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Tablet-Based Cognitive Gaming Platform for seniors

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End date: June 30th 2019

IO1 Cognitive skills based training scheme for seniors

National report Belgium

June, 2019

Author: PhoenixKM BVBA Belgium



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Introduction

In the period February – May 2019, the team of PhoenixKM BVBA has conducted the survey with adult respondents on the territory of Flanders, Belgium.

The contact details were collected via:

- the members of the Flemish Elderly Council (<https://www.vlaamse-ouderenraad.be/wie-zijn-we/lidorganisaties>),
- the representative organisations of OKRA - OKRA is the largest elderly people's movement in Flanders (<https://www.okra.be/contact/contact-regiosecretariaten>),
- individual contacts in the area of Kortemark, Handzame, Zarren, Werken.

In total 96 respondents completed the provided questionnaire via SurveyMonkey (available via <https://nl.surveymonkey.com/r/Bevraging-NL>).

In the next pages, you may find the consolidated and analysed data of this survey.

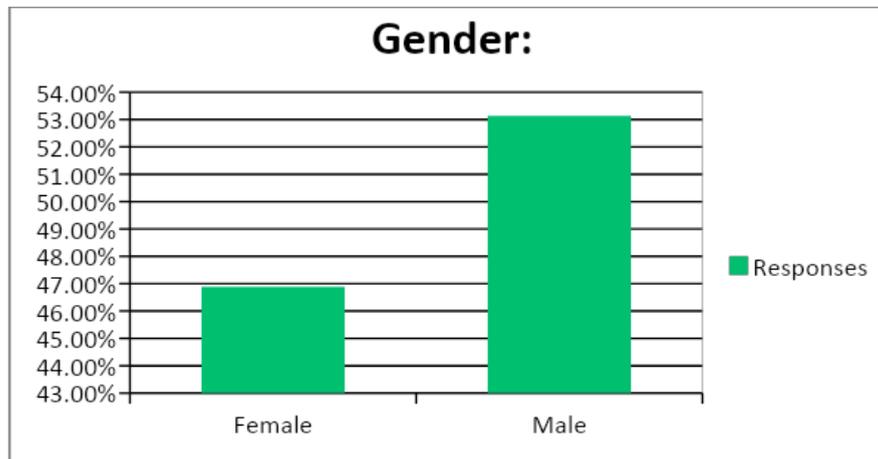


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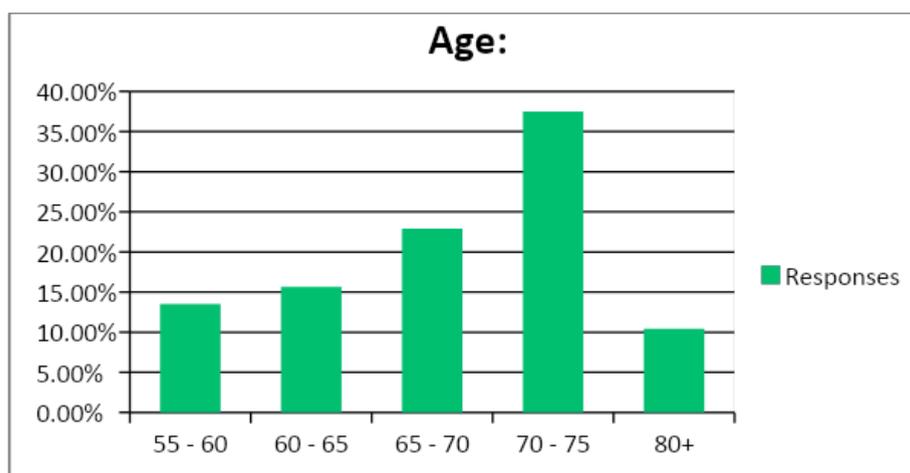


Findings

51 of the respondents were male and 45 female.



A major part of the respondents were people aged above 65 years old, thus providing a good representation with regards to the conclusions, which this survey elaborates.



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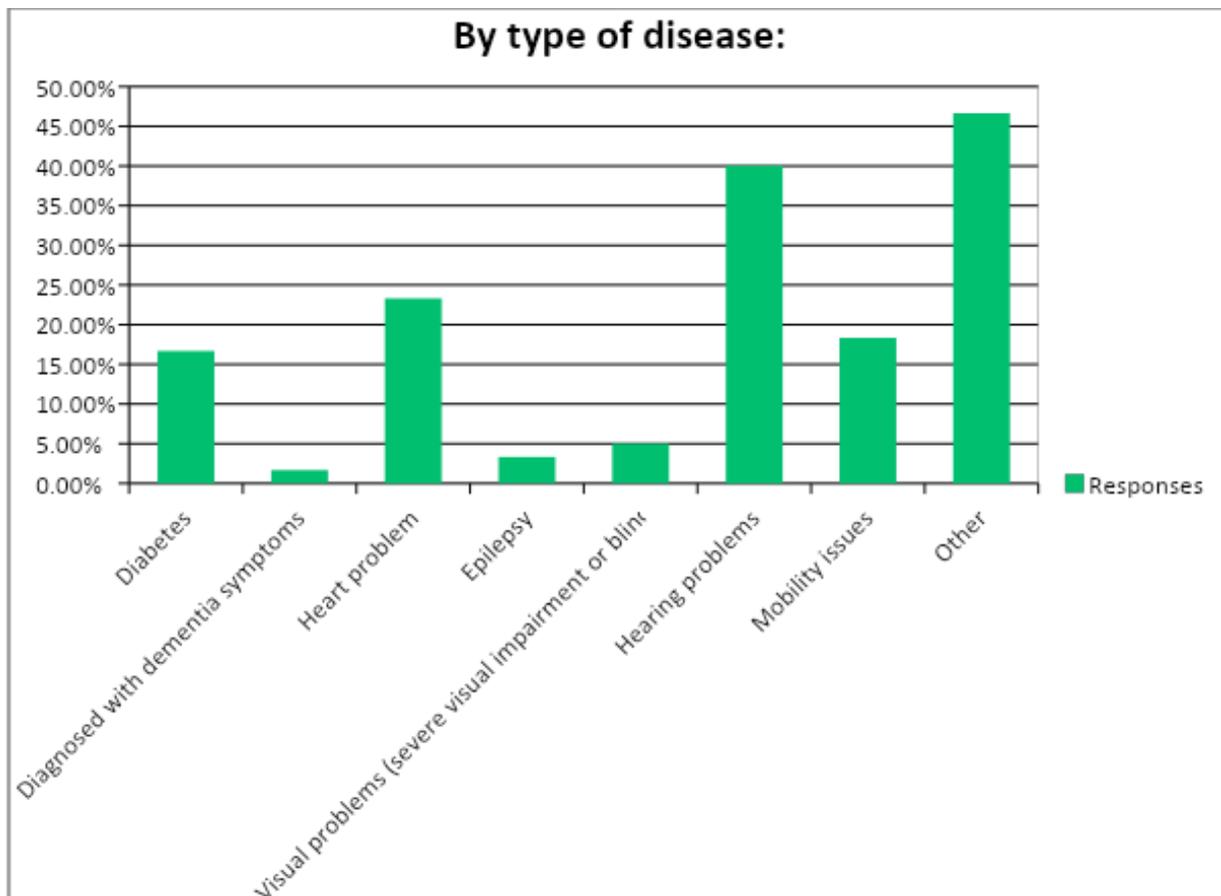
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Half of the respondents reported that they do not have a disease.



