

Webinar: Healthy Digital Habits & Behaviours

Presented by:



United Way
British Columbia

HelpAge

Canada



February 21, 2024

Land Acknowledgement



Agenda

- 1. About HelpAge Canada** (2 minutes)
- 2. Attitudes toward technology** (10 minutes)
- 3. Understanding Unhealthy Habits & Behaviours** (23 minutes)
 - Excessive Internet Use
 - Social Media & Mental Health
- 4. Finding the Balance** (10 minutes)
 - Feature App
- 5. CORE Canada, CORE BC & the Tech Resource Library** (5 min)
- 6. Q&A: Open Session with HAC (Optional)** (10 min)

About HelpAge Canada





Helping older persons live with dignity in Canada and around the world since 1975.

Our **vision** is simple: we want to see a world where all older persons lead secure, healthy, active, and dignified lives.

Our **mission** is to support **community-based initiatives** to improve the lives of older persons and their communities.

TOGETHER, WE CAN CREATE A
NEW NORM WHERE EVERYONE
CAN AGE WITH DIGNITY!

WE MAKE CHANGE HAPPEN

To transform the aging landscape, HelpAge Canada has adopted a holistic approach to healthy aging, working to make change in **four impact areas** that encompass the most pressing issues facing older people today:

- **Health and wellness**
- **Aging in place**
- **Digital literacy**
- **Humanitarian relief**

By focusing on overall impact to guide our programs and initiatives, we're doing more than just putting a band-aid on a few issues – we're building stronger communities where older people receive the **support they need** and can **participate fully.**



Attitudes



Attitudes Toward Internet & Tech (2020 Data)

TECHNOLOGY FOR HEALTH AND WELLNESS

Over 8 in 10 Canadians aged 65+
believe technological advancements can help them stay

SAFE

INDEPENDENT

**IN THEIR HOMES
LONGER**

**CONNECTED TO
OTHERS**

24% of Canadians aged 50-64
and **18% of Canadians over 65**
use a digital watch to help
manage their health



7 in 10 Canadians
over 50 would use the
following technology for
health and wellness:

- Devices that **alert for falls**
- Devices that keep them **mentally active at home**
- Devices that help them **recover at home**
- Devices that help **connect with a doctor/health care provider**
- Devices that allow them to **stay independent at home**

Attitudes Toward Internet & Tech

(2020 Data)

86% of Canadians aged 65+ and 94% of Canadians aged 50-64 report being online daily.

61% of Canadians aged 65+ believe that the impact of technology on society is positive.

Uses of Internet & Tech Reflect Attitudes

(2022 Data)

- About half (50.9%) of seniors sent messages using an instant messaging app in 2022, while over 4 in 10 (43.5%) used social networking websites or apps.
- Over one-third (37.8%) of seniors made online voice calls or video calls in 2022, virtually unchanged from 2020.
- Over 4 in 10 (40.7%) seniors booked appointments online in 2022, up 10.9 percentage points from two years earlier.
- Over half (55.4%) of seniors used government online services in 2022.
- Nearly 6 in 10 (58.0%) of seniors conducted online banking in 2022, up 6.1 percentage points from 2020.
- Over 4 in 10 (44.5%) seniors watched video streaming services in 2022, up 10.4 percentage points from 2020.

As digital technologies become woven into all facets of our lives, our capacity for wellbeing increasingly depends on the satisfaction of psychological needs in our digital environments and technology experiences.

~ Centre for Self-Determination Theory

(Self-Determination Theory represents a broad framework for understanding why we do what we do...and what leads to flourishing (opposed to degradation) in human life.)

Understanding Unhealthy Habits & Behaviours



Unhealthy Habits & Behaviours

Will discuss today:

