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Tablet-Based Cognitive Gaming Platform for seniors

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IO1 Cognitive skills-based training scheme for seniors

National report France

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Introduction

In the period April – May 2019, the E-Seniors Association has conducted the on-line survey with more than hundred participants from France.

The survey was distributed and the participants were recruited through:

- E-Seniors' mailing list (around 1000 members),
- E-Seniors' facebook page,
- E-Seniors' newsletter,
- E-Seniors local events and during presentation of the project
- Local stakeholders in the field of active ageing

In total 104 respondents completed the provided questionnaire and among them 14 persons left their emails for future correspondence.

Here below, the detailed analysis of the survey can be provided.

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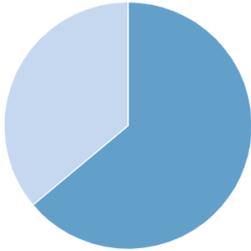
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Demographical data

1) Gender

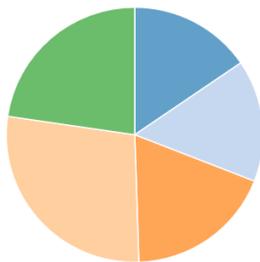
Among responders there were 63.92% of women and 36.08% of men



2) Age

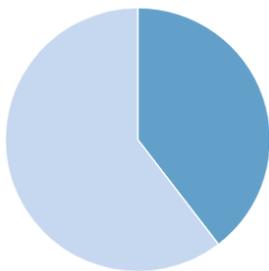
The age of the responders was quite balanced between 55 and more than 76 years old with the slight prevalence in the range of 71-75 years old (27,84%).

● 55 - 60 ● 61 - 65 ● 66 - 70 ● 71 - 75 ● 76+



Health issues and digital profile

1) 38 persons (40%) admitted that they were having health issues at the moment while 56 persons (60%) declared that they didn't have any problems.



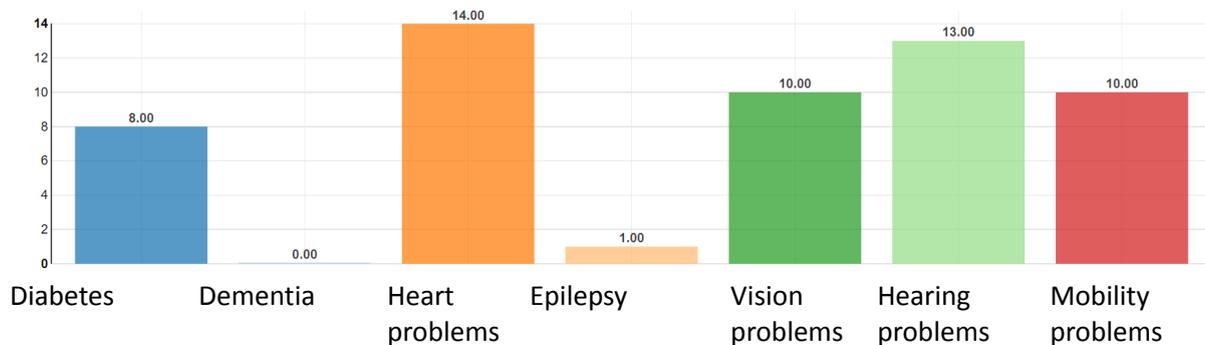
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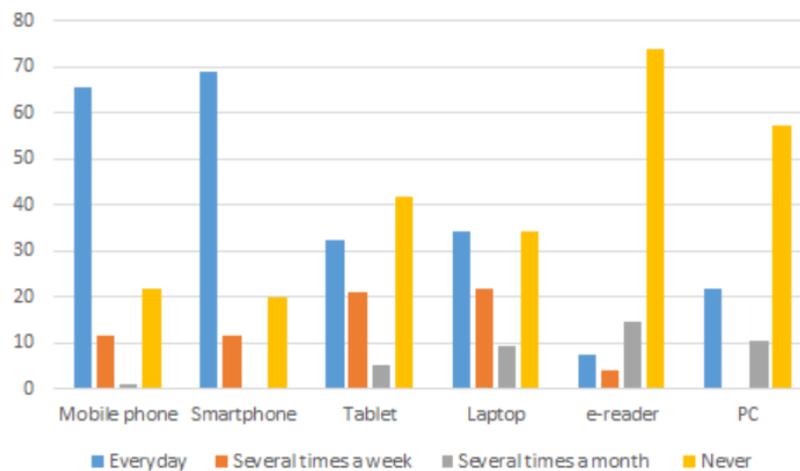


- 2) Among the people that declared they were having health problems, the most occurrent illness were the heart problems following by hearing problems.



Some people also declared they had arthrosis, sciatic, osteoporosis as well some digestive problems that weren't on the list.

- 3) The large majority of the responders declared using smartphone or mobile phone every day, with 69% and 65% respectively. It can be also noticed that the PC wasn't really being used and people preferred laptops and tablets (possibly due to their lighter format). Finally, the e-reader was not popular at all.



Cognitive capacities and skills in their daily lives.

- 1) Memory capacities

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In this survey, 4 questions were dedicated to the memory capacities. It can be noticed that the majority of the responders didn't have any memory problems. Nevertheless, some people declared to have sometimes difficulties in remembering things. For example, to the question "I find it easy to remember everyday things", 60% of persons declared "yes".

Regarding the important dates and future plans, 55% admitted that it was easy for them to remember this. Regarding the personal affairs, more than 40% said that they sometimes had problems in remembering where they put their personal belongings (such as keys, documents, phones etc).