Those that shared the type of their disease(s), indicated mainly hearing problems, cardio-vascular problems and mobility challenges. It is important to mention that less than 2% reported to have dementia symptoms.



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47% of the respondents have selected the option „Other“. They have mentioned diseases such as:

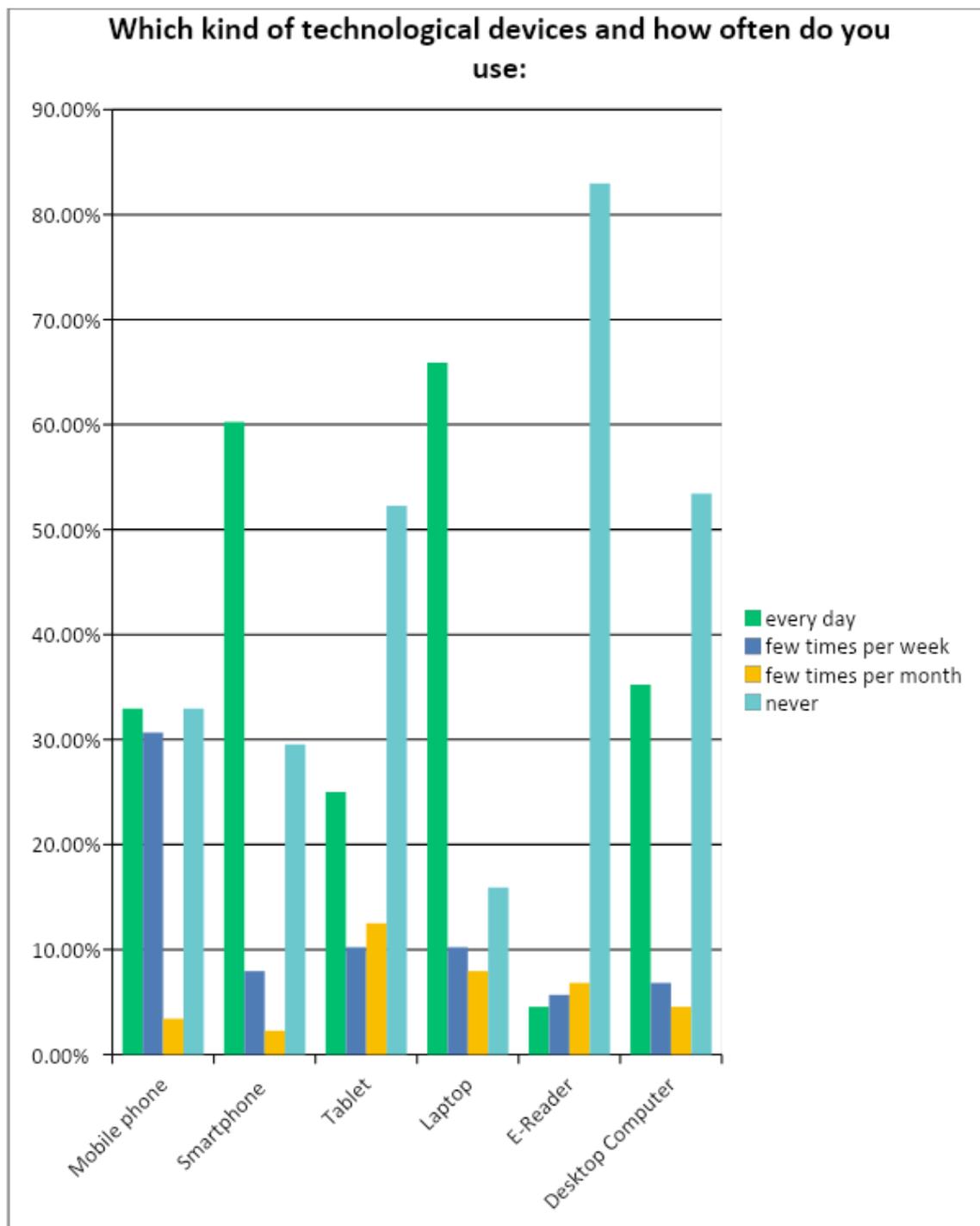
- Parkinson
- Osteoarthritis
- Stamina problems
- Muscle and joint problems
- Breathing problems
- Arthrosis
- Arthritis
- Rheumatism
- Back problems
- High/low blood pressure
- Pituitary surgery
- Obesity
- Endocrinological problems
- Fibromyalgia
- High cholesterol
- Spondyloarthritis ankylosans (Bechterew disease)
- Hypopituitarism
- Prostate cancer
- Apnoea
- Hemochromatosis



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With regards to the technological devices, which are being used by the respondents, less than half of the respondents are using tablets, e-readers and desktop computers. However, many respondents are using almost on a daily basis their laptop, mobile phone/smartphone.



