

# An approach to Technology and Frailty, our experience in the Living Lab

Dr Anand Sundaralingam (University of Brighton)

Dr Theo Fotis (University of Brighton)

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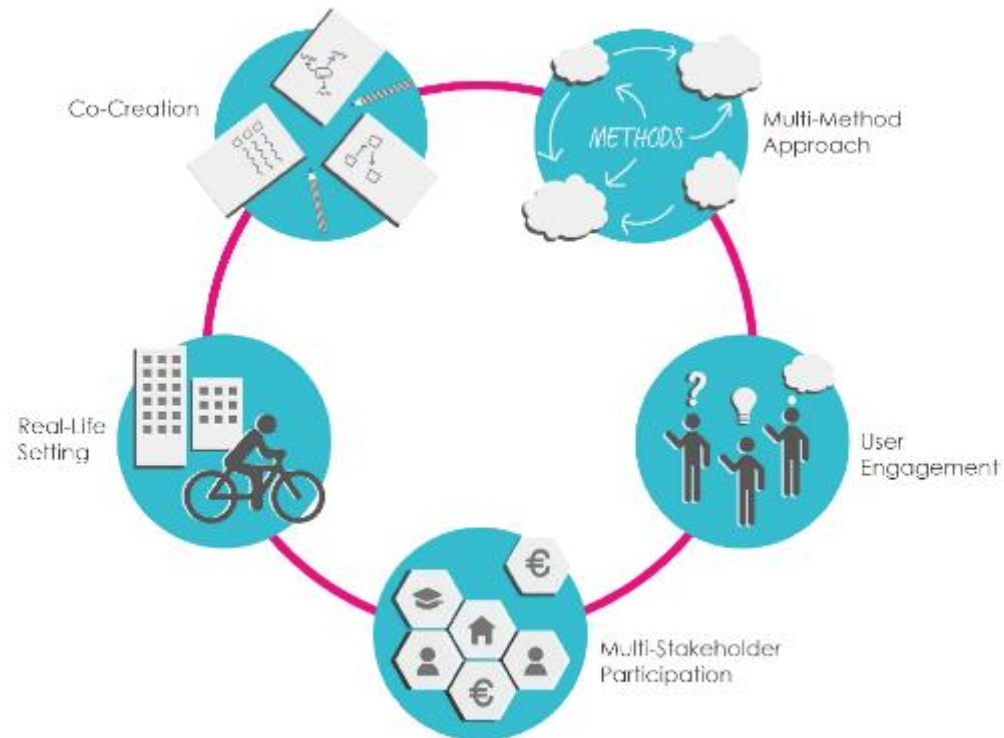
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# + The Living Lab



- A research and innovation concept
- Many descriptions but fundamentally, a way to combine research and innovation processes in a user-centered, co-creative fashion in real life settings.
- Historically they have largely been centered around developing information and communication technology
- Established body of work in Europe around Living Labs (European Network of Living Labs)

# + The Fundamentals



Exploration



Experimentation



Evaluation



# + Our Lab: HI Brighton

- Leach Court, Sheltered Accommodation scheme consisting of 108 individual flats with couples or single occupants.
- Varying degrees of health and care needs within the residence.
- Solutions are generated and then tested within this environment and evaluated (mixed methods approach)

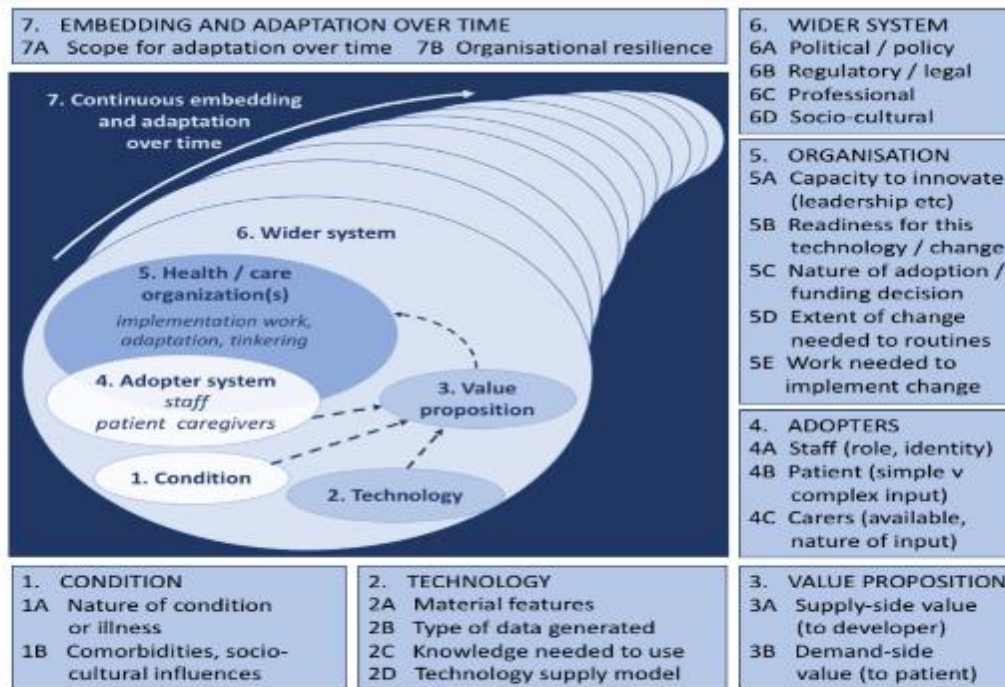


Figure 2. The NASSS framework for considering influences on the adoption, nonadoption, abandonment, spread, scale-up, and sustainability of patient-facing health and care technologies.

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- Citizens and Co-creation, NOT straightforward
- Ambition is to leverage the University's wider assets to create a larger health ecosystem, owned by the community



“I don't like technology, but when you realize what you can do with it you want to use it”



“Once you learn how to use it and you stop using it for a few days you forget”

“Fun to learn from grandchildren”



“Concerned that it gives the elderly a reason to not move and go meet people”

”The remote could use the same concept of coins - different sizes that make it obvious what the amount is”

“Willing to learn how to use ... but if it takes too long to figure will not use it”



“What I like about ... is that you don't have to carry it around with you. Can fall not wearing the fall alert and it's of no use because it sits in a drawer”





**Thank You**