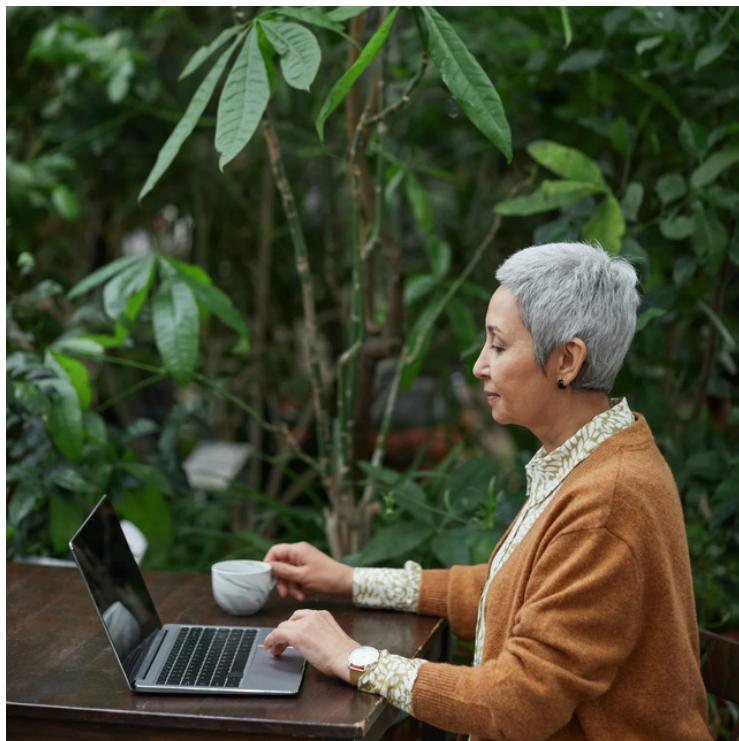


The benefits of Teletherapy for seniors



Many aspects of life have unquestionably been improved by technology, including access to health care services. Telehealth services have been available for a long time, but due to continual lockdowns, social isolation, and technical advancements, they have just recently gained appeal. Teletherapy helps the elderly reimagine their lives, resulting in an improved quality of life.



A therapist can employ behavioral adjustments to help with personality changes, as well as re-adjust the method if cognitive abilities deteriorate over time, using a step-by-step teletherapy technique. As people age, they usually experience moderate mental decline, but some get dementia, which causes functional impairment as well as depression, paranoia, and anxiety. In a research involving 780 caregivers and seniors with dementia, a telehealth-based Care Ecosystem improved physical health, energy levels, cognition, and relationships. In addition, caregiver sadness and the number of emergency department visits were shown to be reduced in the study.

Speech therapy can help elderly people who have difficulty chewing and swallowing, who cough before, during, or after swallowing, or whose voice quality has worsened. Teletherapy has the potential to be a realistic and potentially effective technique of reducing attrition and increasing care partner participation. The elderly's needs can be met through security and social support, adequate training for geriatric care workers, promotion of outstanding mental and physical health, and community projects.

The use of teletherapy by older people is living proof that this population can obtain several benefits from technology. In Digital Generations project we work with this in mind, trying to ensure that throughout its implementation, the elderly can acquire new skills that will help them in the use of these new technologies whilst hopefully improve their own wellbeing.



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