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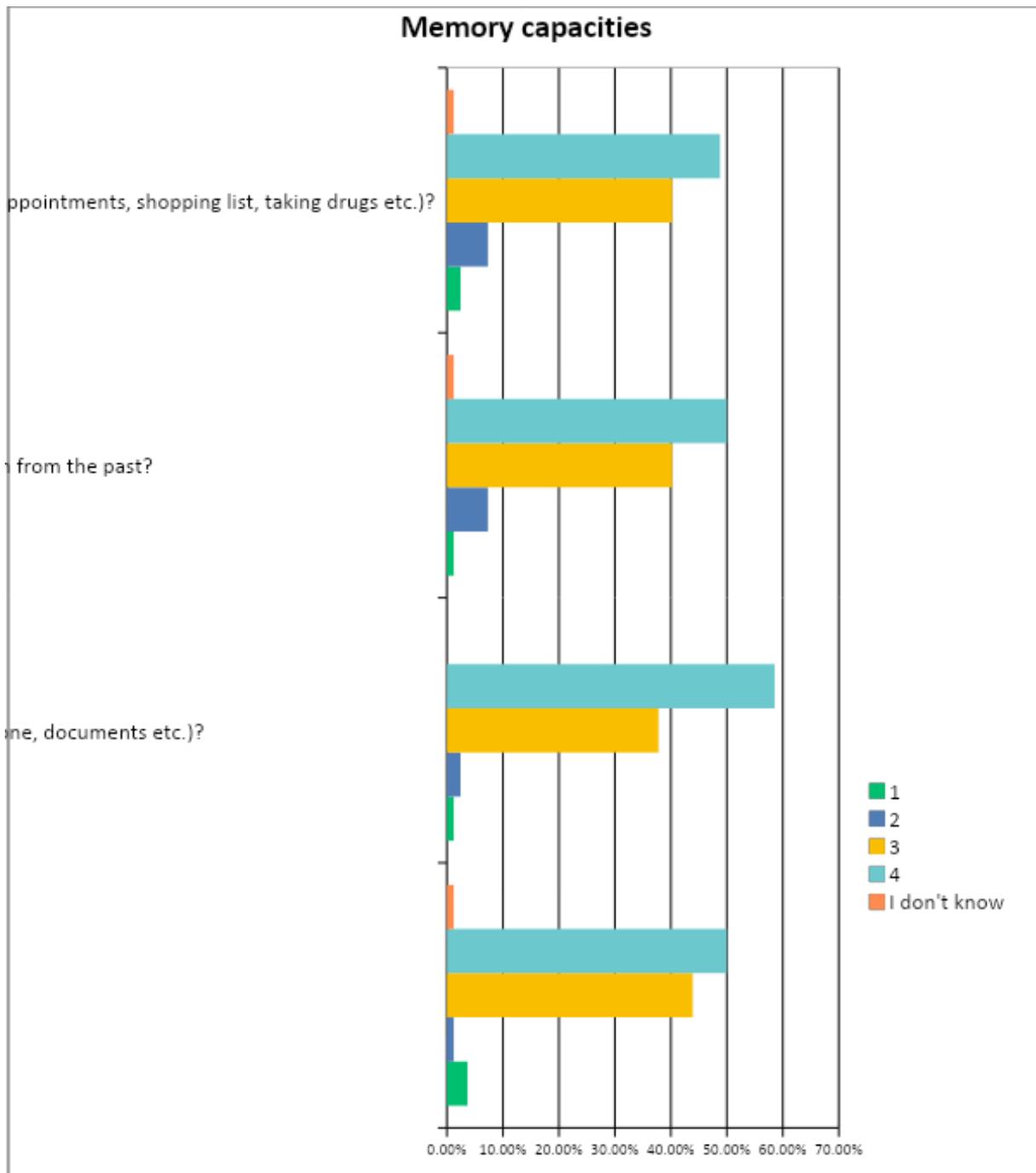


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The next topic was related to the cognitive capacities and skills in everyday life. More than half of the respondents shared that they easily remember the tasks that they should implement, as well as that they do not have any problems to remember where they stored their personal items.

Only 10% of the respondents experienced problems to recall their memory in terms of future appointments and important dates in their life (birthdays of relatives, name days, etc.)



