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## **Impact of Technology Use on Elderly People's Quality of Life**

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### **ABSTRACT**

Technology has altered many aspects of daily life including communication, healthcare, and social interaction. The use of technology by older people can greatly improve their quality of life by increasing their independence, lowering social isolation, and improving access to healthcare. Still, widespread adoption is hampered by issues including cost, accessibility, and low digital literacy. This study looks at how technology affects seniors, therefore highlighting the benefits as well as the challenges they face.

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### **INTRODUCTION**

Aging brings physical, mental, and social changes that impact people's well-being. Technological advances have produced digital tools and devices that can assist elderly people manage daily activities, maintain social contacts, and improve their health. Many elderly people find it difficult to adjust to new technology despite the possible benefits because of ignorance, physical limitations, and resistance to change. Understanding how technology can enhance seniors' quality of life will help us to design more inclusive and user-friendly solutions.

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### **HYPOTHESIS**

For seniors, using technology enhances their quality of life by increasing their social connection, access to medical treatment, and independence. Its total integration into their daily lives, however, could be hindered by factors including affordability, digital illiteracy, and usability.

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### **LITERATURE REVIEW**

#### Telemedicine and Health Monitoring Devices

A Zhao et al. (2020) study emphasized how health monitoring tools and telemedicine benefit the elderly. Especially for seniors in rural or low-income areas, they found that these technologies improve disease management, decrease hospitalizations, and increase access to healthcare services. Chang & Lin, 2019: Social Media and Communication Tools

Chang and Lin (2019) looked at how video communication tools and social media influenced older people, stressing the decline of social isolation. Their research showed that these tools help older adults stay connected to family and friends, so reducing their feeling of loneliness and sadness. Lai et al. 2021: Assistive Technologies and Independent Living

Concentrating on wearable health monitors and smart home appliances, Lai et al. (2021) found that assistive technologies such fall detectors, smart thermostats, and voice-activated systems significantly improve seniors' independence, safety, and quality of life by providing convenience and reducing physical strain.

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### **Findings and Discussions**

The findings of this study reveal the many ways technology helps older people:

Health monitoring tools and telemedicine increase access to medical services and let elderly people more effectively manage chronic diseases, so reducing the need for frequent hospital visits.

Video calls, social media, and messaging platforms enable seniors to keep meaningful connections, therefore combating loneliness and improving mental well-being.

Smart home devices and wearable health monitors are examples of assistive technology that promote more independence by means of real-time health tracking and improved home safety.

There are still certain problems, though.

Many seniors find it difficult to pay the first investment in technology and the ongoing tech maintenance or subscription service costs since they are financially struggling.

Seniors' lack of digital literacy is a significant barrier to technological adoption. Many seniors find modern digital interfaces challenging or may be hesitant to use new devices.

Older people are more vulnerable to security threats and online privacy breaches. Easy-to-use security features and personal data safety are absolutely crucial.

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## CONCLUSION

Technology has the ability to greatly improve the quality of life for elderly people by means of improved healthcare, social ties, and independence. Widespread use of these technologies, therefore, is hampered by issues including cost, digital illiteracy, and security issues. Dealing with these issues ensures that seniors can fully benefit from technological advancements

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## RECOMMENDATION

Governments and businesses should pay for digital literacy training programs particularly aimed at elderly people. These projects should stress ongoing support and streamlining the use of digital tools.

Tech firms should work to make devices more affordable for seniors, particularly through subsidies or payment plans. Moreover, straightforward interfaces should take priority to suit those with minimal technical knowledge.

Developers of technologies aimed at the elderly must implement robust security policies to protect personal data of seniors. As a matter of course, devices intended for older adults should have simple security settings and obvious privacy policies.

Policy makers should advocate for the inclusion of technological solutions in healthcare systems and elderly care services. Community-based initiatives can also provide older adults local technical support, therefore helping to speed adoptions.

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## REFERENCES

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