

Health and healthy lifestyle of seniors in digital society

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Abstract

Aim: Healthy ageing is one of the challenges of contemporary Europe. Therefore, it is crucial to increase the knowledge to support seniors' health as well as life quality in late life stages. In order to effectively benefit from the increasing number of seniors, it is necessary to focus on two fundamental areas – health and lifelong learning. Every area of human activity witnesses the introduction of computers and it is expected that seniors will use digital devices to control their everyday life, including accessing information about health. The objective of our research was to find out whether state administration and senior organisations support the development of digital knowledge in a way that seniors would not be excluded while being able to use digital technologies for healthy lifestyle and support of health.

Methodology: The context and the grounds for the research was an analysis of strategic documents – national programmes of preparations for ageing: years 2003 - 2022. The main objective of our research was to map “senior education in the context of IT inclusion” in the geographical area of the Ostrava City Council. The research took advantage of the methodology of quantitative research for the techniques of a questionnaire survey. The methodology of quantitative research based on interpretative phenomenological analysis (IPA).

Results: Based on the acquired data analysis a methodology how to educate seniors in SMART technologies to prevent digital exclusion.

Conclusion: The methodology of education with respect to the support of health will be also usable in international context.

Key words: Senior, SMART technology, social inclusion, health, lifestyle