

# **Intelligence-Assisted Integrated Care for Older People in the Communities**

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Promoting healthy aging has become a critical focus as the global population ages. The World Health Organization (WHO) has identified several key areas to promote healthy aging, including physical activity, social participation, and access to healthcare. Digital technology has emerged as a promising tool to facilitate healthy aging by offering interventions that promote intrinsic capacity, support social connections, improve healthcare access, and enhance environmental conditions for functional ability.

Digital technology has transformed many aspects of daily life, including healthcare, and has the potential to improve health outcomes for aging individuals. By leveraging digital technology, healthcare providers can offer tailored services and interventions that improve physical activity, cognitive function, and social participation for older adults.

One key area where digital technology can support healthy aging is physical activity. Regular physical activity is essential for maintaining physical function and mobility in older adults. Digital technology can help overcome barriers to physical activity by providing access to exercise programs tailored to the needs and abilities of older adults, tracking physical activity levels, and providing personalized feedback to encourage exercise.

Digital technology also offers tools to promote cognitive health in older adults. Digital cognitive training programs improve cognitive function and memory in older adults, and other tools such as brain games, mobile apps, and wearable devices promote cognitive health by challenging cognitive abilities.

Social participation is another area where digital technology can support healthy aging. Social isolation and loneliness are significant challenges for many older adults, and digital technology can overcome these challenges by facilitating social connections through social media platforms, video conferencing and messaging

platforms, online communities, and interest groups.

Finally, digital technology can improve access to healthcare services and information. Many older adults face barriers to accessing healthcare services, and digital technology can help overcome these barriers by providing remote access to healthcare services and information through telemedicine and telehealth services, mobile health apps, and digital health platforms.

To fully realize the potential of digital technology for promoting healthy aging, solutions must address issues of accessibility, usability, and digital literacy among older adults. Digital technology solutions must be designed with older adults in mind and incorporate features such as simple interfaces, large fonts, and voice-activated commands. Digital literacy training programs can also help improve digital skills and confidence among older adults.