

# Promoting informed and shared decisions about eHealth solutions for older adults and their informal caregivers (PROMISE)

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## INTRODUCTION

Population aging put pressure on public health systems and on informal caregivers. The number of older adults suffering from cognitive problems, seen on a continuum from mild cognitive impairment to severe dementia is expected to grow from 36 million in 2010 to 115 million in 2050 worldwide. The rapid development of information and communication technologies dedicated to health and wellbeing (eHealth) offers an unprecedented potential to assist elderly people with dementia, and their informal caregivers. However, the development of such technologies is not always informed by, and adapted to, their needs and preferences.

## OBJECTIVES

This international collaborative project between Quebec and Flanders aims to support elderly people and their informal caregivers making choices about technologies to improve their health and wellbeing.

## METHODS

We use a participatory research strategy for user-centered eHealth development, involving various stakeholders (e.g. older people and their informal caregivers) at the different phases of the research.

**Phase 1: A)** Semi-directed individual interviews with apt elderly people with mild dementia and with informal caregivers. **B)** Two focus groups; one with health professionals (e.g. doctors, nurses, social workers and occupational therapists), and another one with informal caregivers.

**Phase 2:** Environmental scan of eHealth solutions targeting older adults with cognitive problems and their informal caregivers that have been successfully implemented in Europe and Canada over the last five years.

**Phase 3:** Development and validation of a web-based multicriteria decision support tool, which will be developed according to the results obtained during the previous phases.

**Phase 4:** Evaluation of the project and knowledge transfer activities.

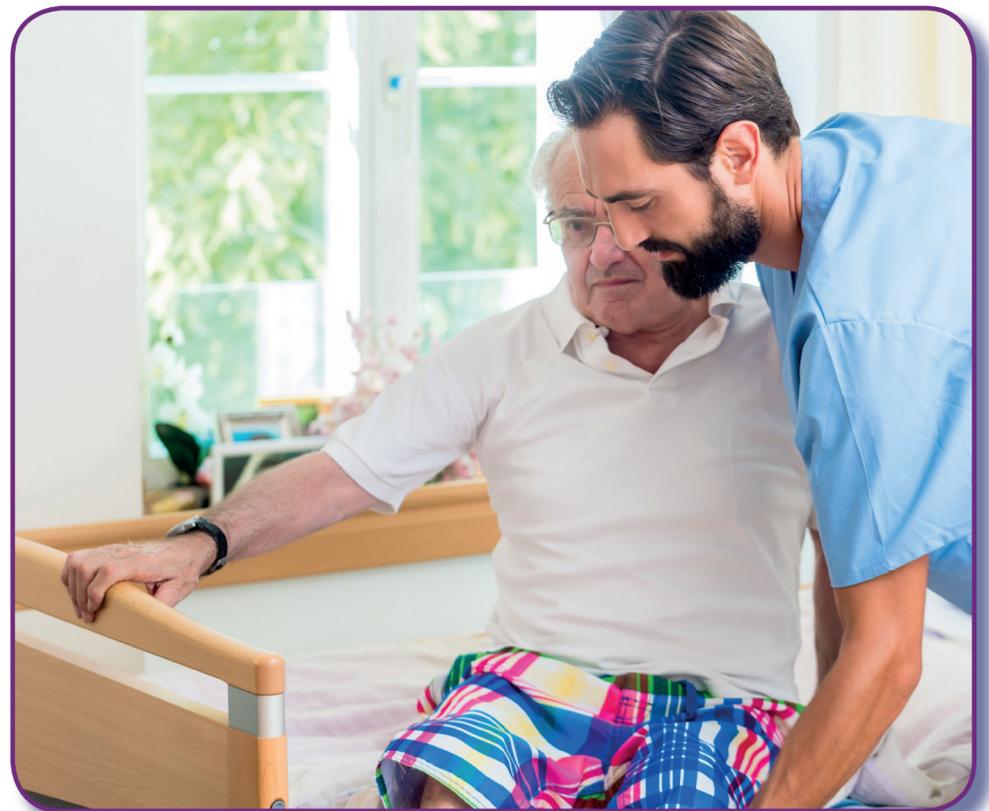


## RESULTS

This project was launched in March 2018 and a first meeting was held between team members who combine various expertise from the academic and community sectors. The review of available eHealth solutions for older adults with cognitive problems and their informal caregivers is ongoing.

## DISCUSSION

The expected results of this research project are likely to lead to more acceptable decisions. Furthermore, the tool developed will serve to promote informed and shared decisions for e-health targeting seniors and their caregivers which will help e-health based on needs rather than supply, considering specific preferences people in setting priorities for e-health.



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