or marketing issues and somehow erase the person from the technical devices. They seek more to impose and arouse uses ("technopush") than to be inspired ("socialpull").

This being the case, the current and future digital divide is real. Indeed, if most services (administrative, banking, purchasing, medical ...), interaction modalities, (information) resources are increasingly delivered by virtual media and media, little of them are actually thought for the specific audience of senior citizens insofar as they represent only a minimal proportion of potential users.

In this project we study, over a period of 6 months, the behavior of residents of different retirement homes participating in various activities of expression-communication, manual, physical, social and cognitive. Certain activities (communication and cognitive expression) are realized either by means of a software, ActivitalTM (Activital, 2006), or by means of equivalent activities but carried out without technical device.

This experiment allowed us to observe rather positive results concerning the effects of the handling of the Activital software on elderlies and their integration in retirement homes. The indirect effects observed are a revalorization of elderly and self-esteem, a direct and indirect cognitive stimulation. With regard to adaptation, technology allows a better integration of elderlies on the physical plane by stimulating it to participate in manual activities for example and on a personal level in place providing positive and constructive objectives. But it is on the social level, with a key role of the device as a symbolic artifact, that the effect is most striking. There is indeed a clear development of the social bond and even the emergence of new forms of social constructs based on collaboration.

Links
https://www.academia.edu/944683/Immersion_de_la_personne_%C3%A2g%C3%A9e_en_maison_de_retraite_%C3%A9tude_des_incidences_possibles_des_TIC_dans_sa_re_construction_psychosociale