Opportunities for Collaborations at the Interface of Aging and Telemedicine (Telehealth)

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Trends in Global Aging

Source: UN Department of Economic and Social Affairs, Population Division
## Impact Matrix

<table>
<thead>
<tr>
<th>Goals / Technological intervention</th>
<th>Key Domains of human activity</th>
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<tbody>
<tr>
<td></td>
<td>Health/ Self Esteem</td>
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<tr>
<td>Prevention/ Engagement</td>
<td>Proactive monitoring of patient’s clinical status; e-psychiatry; e-coaching</td>
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<tr>
<td>Compensation/ Substitution</td>
<td>Telerehabilitation</td>
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<tr>
<td>Care Support/ Care Organization</td>
<td>Rural health care delivery; Caregiver support;</td>
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<tr>
<td>Satisfaction/ Enrichment</td>
<td>Patient/ caregiver education</td>
</tr>
</tbody>
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Source: Adapted from van Bronswijk, Bouma, Fozard, 2003
Educational Application: Positive Aging Resource Center (SAMHSA-funded)
Research Applications: E-interventions for dementia caregivers (NIA-supported)

Develop interactive on-line communities:
To provide information and skills training
To provide opportunities to communicate with other caregivers and dementia experts
That ensure cultural appropriateness for different ethnic minority populations
E-Intervention for Latino dementia caregivers (NIA-supported SBIR Phase I)
E-Intervention for Latino dementia caregivers (SBIR Phase II)
E-Intervention for Chinese dementia caregivers (NIA-supported SBIR Phase II)

We want to help you:
- Learn more about dementia
- Cope better with dementia
- Communicate with doctors
- Improve caregiving skills
- Share with other caregivers
- Discuss with experts
- Keep your own memories of your loved ones

Window to tranquility

Window to friends

User Picked Topics March, 2007
1. Is it dementia?
2. What to do after diagnosis?
3. Is there a cure?
4. Can memory be improved?
5. Why do I feel so guilty?
6. How long will this be?
7. How to tell doctor?
8. How do I tell my relatives?
9. Is Vitamin E helpful?
10. Am I a burnout caregiver?
11. Why is he so sad?
E-intervention: Prevention of HIV/AIDS and STDs in Women 50 and over (NIA-supported SBIR Phase I)

- Goal: To develop a comprehensive (educational and behavioral), accessible, HIV/AIDS and STD prevention e-intervention for culturally-diverse older women age 50 and over.

Social worker, health educator, psychologist

Software engineers

Social gerontologists
Cost-effective Health Promotion e-intervention for Older Workers aged 55-64 (SBIR Phase I)

Workers take on-line Social and Health Risk Appraisal (SHRA)

SHRA report is generated, sent to older worker, and imported onto a telephone coaching platform

Individually Tailored Health coaching

Computerized messaging

supported by software engineering scientists

supported by social workers/gerontologists
Need for Interdisciplinary Collaboration

We are not students of some subject matter, but students of problems. And problems may cut across the borders of any subject or discipline. (Karl Popper)

Interdisciplinary research is a true body contact sport; you have to be running into each other to make it work.

Breaking bread together causes the creative juices to flow.

From Facilitating Interdisciplinary Research, National Academies Press, 2004
Summary

• Telemedicine and telehealth
• Interventions cannot be developed in disciplinary silos – require interdisciplinary input
• Older adults at the center of the development process
• Interventions require robust evaluations
• Problems to resolve: lack of coordinated care for older adults, that is person centered, caregiver friendly, and accessible to those in urban and rural areas alike
• Opportunities for innovation: changing health care environment
• Opportunities for collaboration: Limitless!