

Feasibility of a tablet designed for older adults to facilitate telemedicine visits

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Specific Aims

1. To evaluate the feasibility of integrating age-friendly telemedicine platform into homebased primary care.
2. To evaluate the effects of engaging older adults with age-friendly technology to address loneliness.

Background

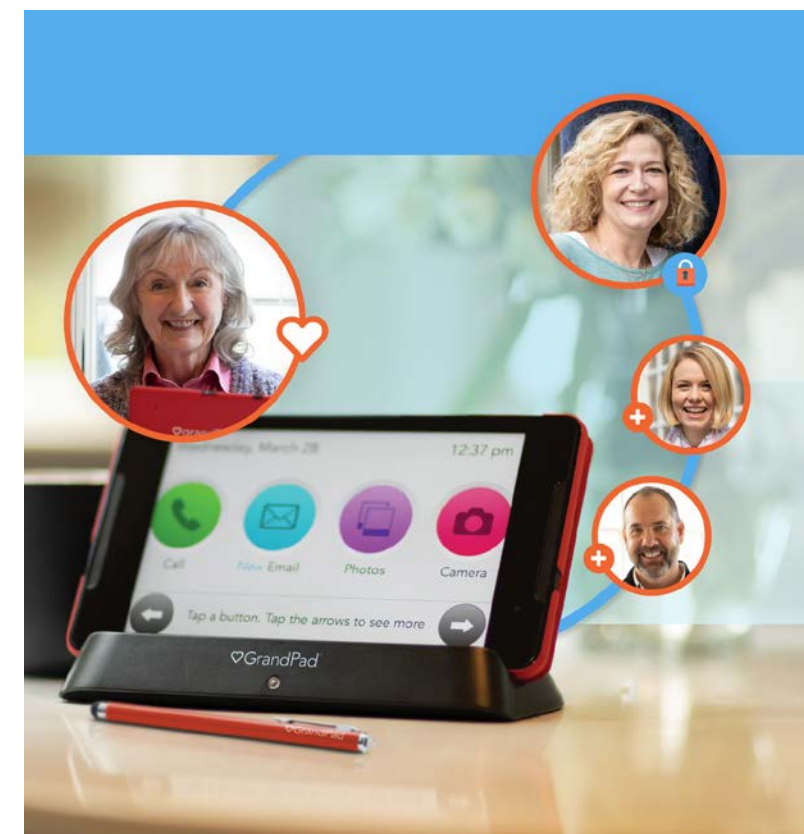
- Telemedicine is gaining popularity and will have Medicare reimbursement in 2020.
- ***Incorporating age-friendly technology may help providers address older adults' complex care needs more efficiently and urgently.***
- Current telemedicine technologies have barriers and are difficult for some older adults.
- Not all older adults have access to, or an understanding of technology.
- Age-friendly technology may have the potential to alleviate loneliness that occurs with homebound older adults and affect healthcare outcomes.
- **This is the first study to evaluate the feasibility of a telemedicine platform specifically used for older adults.**

Methods

- 1 year pilot study: **21 patients** and **14 providers**
 - Patient mean age: **79.9 years**
 - Patient average baseline loneliness score: 4.68 (range 1-9)
 - community residing, predominantly low income, homebound.
- Provided GrandPad free of charge. Providers downloaded app.

Technology GrandPad[®]