2) Attention and focusing capacities in the daily lives.

53% of the responders could stay focus on their activities despite the distractions and even 67% of the participants succeeded in staying focused on a specific task during a long period. However, 41% had problems to do two things at the same time.

3) Visual perception abilities and skills

Almost a half of the participants (49 persons) admitted they could easily visualize images or scenarios when they thought about something. Only 19 persons declared having difficulties in visualizing. However, for interpreting maps, diagrams and charts, almost around one out of three of the responders had problems.

4) Reasoning and planning capacities

More than a half (53 persons) of the participants said that it was easy to reason and to form ideas for them as well as planning and organizing something for a specific topic. Nevertheless, almost a half of the responders declared that it was sometimes hard for them to solve problems.

5) Processing speed capacities

One third of the responders had sometimes difficulties to calculate their shopping bill quickly and accurately. Nevertheless, more than a half of the participants admitted that they could react quickly and adapt to changing environment. In addition, they were able to solve simple Math problems in their heads.

6) Sequential processing capacity

Two third of the responders admitted they could easily put the things in order when thinking as well as planning the activities and events step by step.

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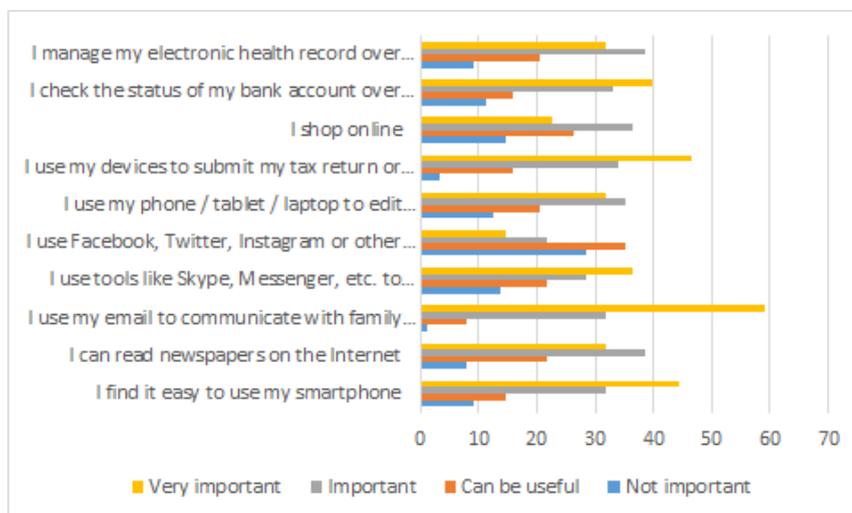


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Learning needs and new technologies

This survey aimed also at analysing the link between seniors' learning needs and new technologies. For the majority of the participants it was very important to use their emails for communication with their families and friends. They were also using new technologies and internet for submitting their tax declaration or for managing their electronic health records or consulting their health insurance. More than a half of the responders confessed that it wasn't important for them to use social networks such as facebook, twitter etc.



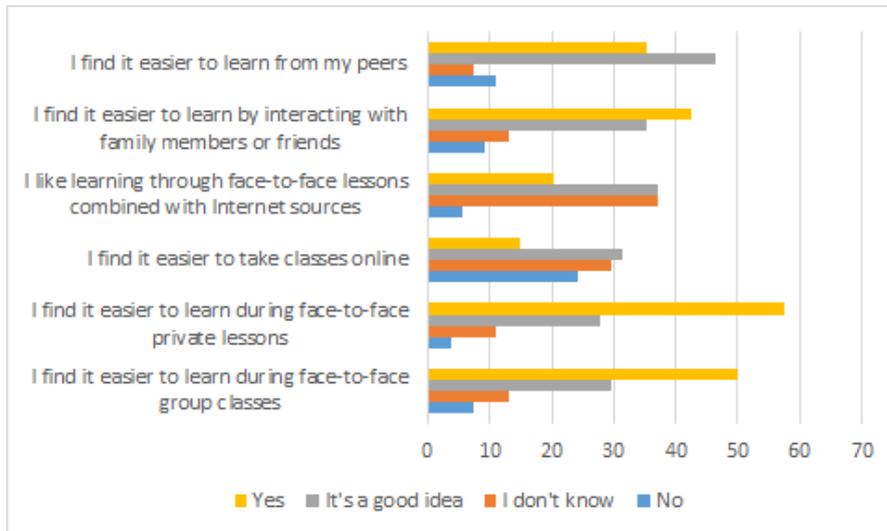
Learning methods

Almost all participants (85%) preferred learning during face-to-face lessons (in group or individually). They also liked the idea to learn from their peers or family members and friends. Around a half of responders were not ready to learn by Internet.

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Leisure activities

All participants preferred learning new things through books, movies, theatre performances etc or going out with their friends. Another common interest was to play mind games or board games. Less popular was to play chess and backgammon. Among additional points of interest were traveling, meeting new people and going out.

	Yes	No
Play puzzle games (Sudoku, crosswords, etc.)	64.37 % 56	35.63 % 31
Play board games (Scrabble, card games, Monopoly etc.)	56.32 % 49	43.68 % 38
Play chess or backgammon	29.89 % 26	70.11 % 61
Learn new things through reading, movies, shows, etc.	95.4 % 83	4.6 % 4
Go out with my friends and plan social activities	89.66 % 78	10.34 % 9

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