Investigating the influence of wearable activity-tracking technologies on behaviour change in people aged 55 and over

Shailey Minocha, Duncan Banks, Caroline Holland and Jane Palmer
The Open University, UK and Age UK Milton Keynes, shailey.minocha@open.ac.uk

Aims and objectives
To investigate whether and how wearable activity-tracking technologies can contribute towards self-monitoring of activity and health by people aged 55 years and over.

Participants
• people aged 55 and over who are already using such devices
• people aged 55 and over who haven’t used such devices
• carers and family members
• family doctors and healthcare professionals

Research methods
• Four surveys
  a) 18 years and over who use these devices
  b) age 55 and over who use these devices
  c) carers; also, a workshop
  d) doctors and healthcare professionals
• behaviour change study: given activity-trackers to 21 participants in the 55 - 82 age-range: email interviews and diaries; 4 workshops over 6 months

Behaviour change study
• awareness of: not walking as much as they should; food intake; role of sports; not using the car wherever possible
• formed lunch-time and weekend walking groups; joined gym
• pacing themselves with adequate rest-times
• diagnosis and solutions for non-optimal sleep
• realisation that device reveals trends
• awareness of the ethical implications of the data – when and why they would be willing to share and with whom?

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