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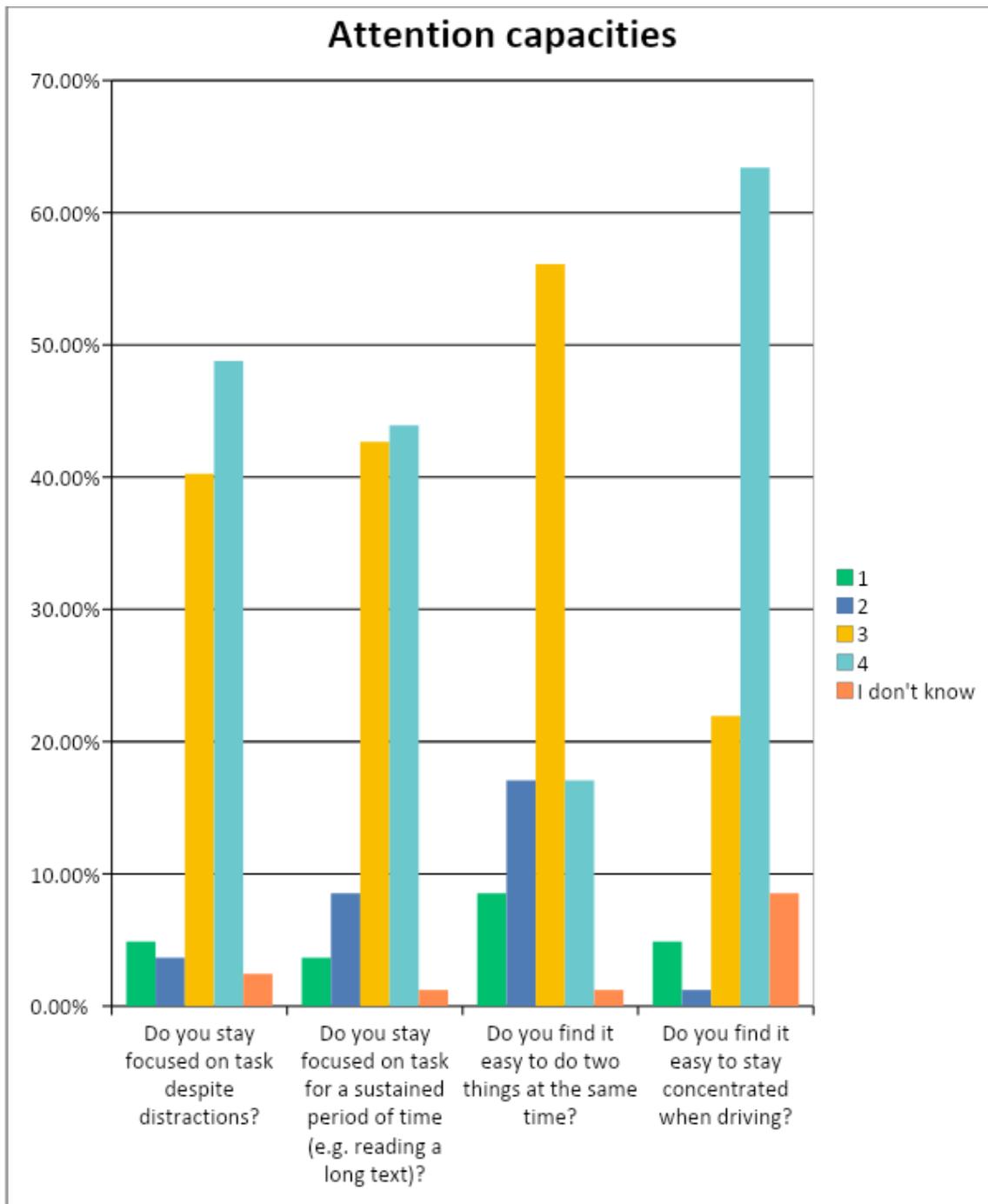


With regards to the attention capacities, the respondents reported experiencing sometimes problems with the implementation of more than one task at the same time. Also, they reported having some difficulties with the focus on a task while having distractions.

The respondents (even at age above 65) reported that they did not experience problems with concentration while driving, that they have a quite good ability to maintain attention, even if the task is for a sustained period of time.



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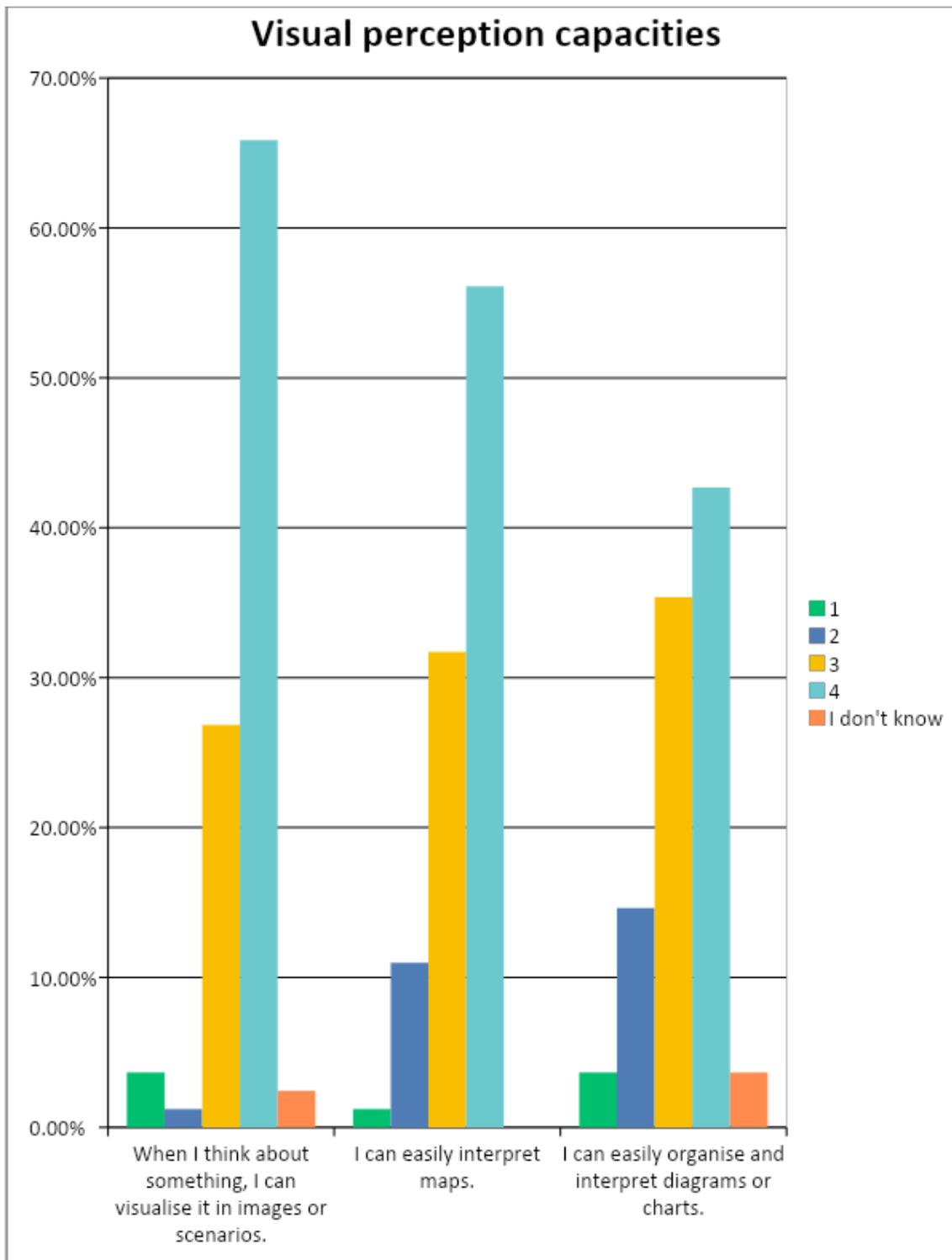


