

digital skills of older individuals

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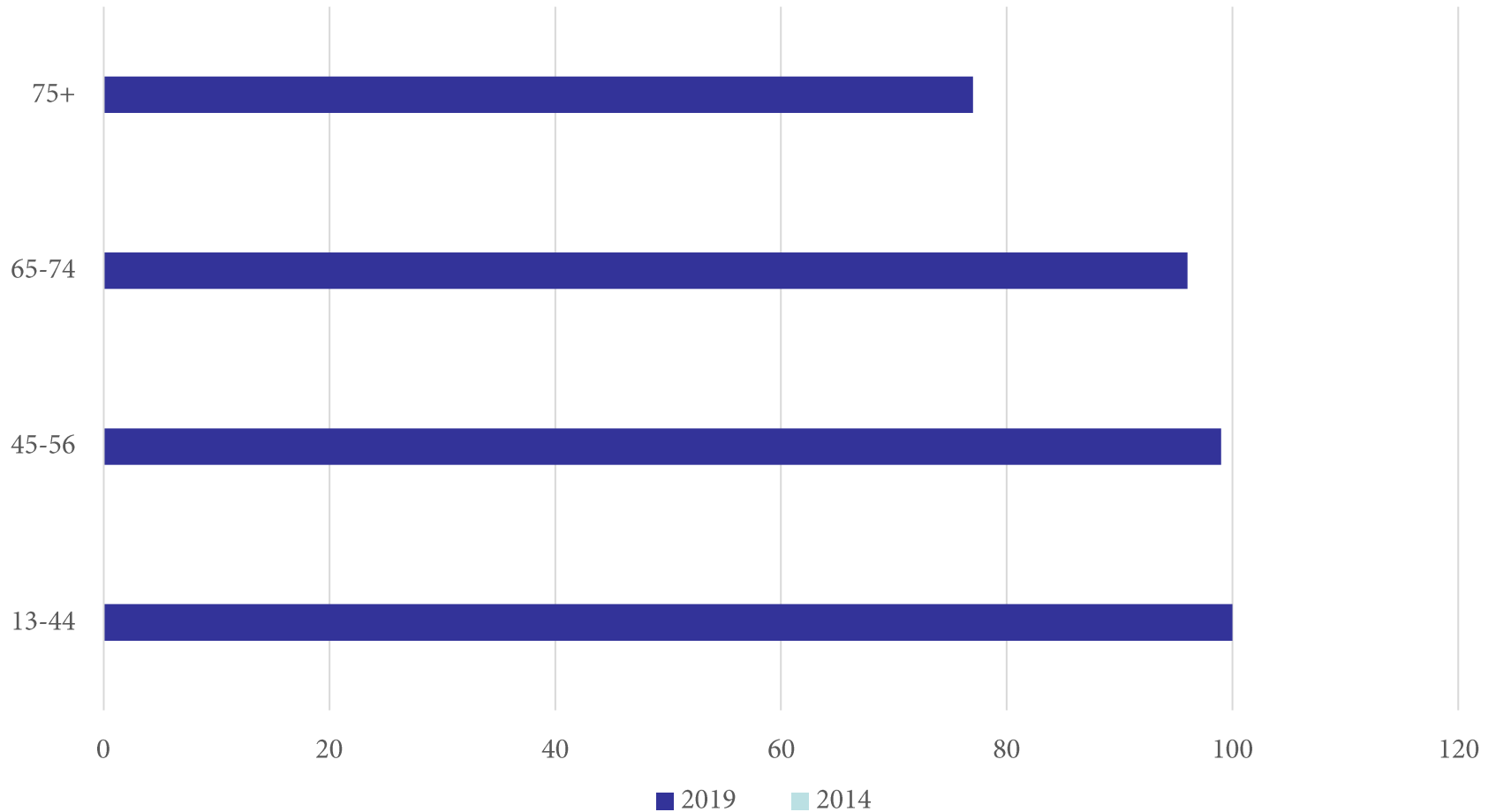
Content

