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| **Information and communications technology as a health promotion method for disabled older adults living in assisted living facilities**  |
| **Background/Objectives**Institutional care residents generally are faced with both social and social spatial barriers. This study by employing three-arm experimental design evaluated the impact of information and communications technology (ICT) on quality of life, social support, and psychological well-being among older adults living in assisted living facilities. We also compared the entertainment aspect versus the communication aspect of the ICT intervention to ascertain which aspect of the ICT was more welcomed in this population.**Methods**Disabled older adults from three comparable long-term care facilities in southern Taiwan were recruited. A total of 54 subjects who participated in the ICT-communication intervention, ICT-entertainment intervention, or as part of an observation group, over a 12 week period who also completed the pre- and post- intervention interviews were compared with regard to their health outcomes.**Results**Participants completing this study had a mean age of 73 years (SD=11.4), and 50% were male. Both the ICT-communication and ICT-entertainment group demonstrated significantly improved attitudes toward quality of life, family/friend-related social support, happiness, and depressive symptoms. Importantly, participants in the ICT-entertainment group improved significantly more than those in the other two groups. The ICT-entertainment group also increased with regard to the physical component of quality of life and healthcare worker-related social support.**Discussion**The ICT intervention, especially the entertainment part, may be a useful health promotion method for improving the health and psychological wellbeing of disabled older adults living in assisted living facilities.**Keywords**Information and Computer Technology, quality of life, social support, psychological well-being, long-term care facilities. |