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In terms of the visual perception capacities, it is evident that more than 60% of the respondents have a good ability to visualise images and to associate scenarios to accomplish a particular task.

More than 50% of the interviewees can easily interpret maps, while over 40% indicated having no issues with diagrams or charts.



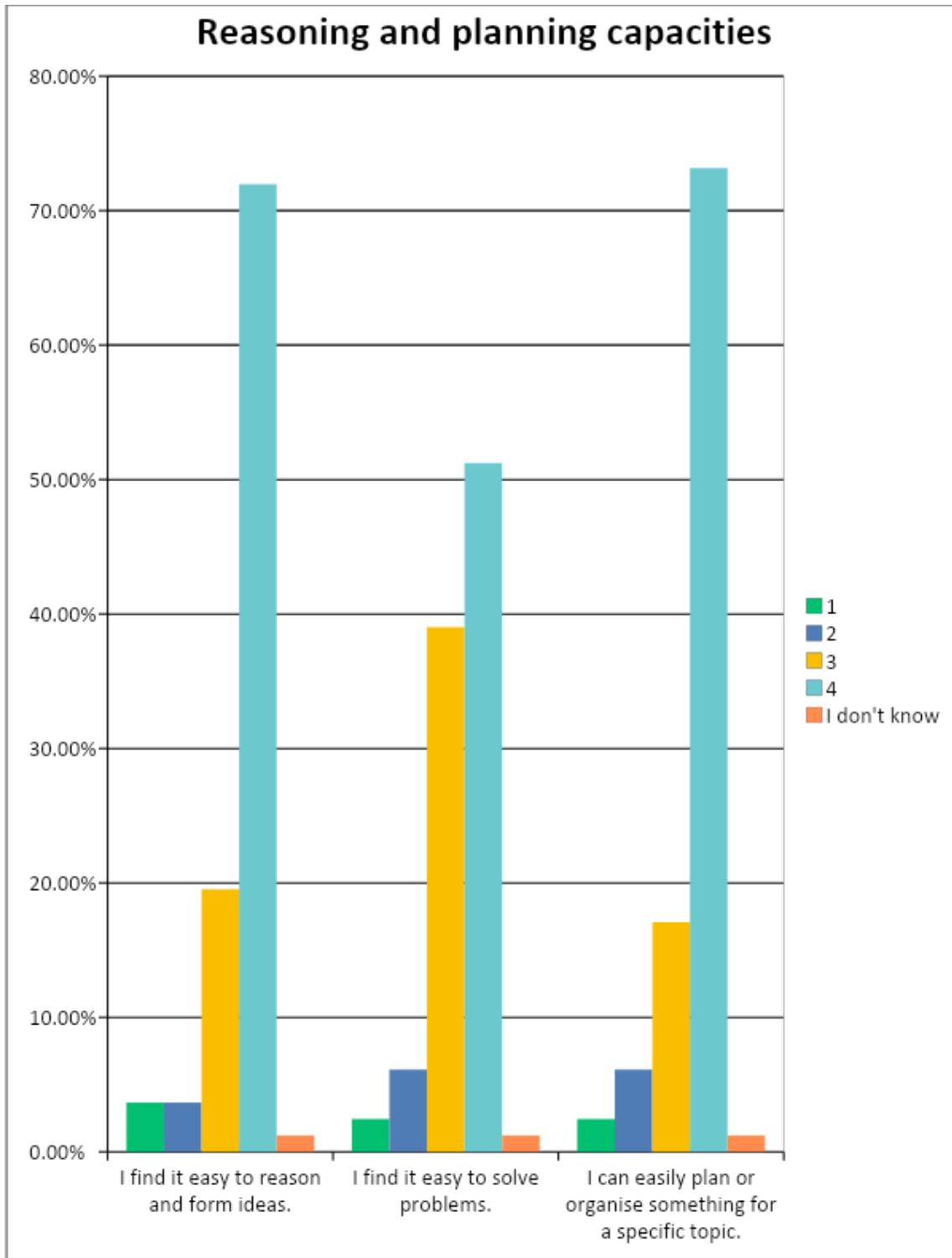
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With regards to reasoning and planning capacities, around 70% of the respondents did not experience any problems in terms of forming ideas and organising something for a specific topic.