- Older individuals and internet use
- Older individuals and eHealth literacy

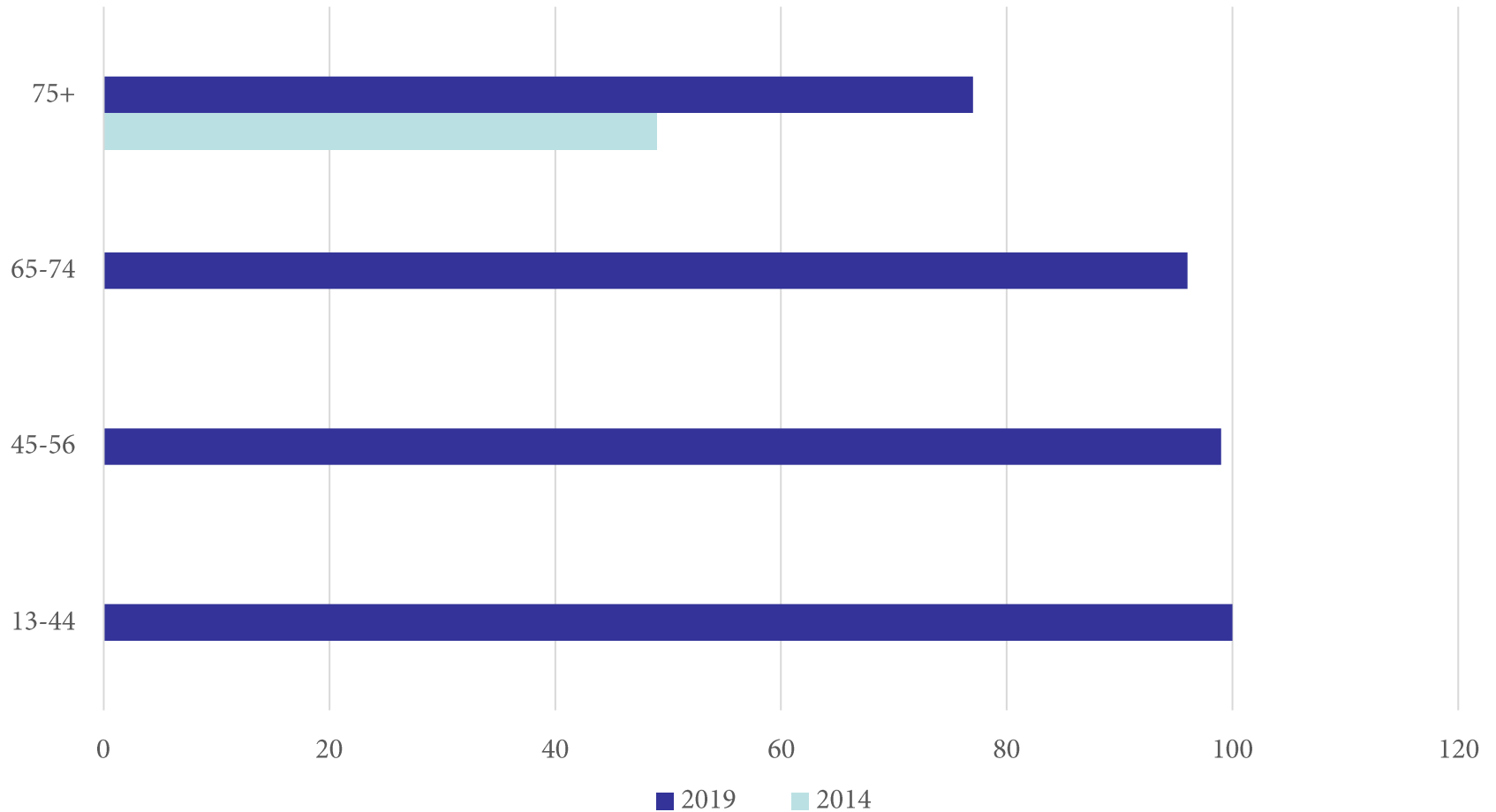
Older individuals and internet use



Having internet at home

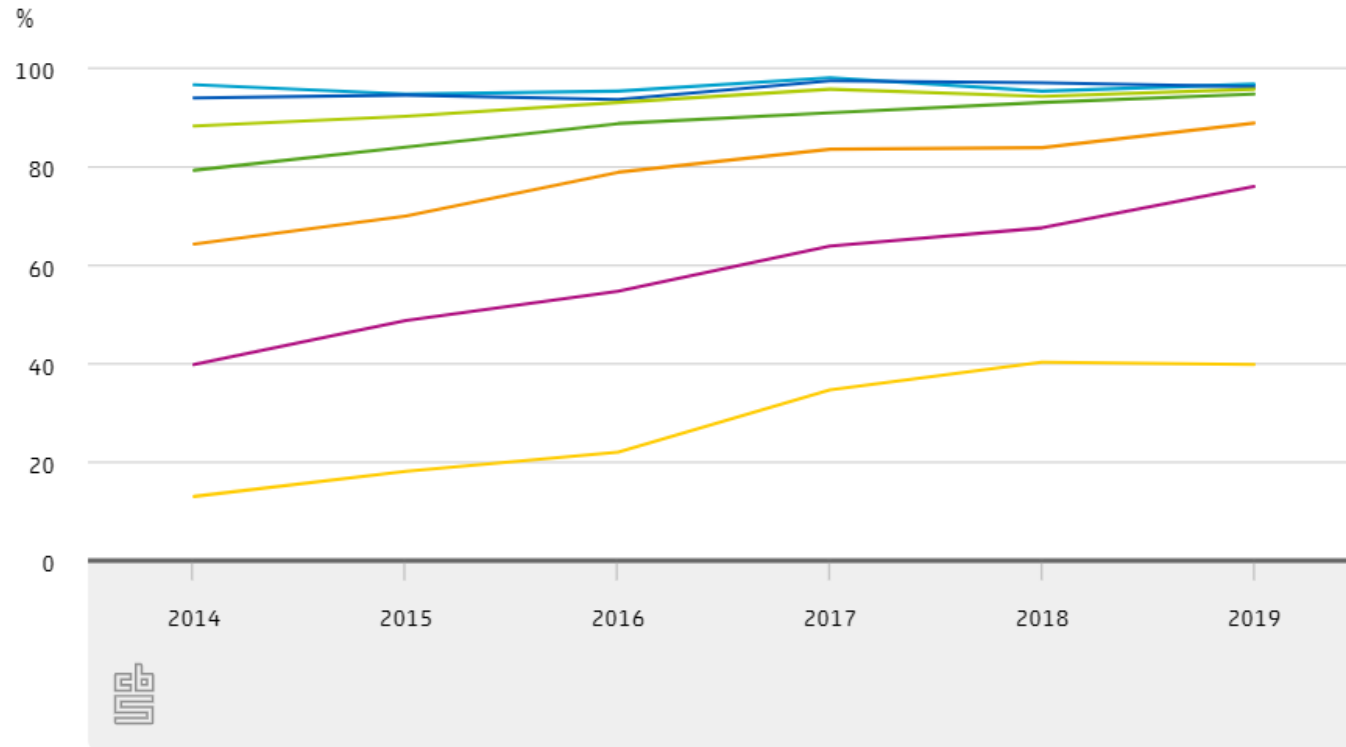


