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## MAKE GOOD FOR THE ELDERLY WITH SMART EVERYDAY TECHNOLOGY

### GOTHENBURG

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The elderly of today in Gothenburg want to be able to live at home as long as possible. How can we make it possible?

#### **What are the objectives of the project?**

The project aims to enable elderly people to live at home longer. It does so by using smart technology and by providing social interaction and physical activity for senior citizens using ICT (Information and Communication Technology).

#### **Timeline**

The project runs for one year, from December 2011 - 2012.

#### **Background**

To meet the needs of the growing number of seniors, the city council decided to develop and provide support to carers. This could be done with assistive devices and smart technology. The city has been chosen as one of three national projects to work with this challenge by the government.

#### **Who is responsible for the project's implementation?**

The project is implemented by the City of Gothenburg's development centre (Senior Gothenburg).

#### **What does it involve?**

Senior citizens, together with their carers, try out new technology to increase their well-being and improve their quality of life.

By making people aware how smart technology can help them we hope that more elderly people are able to stay longer in their own home.

#### **What are the results of the project?**

- Showrooms were set up in popular senior meeting places to demonstrate how the ICT products work and how they can be used to assist with everyday tasks. It is an easy way for older people to learn how to use them and test them out without having to buy them.
- Companies were able to work with carers to assess the needs of the seniors and align this with the assistive devices and everyday technology.
- Increased awareness, experience and knowledge about how assistive devices,

technology as ICT and different products can assist and increase the well-being of carers.

- Carers are given an opportunity to add to and maintain their social contacts, making them feel more active and participative in society through ICT.
- The most important result is the improved satisfaction that seniors and their carers express.
- It is very important to include carers experience and knowledge in the assessment of older people's needs.
- People in different professions should work together to maximise efficiency.
- Increasing the awareness among the elderly about everyday technology enables them to retain their independence and feel safer.

## Was the project evaluated and were there any follow-up activities?

The project is under evaluation.

## How is the project funded and what resources (financial and human) are dedicated to it

The project is staffed through the rehabilitation and prevention units in the municipality etc.). Other people and organisations contribute voluntarily to the project. It receives funding from the Swedish government through the Swedish Institute of Assistive Technology.

## Who is the contact person for the project?

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## Website

<http://gorbraforaldre.se/>

If you have an example of a good practice that you would like to include in the database, please send an email to [caroline.greene@eurocities.eu](mailto:caroline.greene@eurocities.eu).



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