


Chapter 2

Exploring Assistive Technology and Its Support From an Elderly Wellbeing Perspective

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ABSTRACT

The present study focuses on aging population requirement in changing society and their dependence on technology which is making their lives comfortable there by enhancing their wellbeing. Mental and physical wellbeing both are at stake in old age, but new emerging disruptive technologies are providing a comfortable environment for them. This article also focuses on the issues of concerns during old age and the assistive technologies that can handle these issues. It not only cited the rosy picture of technology but also brought the issues like cost, digital illiteracy, ethical concerns etc. which are real challenges in ensuring the adaption of technology. At last this article suggest that modern technologies are the boon to aging population and if they are able to get it their life will become comfortable and well being will be ensured.

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1. INTRODUCTION

The importance of aging technology—innovations created especially to support and improve the lives of older adults—has grown as the world's population ages and more people live longer than ever before. Seniors' total quality of life is improved by these technologies, which not only address the health and mobility issues related to aging but also promote emotional and psychological well-being. The new emerging technologies are helping in enhancing life expectancy of most of the nation's globally. These technologies, if used in a judicious manner helps in enhancing well being of the old people. The technologies used by old age people are to assist them in making their life simpler, easier and above all increase their wellbeing. These are known as Assistive technologies in literature.

The term “assistive technology” (AT) describes a collection of tools and services intended to enhance a person's freedom and quality of life as they age and deal with physical, cognitive, or sensory impairments. As one grows older the sense organs, muscles, bones and more so mind functions deteriorate. This necessitates the older people to take help of some caretaker from family or outside. Today in a changing landscape where families are small or poor the affordability of money and time is constraint, and technology comes to the rescue of such people. Assistive technology solutions mitigate limitations and empower users to engage with the world around them, with general AT benefits including increased autonomy, improved communication, and enhanced accessibility.

2. ASSISTIVE TECHNOLOGY

These assisting technologies devices, tools, or systems that make it easier for people with disabilities to complete tasks that would otherwise be challenging or impossible are referred to as assistive technology. With the help of these technologies, people with physical, sensory, cognitive, or developmental disabilities will be able to function better and live more independently, engaging in activities to the fullest or enjoying a higher quality of life.

Broadly assistive technology can be classified into three categories viz; low-tech, mid-tech, and high-tech. Simple instruments like rulers and pencil grips are examples of low-tech examples. Examples of mid-tech include braille, adaptable seats, and magnifiers. The most sophisticated type is high-tech, which includes things like text-to-speech and screen readers, among other things.

The use of assistive technologies is helping old people to live comfortably. If we consider the case of country like India where more than 40% of old people live below poverty line these technologies help them a lot by reducing, there recurring

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