Having internet at home



Social media use

Socialemediagebruik



12 tot 25 jaar

25 tot 35 jaar

35 tot 45 jaar

45 tot 55 jaar

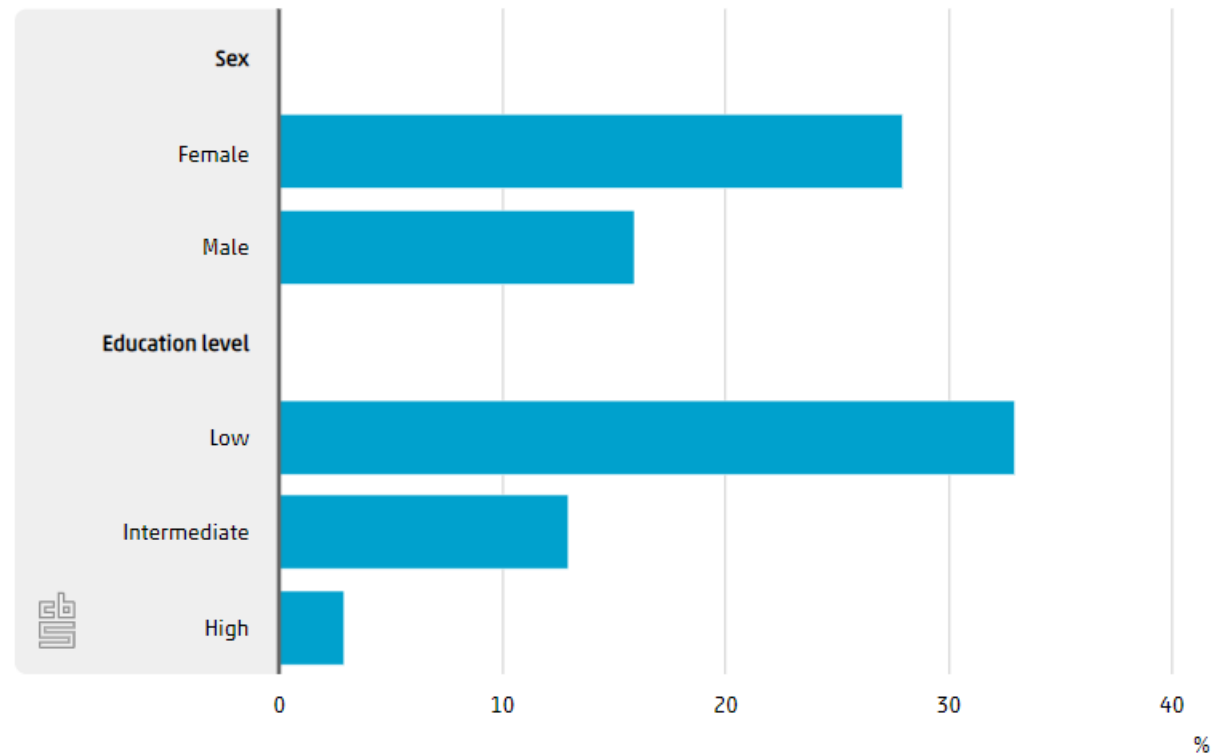
55 tot 65 jaar

65 tot 75 jaar

