















Research Review

Lydia Nguyen, PhD, Lead Researcher, iN2L

Research Program Overview

<p>Program</p>	 <p>Area Agency on Aging of Broward County</p>	 <p>Project VITAL 3 (aka Project VITAL At Home)</p>	 <p>Project VITAL 1 & 2</p>	 <p>Methodist Senior Services <i>Celebration. Innovation. Hope.</i></p>
<p>Context</p>	 <p>Home</p>	 <p>Home</p>	 <p>Senior living communities</p>	 <p>Senior living communities</p>
<p>Population(s)</p>	 <p>Independent older adults</p>  <p>Family caregivers of people with dementia</p>	 <p>Family caregivers of people with dementia</p>	 <p>Staff</p>	 <p>Staff</p>  <p>Residents</p>
<p>Factors of interest</p>	<p>Engagement Connection Well-being Loneliness Feelings of depression Feelings of anxiety Caregiver stress Tablet usability</p>	<p>Engagement Connection Well-being Loneliness Alzheimer Association program usage Tablet usability</p>	<p>Staff perceptions of resident feelings of social isolation (w/in context of COVID)</p>	<p>Eden Alternative's Domains of Well-Being®</p> <ul style="list-style-type: none"> • Identity • Connectedness • Meaning • Joy • Growth • Security • Autonomy <p>Tablet usability</p>



AAA Broward County

Independent older adults



Decreased loneliness at 9 months versus Pre

42% Felt less lonely[†]

Decreased feelings of depression & anxiety at 6 months versus Pre

50% Had fewer feelings of depression[^]

33% Had fewer feelings of anxiety[#]

"I live alone so using the tablet takes being alone away. When I am on the tablet I don't notice how the time flies."

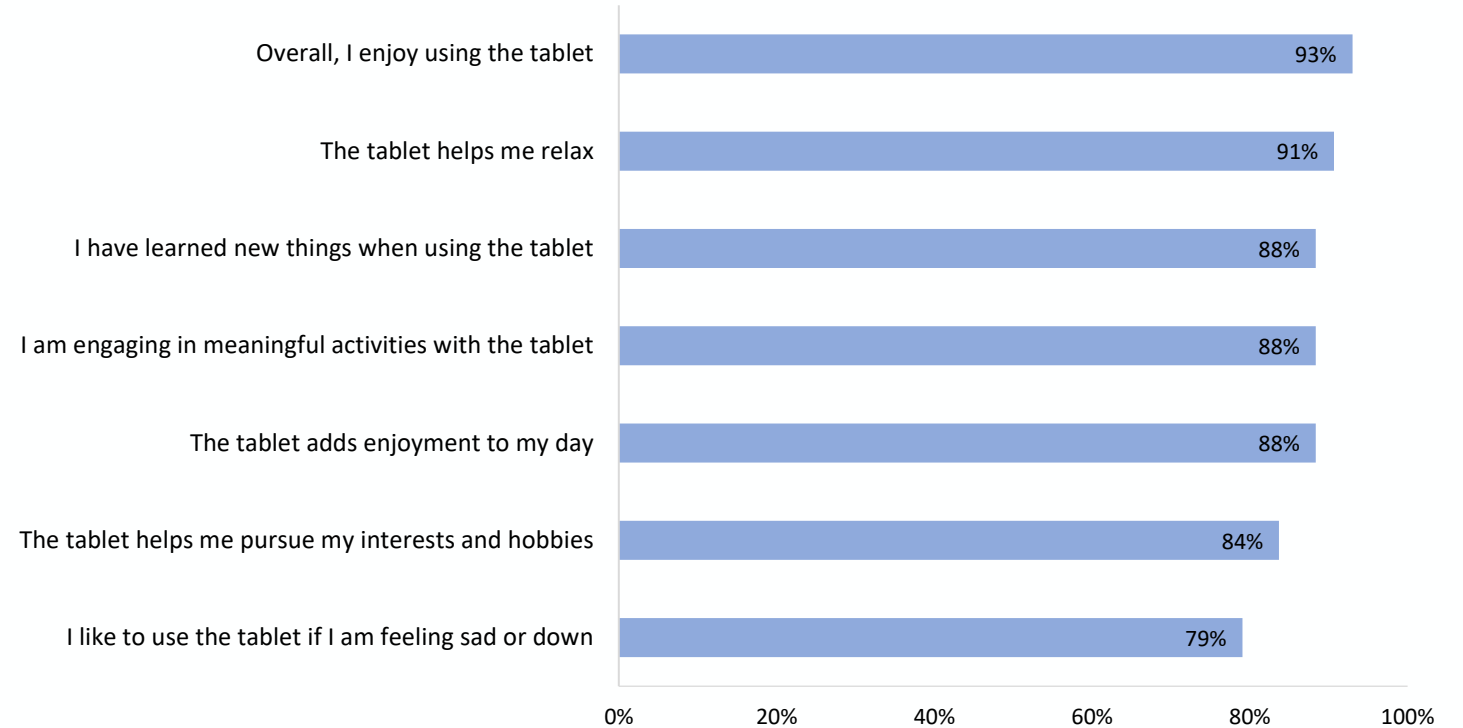
"I don't feel left out anymore. I can actually relate to my grandkids better."