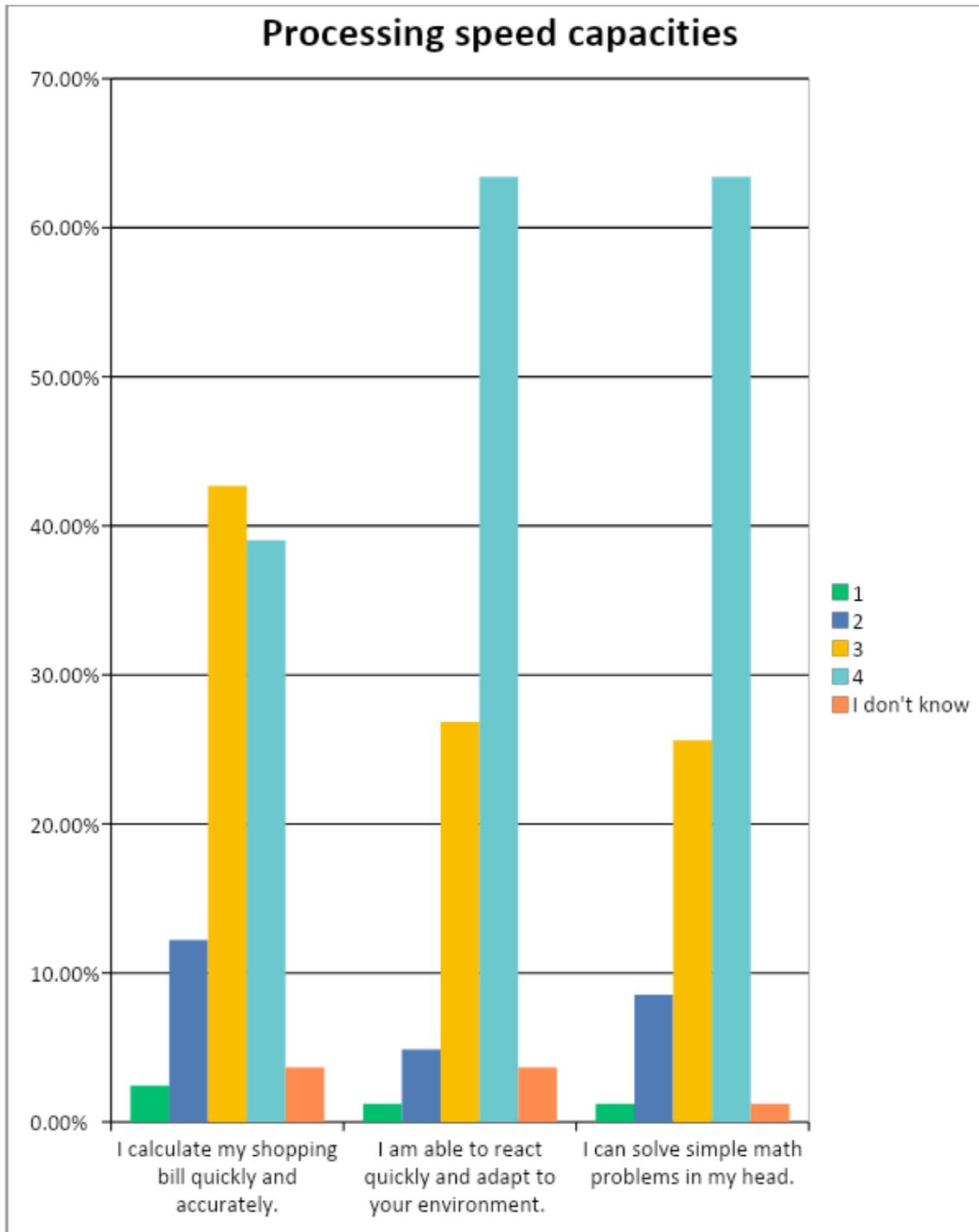
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In terms of processing speed capacities, we may conclude that the respondents do not experience problems with accurate calculation while shopping, neither with adaptation to a new environment. They can calculate quite easily, without the need of a calculator or another supported device.