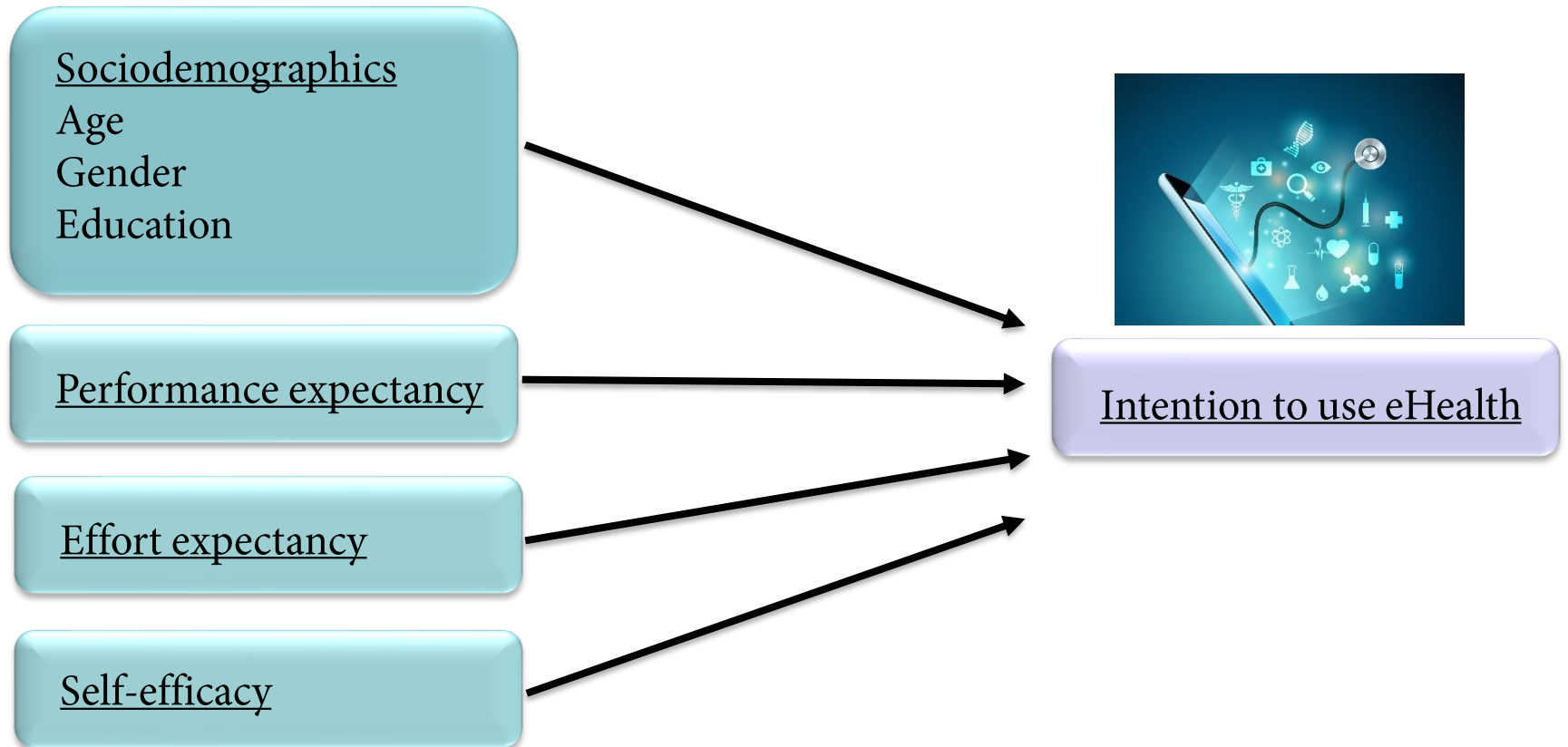
75 jaar of ouder

75+ without internet

Over-75s without internet at home, 2019



Intention to use eHealth



Factors from the UTAUT (unified theory of acceptance and use of technology)