- N = 43*
- Age: 64-92 years (average 77)
- Mostly female, Black/African American, living alone

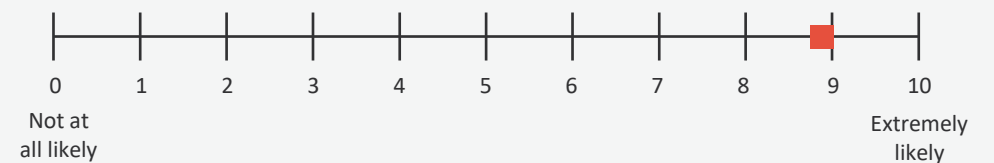
Well-being boosted by iN2L tablet use

Percentage who Strongly Agreed or Agreed at 9 months



Strong advocates for others to adopt tablets

"How likely are you to recommend the iN2L tablets to friends or family?"



*N represents number of participants with Pre, 3-, 6-, and 9-month data. [†]UCLA Loneliness Scale (3-item). [^]CES-D-R-10; screening for feelings of depression, not diagnosis. [#]GAD-7; screening for feelings of anxiety, not diagnosis.



AAA Broward County

Family caregivers of people with dementia

Decreased caregiver loneliness at 9 months versus Pre

35% Felt less lonely[†]

"I have seen a breakthrough in him, he knows how to use it by himself, and has initiative. It is a pleasure to see my husband's face of happiness."

"It has been a great help for both of us. The IN2L tablet gives us inner peace."



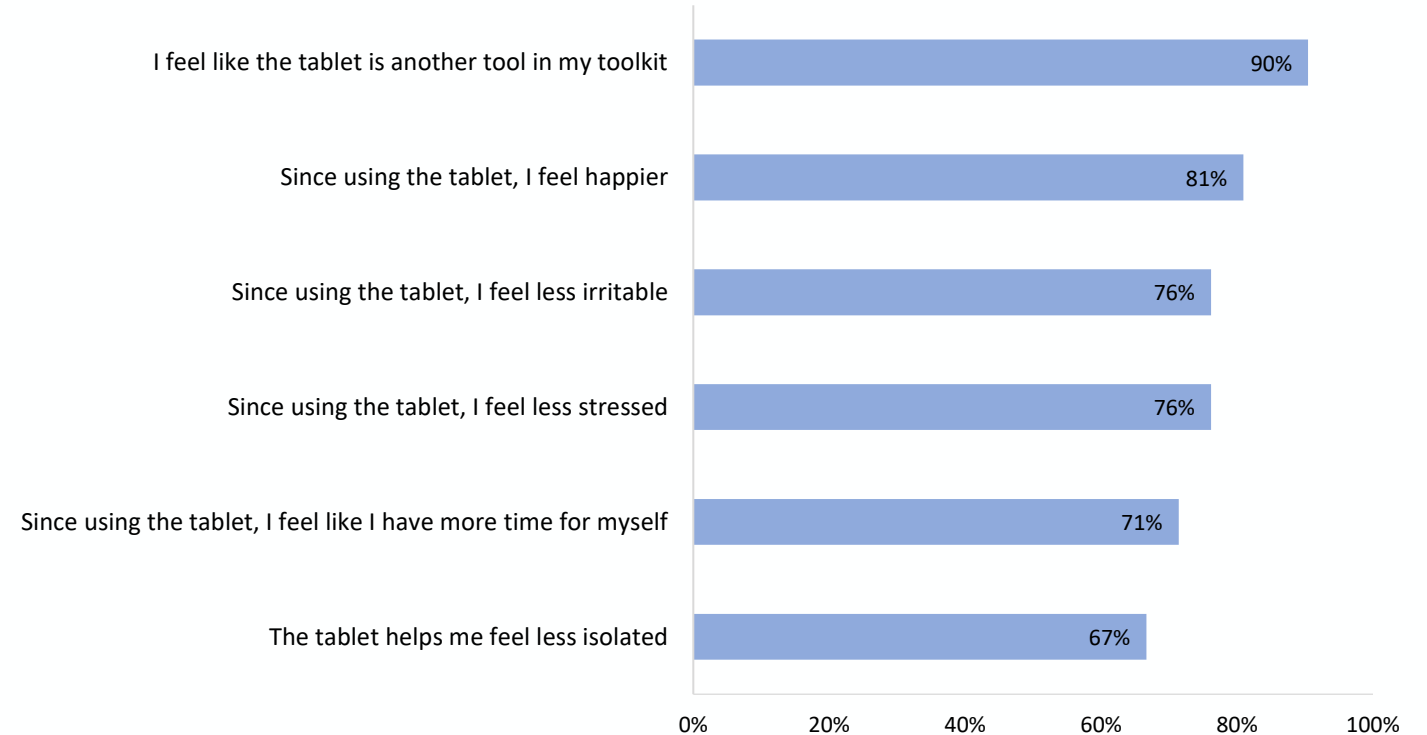
- N = 21*
- Age: 42-81 years (average 60)
- Mostly adult children of person with dementia

