

Loneliness with Older Adults - Verdun

What is it?

Our main interest concerns the isolation in older adults that causes severe loneliness. We would like to reach out to this population by providing them with new and used iPads to help reduce the extremes of loneliness that can cause mental health problems and an acceleration in cognitive decline. This project will eventually require the use of volunteers to explain to the elderly how to use this technology.

How it works?

Our goal is to use different mediums to reach elders without an online connection. As well as contacting local establishments who already have a connection with elders. Moreover, we plan to source Apple tablets by creating fundraisers and seeking donations. We will also recruit volunteers to work with the elders and teach them how to use the iPads.

What is new and distinctive about our project?

This population is hard to reach, as many of them do not have access to the internet or the resources to connect to others. Providing them with refurbished iPads will keep this project sustainable and, we are not only providing new technology, but also a new skill set to a population who would benefit greatly from it.

Outcomes

This project will be of great value in assisting to bridge the gap of the digital divide and loneliness in older adults. In addition, this project will improve the digital literacy within this population.



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