Intention to use eHealth

Sociodemographics

Age

Gender

Education

Performance expectancy

Effort expectancy

Self-efficacy

41 %



Intention to use eHealth

Intention to use eHealth

Sociodemographics

Age

Gender

Education

Performance expectancy

40 %

Effort expectancy

41 %

Self-efficacy



Intention to use eHealth

Intention to use eHealth

Sociodemographics

Age
Gender
Education

32 %

Performance expectancy

40 %

Effort expectancy

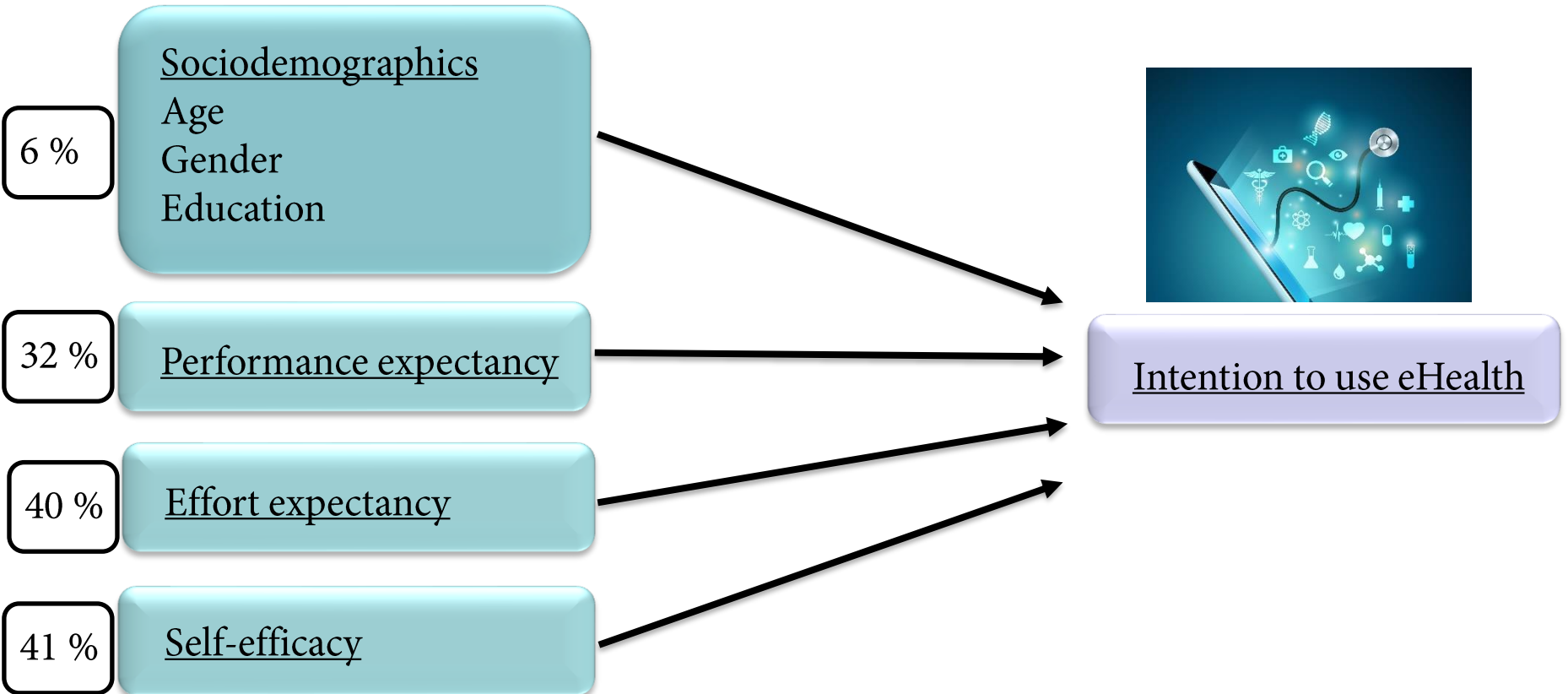
41 %

Self-efficacy



Intention to use eHealth

Intention to use eHealth



Conclusion

- Older individuals use the internet less often
- *but*, the number of older people that use the internet increases fast
- Among these people, especially people with a lower education do use the internet less often
- If you want to understand this group better, you may focus on their (negative) expectations and self-confidence

Older individuals and eHealth literacy



Mentimeter.com code 1556 4448



- How would you rate your internet skills?



Mentimeter code

- What kind of skills did you have in mind?

eHealth literacy

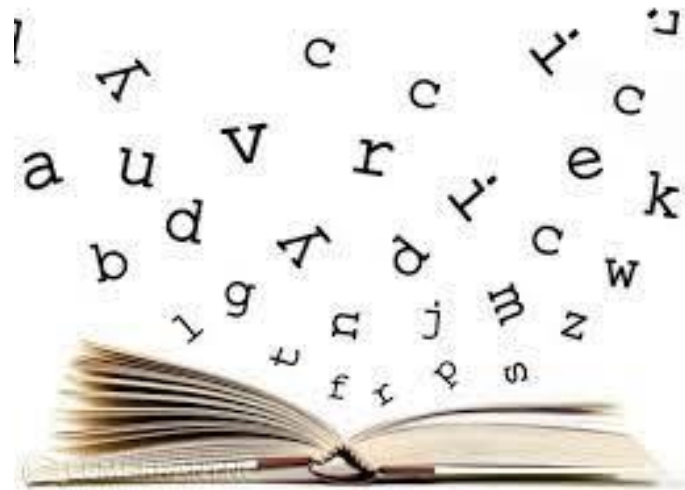
“The ability to seek, find, understand, and appraise health information from electronic sources and apply the knowledge gained to addressing or solving a health problem”

Norman & Skinner, 2006

What skills are required?

Literacy

- In the Netherlands 18% of the population has (severe) difficulties with reading and writing



Ehealth literacy scale

Item

Q1: I know how to find helpful health resources on the Internet

Q2: I know how to use the Internet to answer my health questions