Person with dementia

- Age: 65-96 years (average 80)
- Mostly female, Black/African American

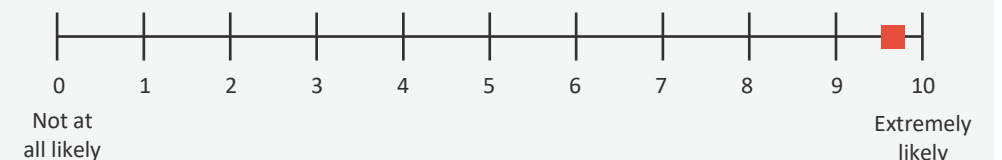
Caregiver well-being positively impacted by iN2L tablets

Percentage who Strongly Agreed or Agreed at 9 months



Strong advocates for others to adopt tablets

"How likely are you to recommend the iN2L tablets to friends or family?"



*N represents number of participants with Pre, 3-, 6-, & 9-month data. [†]UCLA Loneliness Scale (3-item).



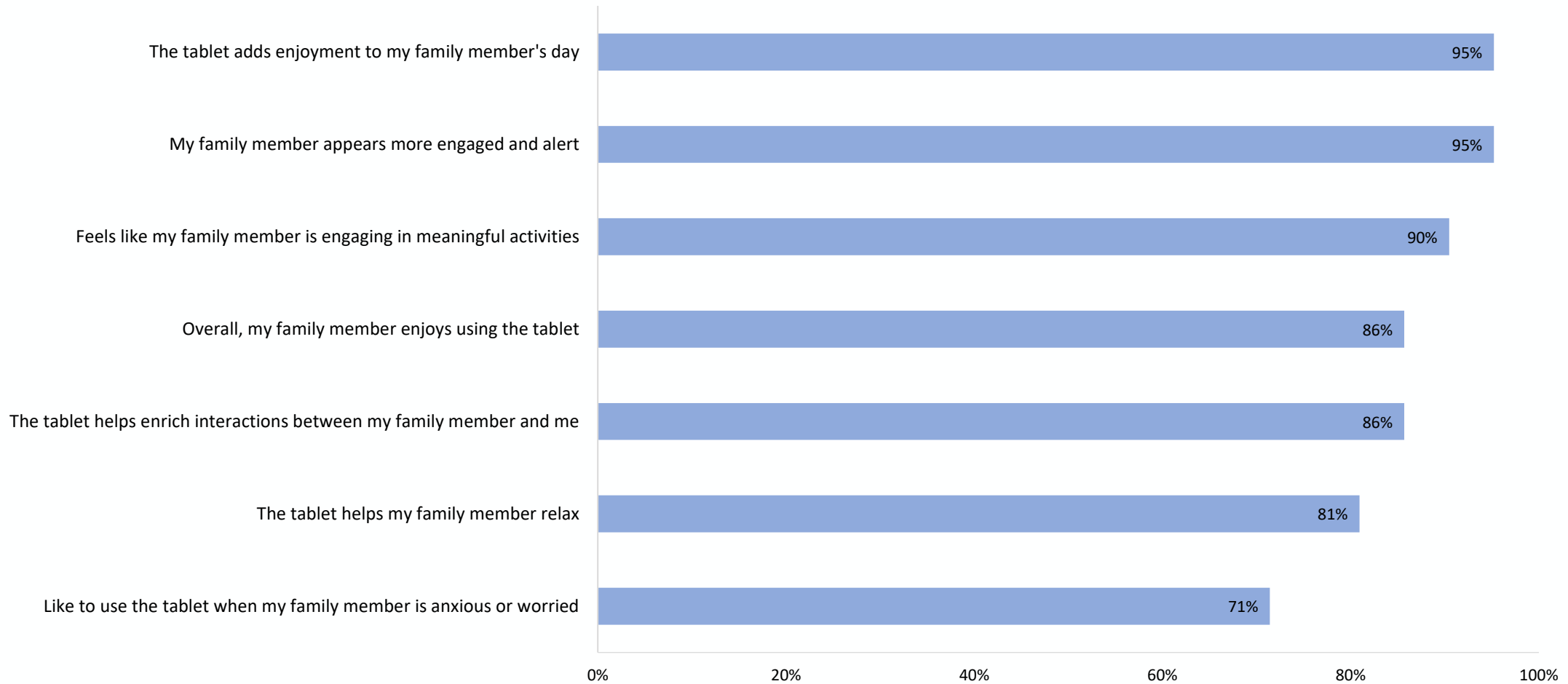
AAA Broward County

Family caregivers of people with dementia



