Enhancing Quality of Life for Older Adults With and Without MCI through Social Engagement Over Video Technology

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Introduction

- Mild cognitive impairment (MCI) is a condition that is characterized by a decline in cognitive abilities including memory, language, thinking, or judgment, but does not affect a person’s ability to perform activities of daily living. (Alzheimer’s Association, 2021).
- MCI affects 15-20% of the population in the US of age 65 or older and increases the risk of developing Alzheimer’s or dementia. (Alzheimer’s Association, 2021).
- Social engagement promotes quality of life among both healthy and cognitively impaired older adults.
- Technology has the potential to increase social engagement in these populations.

Project

- Title: Enhancing Quality of Life for Older Adults With and Without MCI through Social Engagement Over Video Technology
- Purpose: To test the efficacy and scalability of an online platform (OneClick) to support social engagement in older adults, including those with mild cognitive impairment (MCI).
- Design: 12-week intervention with a wait-listed control group design
- Participants: Healthy older adults and those with MCI

My Tasks

- Technology solutions for the implementation of the virtual intervention
- Developing recruitment materials
- Assisting with the development of a manual of operations for the intervention study

Technology

**Headset Comparisons**

Headsets are used for video-chat conversation especially for individuals who are hard of hearing.

- Headsets can reduce the background noise with a feature called noise cancellation.
- Headset microphones optimize sound quality for conversation.
- In this activity, I compared various headsets based on the quality, durability, customer reviews, and price for use in the intervention study.

Participant Recruitment

- Recruiting participants is a crucial part of research.
- For OneClick.chat intervention, recruitment flyers were developed for the two different populations.
- Flyers specified the target population (older adults with MCI or healthy older adults), age requirements, a brief overview of the study, and contact information.
- This experience allowed me to learn how to create flyers using the appropriate wording, colors, font size, and formatting for older adults.

Manual of Operations

- A manual of operations (MOP) is a handbook that explains a study’s operations and guidelines.
- The purpose of a MOP is to increase the reliability of the research and improve the study’s operations. (Bowman, A., Wyman, J. F., & Peters, J., 2002).
- In this task, I assisted in creating a section on the assessment battery where it lists the different measures that will be used in the study.

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References


STUDENT AGING RESEARCHERS IN TRAINING