

Wearables for Older Adults - Requirements, Design and User Experience

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This chapter presents insights into current research about the use of wearable technologies by older adults. The results of requirement analysis, laboratory tests and pilot studies with different quantitative and qualitative methods are presented and discussed. The authors refer to the high expertise from various publicly funded projects with activity tracking devices and Google glasses. The last section presents specific requirements and suggestions, relevant to researchers, designers and developers working with the target group of older adults. The authors argue that wearable technologies are predominantly adapted to the needs of younger target groups who are already familiar with intelligent technologies. Older adults, on the other hand, often have poor access to technology, which derives from a low belief in technology control and competence as well as sensory, physical and cognitive impairments. The authors conclude that wearables can support seniors in the process of learning health-related competencies for self-management and health-relevant behavior in the context of age-associated diseases for a self-determined lifestyle.

This is the abstract of a book chapter. The full chapter is available [here](#). Citation: Robert Klebbe, Anika Steinert and Ursula Müller-Werdan (2019): Wearables for Older Adults - Requirements, Design and User Experience, In: Buchem, Klamma, Wild (Eds.): Perspectives on Wearable Enhanced Learning (WELL): Current Trends, Research, and Practice, Springer.