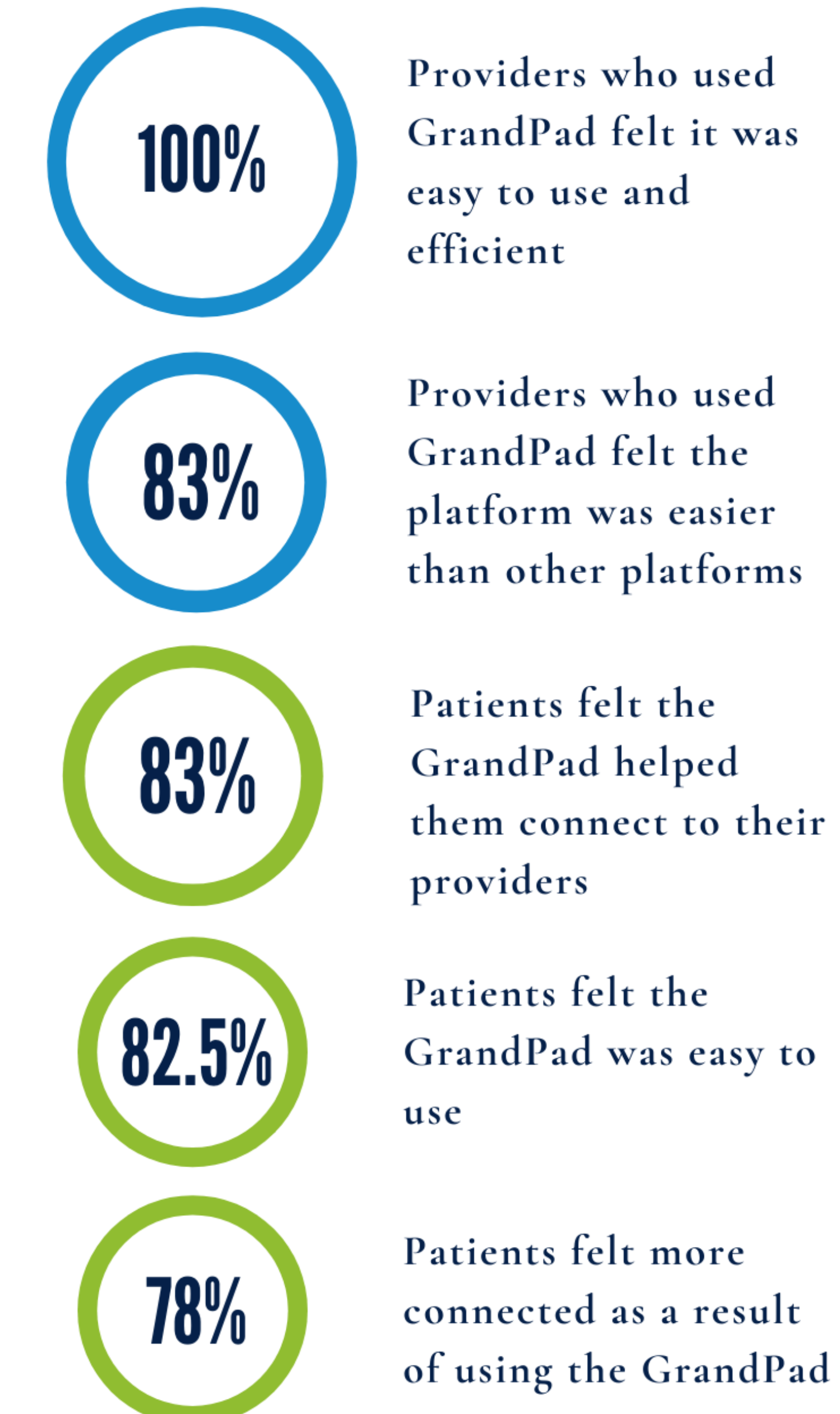
- A simple, secure tablet created for older adults
- Helps connect with loved-ones.
- Can be used with medical providers.



Measurement

- Patients and providers who used the GrandPad with their patients were given surveys quarterly:
 1. Telemedicine readiness
 2. Satisfaction
 3. 3 item Loneliness questionnaire

Results



Discussion

- Multiple telemedicine platforms are being implemented in health care settings without explicit evaluation in older adults.
- There is a direct correlation between loneliness and adverse health outcomes.
- Little data exists on the use of age-friendly technology as a solution to loneliness in older adults and telemedicine.
- **This pilot study provides evidence for the need to evaluate technological interventions in older adults to understand barriers and facilitators and provides potential evidence for a loneliness intervention.**

Conclusion

- **Patients and providers are satisfied with an older adult-friendly tablet and it can easily be implemented in health care settings.**
- **GrandPads may help older adults feel more connected.**

Disclosure of Financial Interests

This project is independently funded by UCSF research funds. Tablets are provided free of charge by GrandPad. Grandpad team did not influence research methodology.