

## PRINCIPLE INVESTIGATORS

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This project has been reviewed and approved by the Washington State University Institutional Review Board for human subject participation.

## SPONSOR

The Washington State Office of the Attorney General

Washington State University  
A Video & Telephone-based  
Program

(509) 335-4033  
WSUtech4aging@gmail.com

To participate online,  
please visit:

[www.tech4aging.wsu.edu](http://www.tech4aging.wsu.edu)

\*Simply create an individual account and you can contribute and learn about different helpful tools in the comfort of your

## A Free Video & Telephone-based Program Seeking Participants



*Learn More about Assistive Technologies that Promote Functional Independence!*

*With your help we can develop intervention programs for older individuals that will:*

- *increase functional independence*
- *delay everyday disability*
- *reduce caregiver burden*
- *reduce long-term healthcare cost*

# A VIDEO & TELEPHONE-BASED PROGRAM

## OUR PURPOSE

To evaluate the effectiveness of an educational presentation and a telephone-based program to increase assistive technology awareness and use by older adults, caregivers, and healthcare professionals.

**Assistive Technologies** include any service, tool, or device that facilitates activities that may otherwise be difficult or not possible (e.g., magnifiers, amplifiers, or computer and/or smartphone apps).

This program provides information about current assistive technologies that promote independent living. In addition, the telephone-based program uses a problem-solving approach to aid assistive technologies awareness and use to improve overall well-being and quality of life.

## WHO WE ARE LOOKING FOR

- Individuals who are age 50+
- Caregivers of individuals age 50+
- Healthcare professionals working with older adults

*To be in the study you must:*

- *Speak English fluently*
- *Willing to attend a group meeting or complete an equivalent online protocol*
- *Be able to watch and listen to educational materials.*

## TIME INVOLVED

Participation includes a 90-120 min group meeting or an equivalent online program to view selected videos of assistive technologies and complete questionnaires.

Users and caregivers may also participate in a free telephone-based program. The length of the program will vary by participant and may include weekly 30-60 min phone calls and will last until a goal is completed or for a maximum of three months. The total time commitment will be up to 16 hours.

## TASKS INVOLVED IN PARTICIPATION

The research involves viewing assistive technology videos as well as completing questionnaires (e.g., assistive technology related questions, mood, general health etc.) and problem-solving exercises on the phone (for those participating in the phone intervention).

## INDIVIDUAL BENEFITS

Participants, caregivers, and healthcare professionals will benefit by gaining information about assistive technologies. Participants and caregivers may also benefit from an intervention that aids adoption and use of assistive technologies.

## SOCIETAL BENEFITS

You will be contributing to the development of an educational and support program that can potentially reduce healthcare cost by increasing the use of assistive technologies that promote independence among older adults.

## WHERE AND WHEN

This study is being conducted at various locations in the State of Washington and Idaho. Interested individuals can also participate online at:

[www.tech4aging.wsu.edu](http://www.tech4aging.wsu.edu) .

## CONTACT

To obtain additional information or if you are interested in participating, please contact the WSU Memory and Aging Research Lab.

(509) 335 - 4033

WSUtech4aging@gmail.com