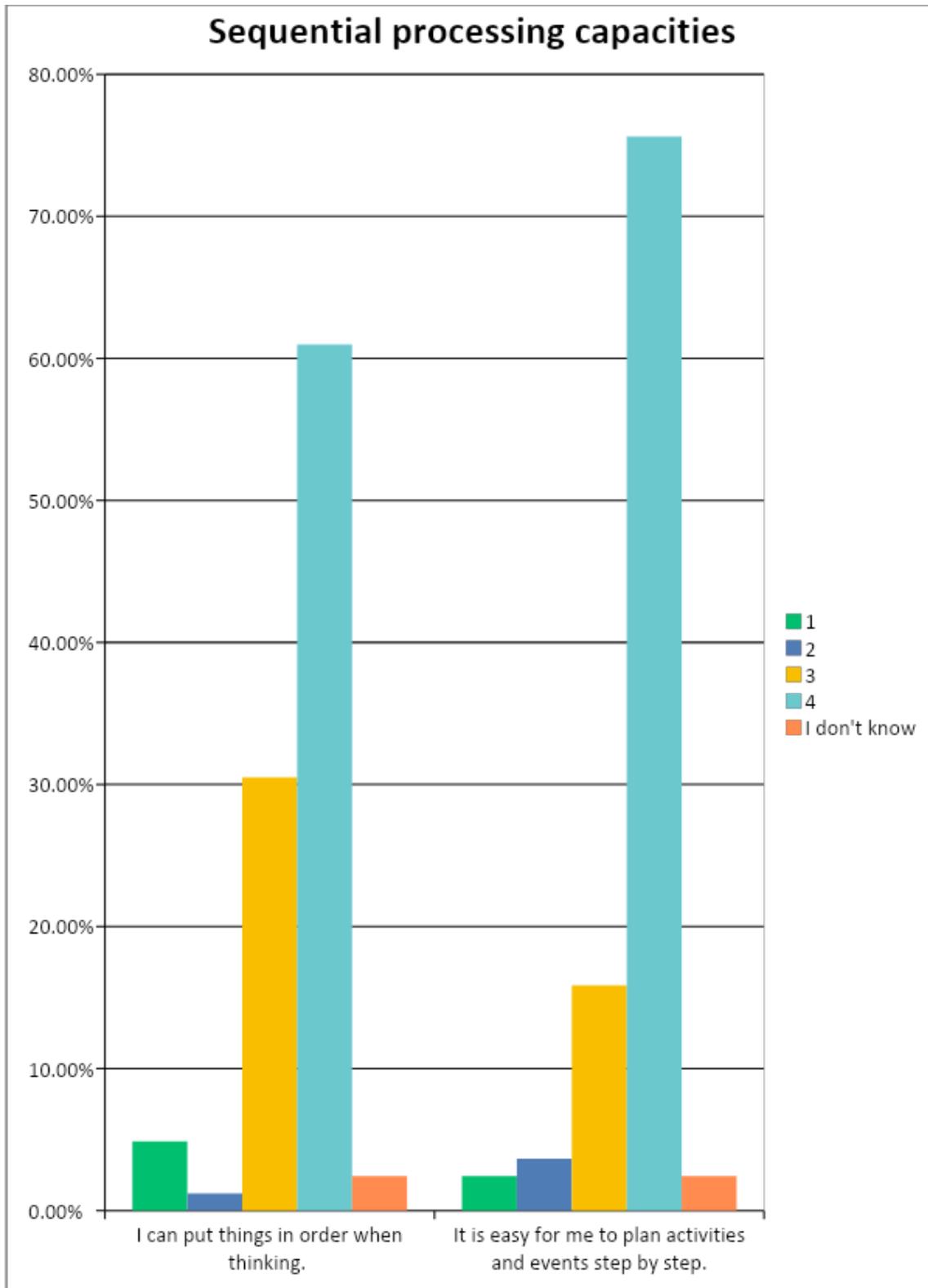
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A similar trend is also related to the sequential processing capacity of the respondents. More than 60% of them can put things in order when thinking. They can also easily plan activities and events in a logical sequence.



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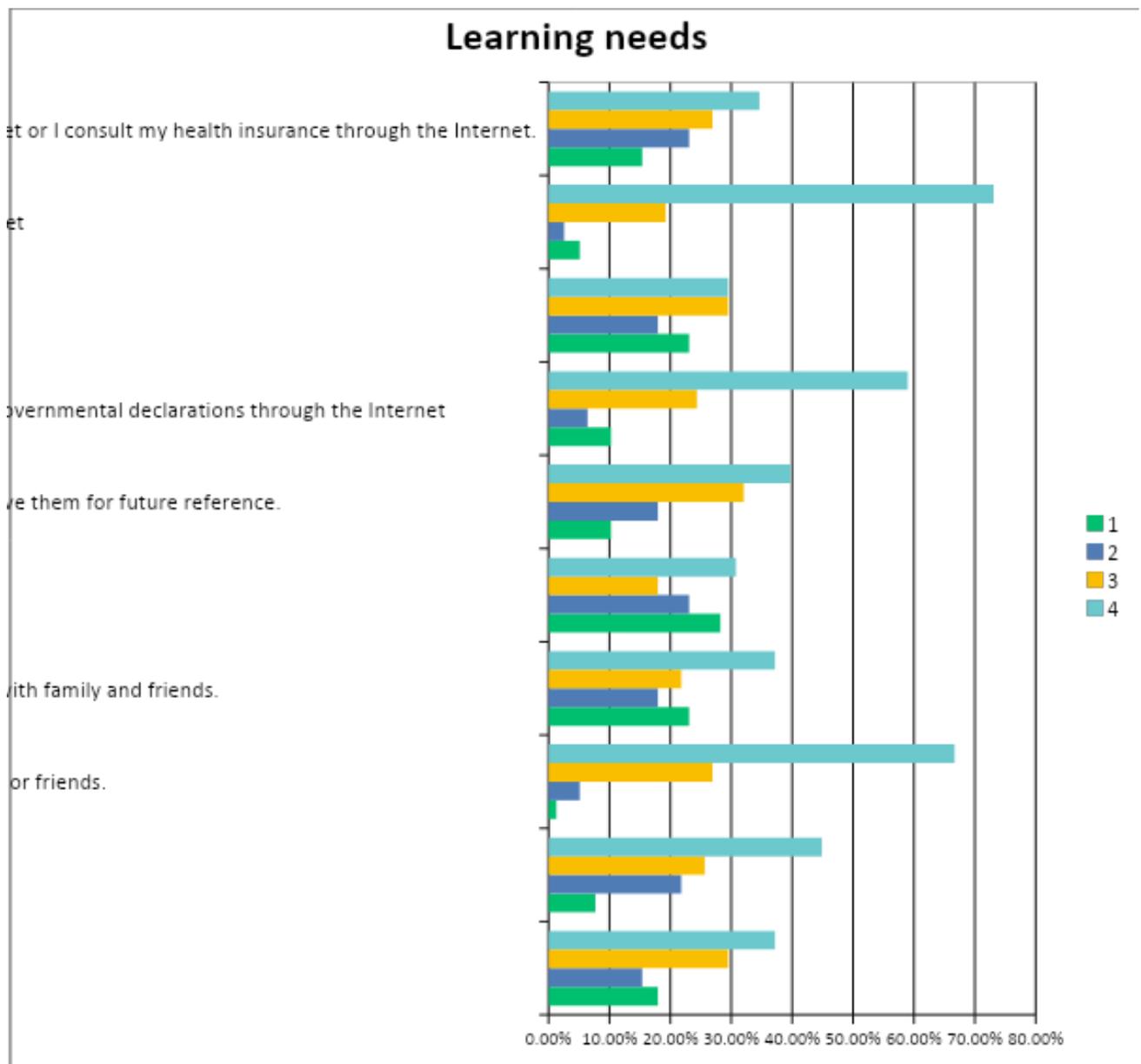
With regards to the learning needs of the respondents:

- 65% of the respondents are using internet to check the status of their bank account or to submit their tax declarations.
- 62% of the respondents are using almost every day the internet to send emails in order to communicate with their family members and to read online newspapers.

