

## The Elderly and New Technologies

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### Abstract

*Young people are now more and more connected and use new technologies from an early age, they have well understood that the use of the Net expands the possibilities of communication, sociality, information and access to services, but the elderly? In the last ten years there has been a positive trend of regular Internet users in the EU-28 population between 65 and 74 years of age, with percentages ranging from around 16% to 52%. On-line communication activities, including instant messaging, but also e-mail and social networking services, are a great opportunity for interpersonal contact and information exchange and sharing with the outside world and can help reduce meaning of isolation and relational and social solitude. Online communication is carried out by almost a fifth of the population aged 65 and over (19.5 percent), it is certainly practiced frequently by those who have an active social activity. In order to encourage the use of technologies in the elderly, therefore, it is necessary to understand the actual usefulness of the medium to be used and to ensure that means such as smartphones or PCs are as simplified as possible, suitable for senior users and very easy to use. Numerous apps have already been developed for some time to help people who care for a sick elderly person to better manage the situation. Encouraging the use of technology in the elderly can really improve everyone's life!*

**Keyword:** elderly, new technologies, iphone for elderly