Q3: I know what health resources are available on the Internet

Q4: I know where to find helpful health resources on the Internet

Q5: I know how to use the health information I find on the Internet to help me

Q6: I have the skills I need to evaluate the health resources I find on the Internet

Q7: I can tell high quality from low quality health resources on the Internet

Q8: I feel confident in using information from the Internet to make health decisions

Scale versus performanc

Performance-based tasks

- Basic skills to use the Internet
- Navigation and orientation
- Finding information
- Using the information for personal benefits

Scale versus actual performance

Performance-based tasks

- Basic skills to use the Internet $r=.12$
- Navigation and orientation $r=.19$
- Finding information $r=.05$
- Using the information for personal benefits $r=.11$

Van der Vaart, 2011

What is eHealth?

“The use of new information and communication technology, especially internet technology to support or enhance health and health care.”

National Counsel for Public Health and Health Care, 2002

From ehealth 1.0 to 2.0

Health 1.0

vs

Health 2.0



eHealth for older individuals?



eHealth for older individuals?



eHealth for older individuals?



Co-creation with elderly



Conclusion

- For eHealth literacy, often basic skills are needed
- However, eHealth applications in Health 2.0 are very diverse as well as the skills to use them
- We have to understand the variety of needs and to involve older individuals to design interventions that are appealing to them and that they feel confident to use