Robust impact on family member's well-being by iN2L tablet use

Percentage who Strongly Agreed or Agreed at 9 months





Project VITAL 3

Decreased loneliness at Post versus Pre

32% Felt less lonely[†]

iN2L tablets improved access to Alzheimer's Association programs

55% Indicated that iN2L tablet increased access to Alzheimer's Association programs (e.g., education programs; support groups)

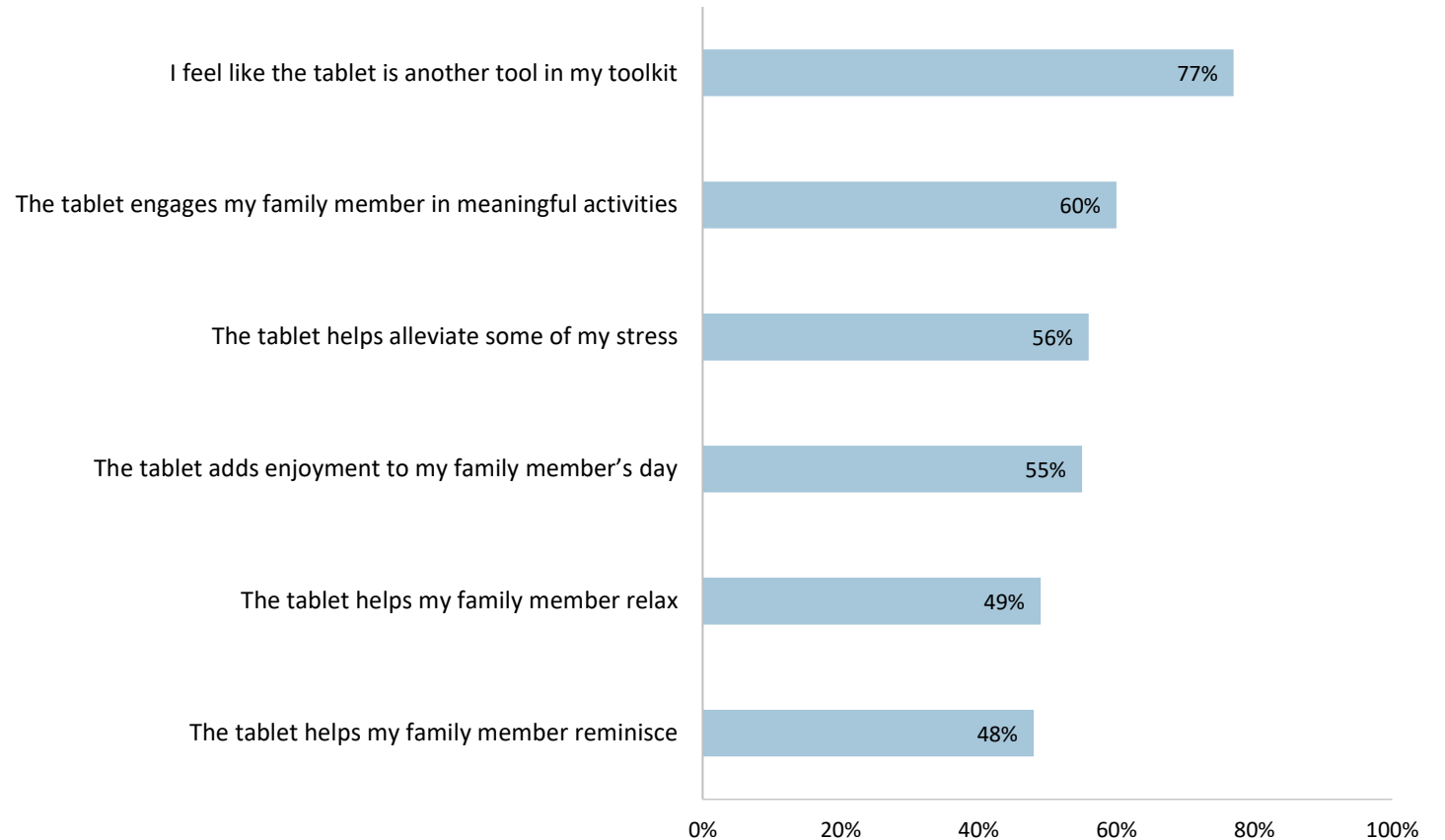
"We appreciate the tablet very much. It's easy to use and I use the games for distraction myself... We both enjoy a lot of the travel, learning, funny, and sing-along videos."



