



The impact of information and communication technology on family carers of older people and professionals in Sweden





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Abstract

Government policy in Sweden, as in other developed countries, pays increasing attention as to how best to support the family carers of older people. New and innovative means of support, such as information and communication technology, are emerging. This paper explores the perceived benefits of, and barriers to, information technology as a means of supporting family carers of older people.

Following a brief overview of the care-giving literature, with particular reference to the Swedish context, interview and questionnaire data collected from 34 families who took part in the Swedish ACTION project are used to explore the role of user-friendly information and communication technology to inform and enable family carers of older people to exercise choice, to care more effectively and to work in partnership with professionals. Interview data from two groups of professionals that utilised ACTION are also examined to throw light on its potential benefits for both carers and professionals. Consideration is given to the barriers to using information technology, and to identifying those carers most likely to benefit. Areas for further development are the need for practitioners' education and a wider range of programmes to address carers' diverse needs. Clearly, lessons learned from the Swedish project have wider relevance, given that new forms of support are being developed in most technically advanced countries.

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Technology has a real impact on the way people have changed the healthy habits. As people are busy with their gadgets, they have no time for outdoor activities. The sedentary life style is seriously causing health issues for people of all ages. Kitchen and cooking is a rare sight for junk food is just a call away. Parents can guide kids to enjoy the life rightfully by weighing the pros and cons of technology. Even schools are realizing the negative impacts of overuse of technology and taking children out of the four walls of the classroom to give them an opportunity to interact with the nature. Technologies have made life really easy for us as information to anything under the sun is available at our finger tips. This report looks at social care services for older people and the impact of cuts in local authority spending on social care providers and on older people, their families and carers. Access to care depends increasingly on what people can afford – and where they live – rather than on what they need. Under-investment in primary and community NHS services is undermining the policy objective of keeping people independent and out of residential care The Care Act 2014 has created new demands and expectations but funding has not kept pace. Local authorities have little room to make further savings, and most will soon be unable to meet basic statutory duties. Policy implications.