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Digital Health Technologies Usage among Older Adults for Healthy Ageing during COVID-19: A Review

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Abstract:

Digital health technologies are being increasingly developed with the aim of allowing older adults to maintain functional independence throughout the old age, a process known as healthy ageing. Such digital health technologies for healthy ageing are expected to mitigate the pandemic effects and improve the quality of life of older adults. However, digital health technology diffusion is still in its early stage and there is slow rate of adoption among elderly people. Little is known regarding the needs of older adults regarding digital health technologies during pandemic. More reviews are needed to investigate on this issue so that engagement strategies for a better-quality digital health solution can be develop for promoting healthy ageing later. Therefore, the aim of this paper is to review on the perceptions and digital health technologies usage among older adults for healthy ageing during the COVID-19 epidemic. Summary of digital health technologies issues and recommended strategies for older adults is also presented. Related studies from the articles will be reviewed to highlights potential rooms for improvement for digital health technologies usage within older adults.