Rarely the respondents are using internet to shop online, to edit photos and videos. They do have a low presence on social media. Health records are also rarely checked online.



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In terms of the applicable learning methods to acquire knowledge as part of the lifelong learning process, the respondents agreed that it is easier and convenient for them to learn from and together with peers.

Many respondents also appreciated the acquisition of new knowledge and skills from their family members and relatives.

They like both ways of learning: face to face private lessons as well as group learning activities.

Around 40% of the respondents would like to learn new things via internet.



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An intrinsic part of the analysis is the question with regards to the preferences of the respondents related to activities as part of their free time.

More than half of the respondents shared that they do like to play Sudoku, crosswords, to read books, to watch movies as well as to spend time with friends and relatives.

The respondents are quite reluctant to play chess, backgammon, scrabbles and monopoly games.

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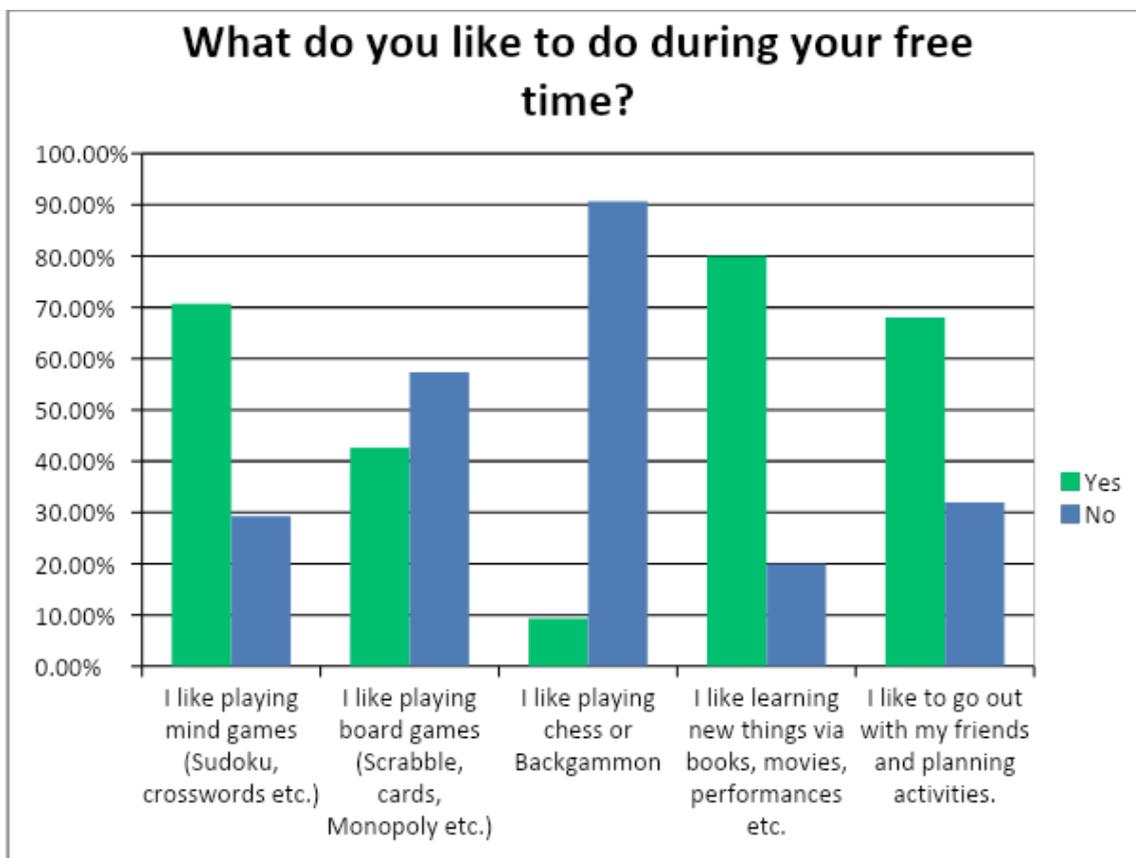
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In terms of other activities that the respondents enjoy, these are walking and cycling, travelling, learning Spanish, taking photographs as well as attending and participating in cultural activities or being volunteers in a senior citizen's associations.

Some of the respondents also do like swimming and taking care of grandchildren, while some of them are attending private piano lessons and computer lessons.

Three of the respondents mentioned that the senior education services should be provided for free by the government and at present the adult education is too expensive for pensioners.



Conclusions

Overall the respondents possess a quite good level of independence in terms of their daily life activities. They are active in terms of communicating with others, shopping, driving, participating in volunteering and cultural activities.

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A majority of them have a positive attitude towards attending additional adult education courses if they are provided free of charge.

They are using mobiles and smartphones to communicate with their family members and relatives, as well as they are using the internet to check their bank account, to submit declarations and documents as well as to communicate via email.

As a whole, we may conclude that the respondents have an open mind towards learning new things, especially if those activities will support their mental perseverance, attention and overall feeling that they are still an important part of the society to which they could still contribute with many activities and initiatives.