

Technology in the decade of healthy aging (2020-2030)

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ABSTRACT

Purpose: The phenomenon of demographic aging appears in developed countries essentially due to an increase in longevity and a decrease in birth rates. This constitutes a challenge, due to the need for a balance between the definition of health promotion and social protection policies. The World Health Organization is preparing the development of a decade dedicated to healthy aging (2020-2030), where older people are at the center of concerted and sustained actions, in the face of the reality of increasingly long lives. In this context, this decade aims to build solid bases, with concrete actions, aligned with the 2030 agenda (Sustainable Development Goals), where the establishment of partnerships is essential for the development of a global change in the way we think, feel and acts against the elderly and aging. Evidence-based decision-making arises at the level of different sectors of society in optimizing the intrinsic capacity and functional capacity of the elderly, as well as in strengthening communities in response to the phenomenon of aging, with information and communication technologies being mentioned in this context. communication as essential.

Design / methodology / approach: We developed a Scoping Review where we systematized evidence regarding the understanding of the importance of information and communication technologies as promoters of healthy aging.

Findings and Originality/value: The evidence found demonstrates the potential of information and communication technologies in promoting personal training and improving the quality of life of the elderly, as well as favoring access and management of multidisciplinary health care, with the possibility of cost reduction.

KEYWORDS: Health, Aging, Information technology

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