- N = 124 (only those who complete Pre and Post surveys)
- Average age: 67 years
- Mostly female, White, Master's degree
- Mostly spouse of person with dementia

Caregivers and their family members both benefit from the iN2L tablet

Percentage who Strongly Agreed or Agreed at Post

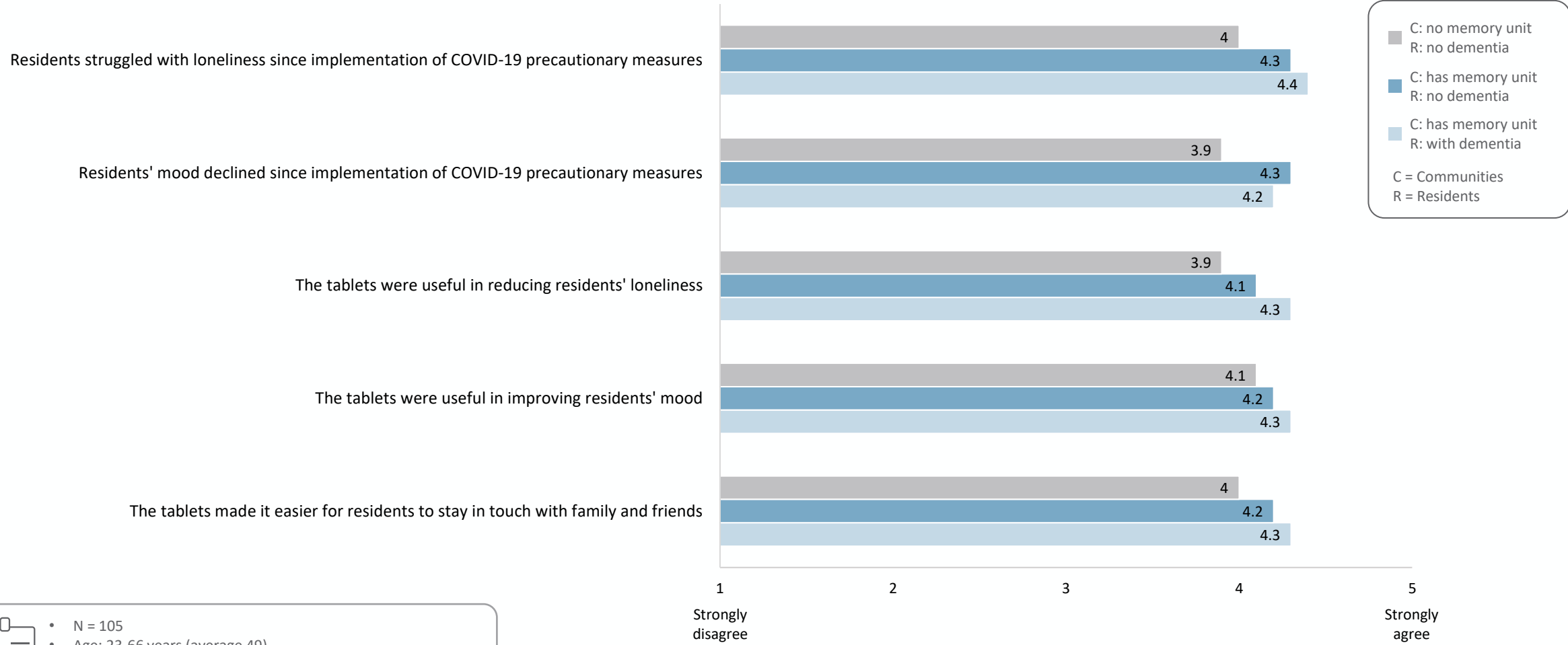




Project VITAL 1 & 2



iN2L tablets help reduce resident loneliness, improve mood, and enable connections





- N = 105
- Age: 23-66 years (average 49)
- Mostly female, White, 4-year college degree, activity directors




Methodist Senior Services




64% agree the tablets help staff know what they are interested in	<i>Identity, Connectedness, Meaning</i>
61% agree the tablets add enjoyment to their day	<i>Joy</i>
56% agree the tablets help strengthen their relationship with staff	<i>Security</i>
55% agree the tablets help them relax	<i>Security</i>
48% agree the tablets help them pursue their interests/hobbies	<i>Growth, Autonomy</i>
48% agree they feel they are engaging in meaningful activities when using the tablet	<i>Growth, Autonomy</i>



85% agree the tablets help them learn more about elder's personal interests	<i>Identity, Connectedness, Meaning, Growth</i>
81% agree the tablets help elders connect with family and/or friends	<i>Connectedness</i>
79% agree they feel they are providing elders with meaningful activities with the tablet	<i>Growth, Autonomy, Meaning</i>
73% agree they like to use the tablet when elders are sad/down	<i>Joy</i>
71% agree the tablets have made their jobs easier by being another tool in their toolkit	<i>Autonomy</i>
67% agree they like to use the tablets when elders are anxious/worried	<i>Security</i>
65% agree they like to use the tablets to help redirect elders during behavioral expressions	<i>Security</i>



- N = 66
- Age: 59-101 years (average 85)
- Mostly female, White, HS/GED



- N = 52
- Age: 23-74 years (average 38)
- Mostly female, White, Some college/Associate's, Shahbaz/care staff/CNA

Feedback: The iN2L Tablet SHINES

