

Supporting Physical Activity in Later Life: Perspectives from Older Adults

Muhe Yang School of Information Studies, McGill University



PROBLEM

Older adults, especially those living alone, regularly fall short of recommended physical activity levels [1]

Activity promoting technologies are mismatched to the unique needs of older adults living alone [2, 3]

- The lack of regarding this group as audiences and involving them in design and evaluation [2, 4]
- Technology-driven approach in prior research, deciding a priori which technologies would be used [5]
- The complexity of designing behaviour change technology (i.e., persuasive technology)

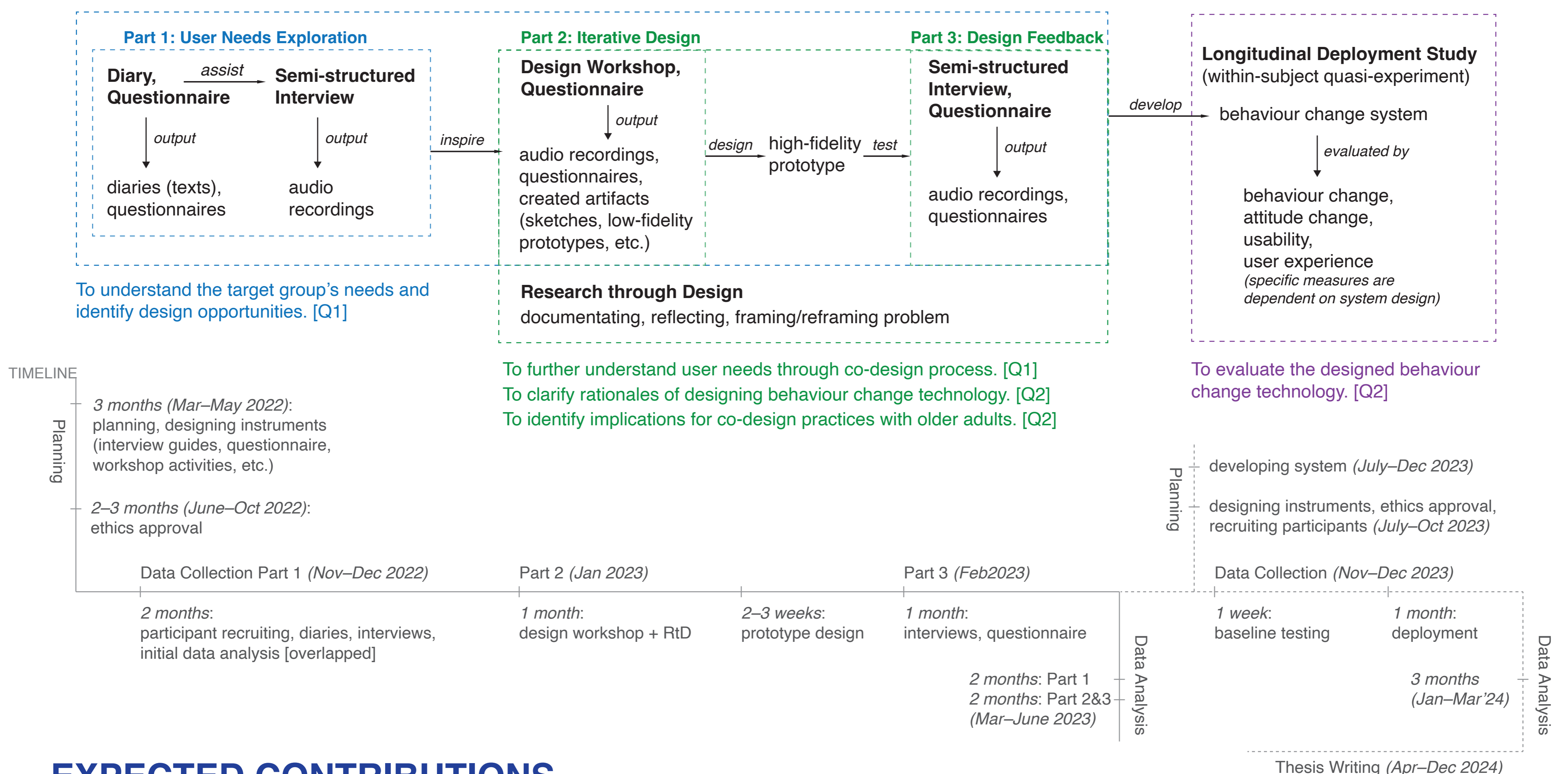
RESEARCH QUESTIONS

1. For inactive older adults living alone, what are their experiences and needs concerning daily physical activity?
2. How can technology be designed to support their needs?

METHODOLOGY

Phase 1: User Needs Exploration and Design

Phase 2: Evaluation



EXPECTED CONTRIBUTIONS

A deeper understanding of the needs and preferences of older adults living alone.

Design opportunities for senior-centred behaviour change technology.

Implications for co-design practices involving older adults.

- References
- [1] F. Sun, I. J. Norman, and A. E. White, "Physical activity in older people: A systematic review," *BMC Public Health*, vol. 13, no. 1, 2013.
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 - [3] C. Caldeira, and Y. Chen, "Seniors and self-tracking technology," *Perspectives on human-computer interaction research with older people*, pp. 67-79: Springer, 2019.
 - [4] R. Orji, and K. Moffatt, "Persuasive technology for health and wellness: State-of-the-art and emerging trends," *Health Informatics Journal*, vol. 24, no. 1, pp. 66-91, 2018.
 - [5] K. Gerling, M. Ray, V. V. Abeele, and A. B. Evans, "Critical reflections on technology to support physical activity among older adults: An exploration of leading HCI venues," *ACM Transactions on Accessible Computing (TACCESS)*, vol. 13, no. 1, pp. 1-23, 2020.