"Participant enjoys the tablet and is in tears on the phone saying she is so glad we have this. Participant is very emotional about the opportunity to use the tablet. She thrives with using the internet to watch News and read about current events."

-- AAA case manager for independent older adult

"The tablet helps her to stay occupied hence less anxiety when she doesn't understand what's going on around her for that moment."

-- AAA Family caregiver

"I use the tablet to video chat with family. They live all over the country. It has brought me closer to them."

-- AAA Independent older adult

"When she gets on the tablet, time flies, that she forgets how long it has been."

-- AAA Family caregiver

"I think the tablet is very educating and you can learn a lot and it takes away a lot of isolation. You can learn a lot of things if you're savvy on the tablet."

-- AAA Independent older adult

"Participant is very active and is busy all day and using tablet basically until she falls asleep with it still in hand."

-- AAA case manager for independent older adult

"When she's on the tablet it allows me to focus on work and it allows me get through meetings uninterrupted."

-- AAA Family caregiver

"I am so happy that I am participating in this project. I am learning things I never thought I could learn at my age."

-- AAA Independent older adult

"She was mostly angry and agitated before using the iN2L tablet. Now having it keeps her occupied and she is happier."

-- AAA Family caregiver

"The iN2L tablet is a great program. It enables people who are 'tech challenged' the opportunity to enjoy whatever interests them without being afraid they will 'mess something up'."

-- AAA Independent older adult

"It has improved their mental health, by being happy and not sad, angry or agitated."

-- AAA Family caregiver

"The tablet helps me a lot in dealing with my depression. I use it keep my mind busy and not focused on being worried."

-- AAA Independent older adult

"I feel that my mind is getting 'exercise' when I use the tablet. Now when I go to the couch, instead of taking a nap, I reach for my iN2L tablet."

-- AAA Independent older adult

iNO2L™

spark • engage • shine