- **Excessive Internet Use**
- **Social Media & Mental Health**

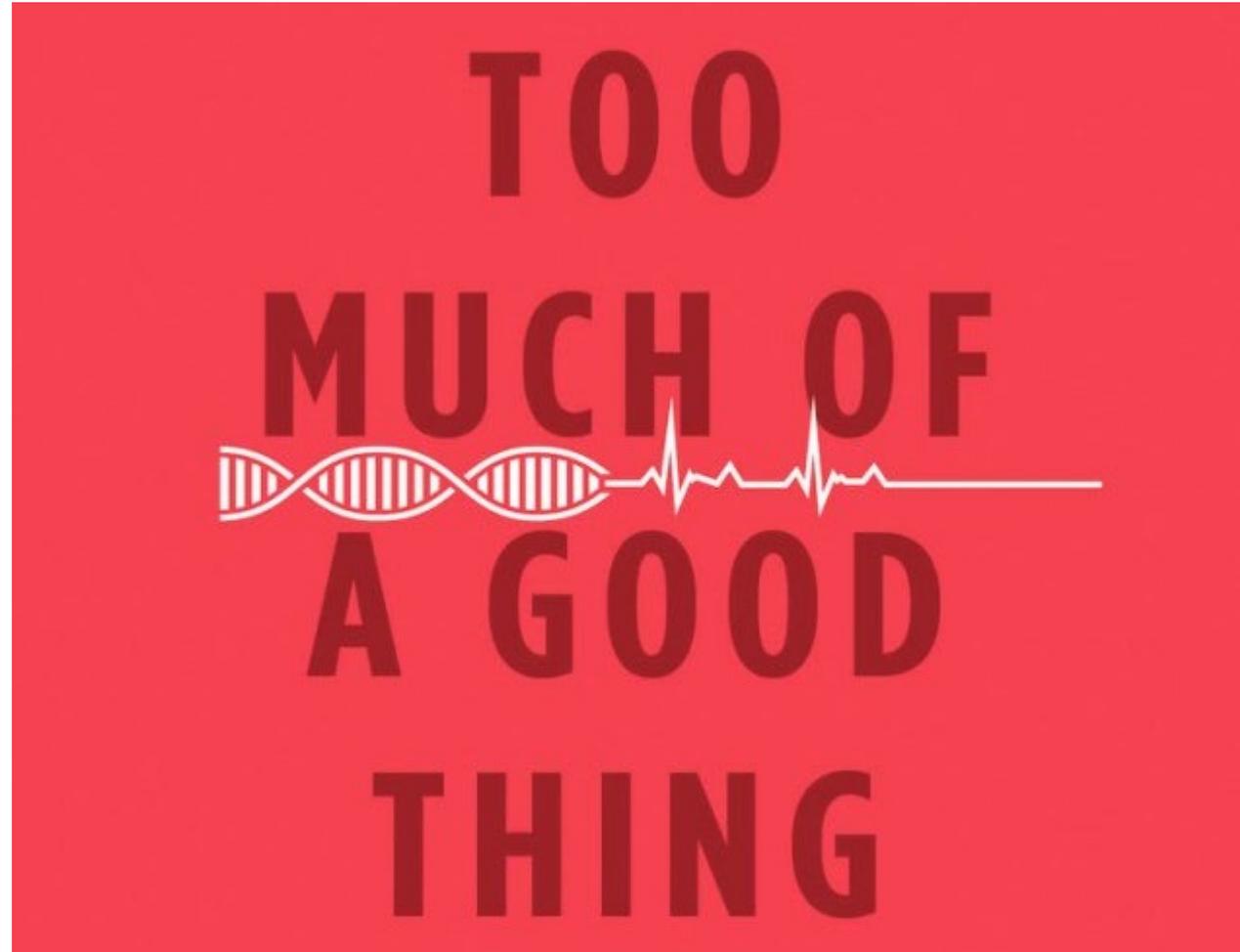
Will NOT discuss today:

- Online Meanness/ Abuse
- Online Gambling
- Problematic Sexual Behaviours Online
- Disinformation

Identifying and managing good or bad behaviours is digital literacy.



Excessive Internet Use



Excessive Internet Use



A majority of online seniors in America spend at least six hours a day online.

Some older adults are spending more than 10 hours a day on their devices.

Regular Vs. Problematic Internet Use

There's an important distinction between regular and problematic internet use:

- **Regular internet use** might include long hours spent online for work or personal advancement, in addition to a few hours per day of browsing in your free time.
- **Problematic internet use** is a compulsive and overwhelming use of screens that interferes with your personal, professional, and social life.

Excessive Internet Use

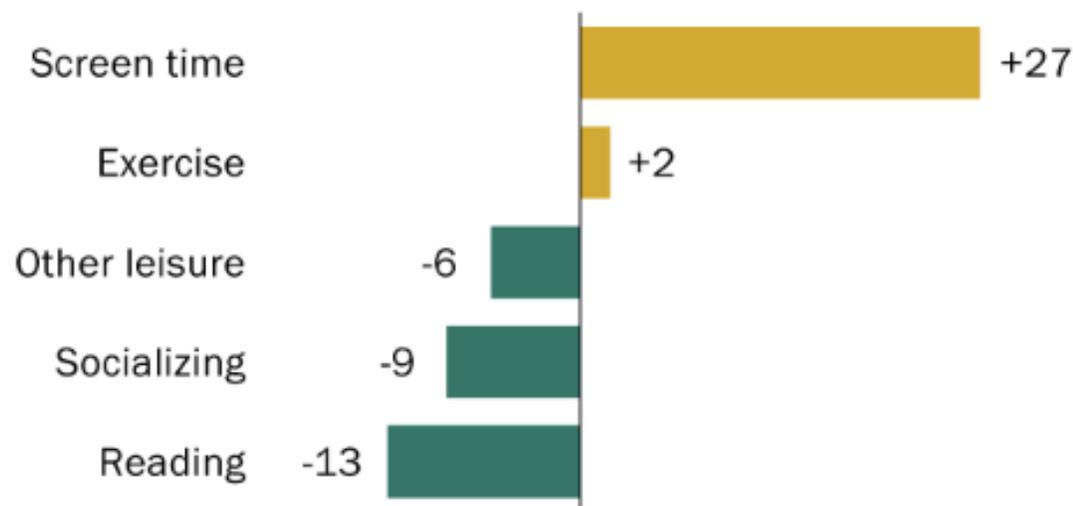
Too much time spent on the internet may promote an unhealthy, more sedentary lifestyle.

Isolation and loneliness are more prevalent.

The negative health outcomes of both are well documented.

For older Americans, leisure time looks different today than it did a decade ago

Change in daily time use 2005-2015 (minutes), for people 60 and older



Note: Based on non-institutionalized people.

Source: Pew Research Center analysis of 2003-2006 and 2014-2017 American Time Use Survey (IPUMS).

PEW RESEARCH CENTER

Cause and Effect

What is the relationship between internet use and loneliness?
Prior research is not consistent.

*Loneliness can be both the cause and the effect
of problematic internet use.*

How much is
too much?



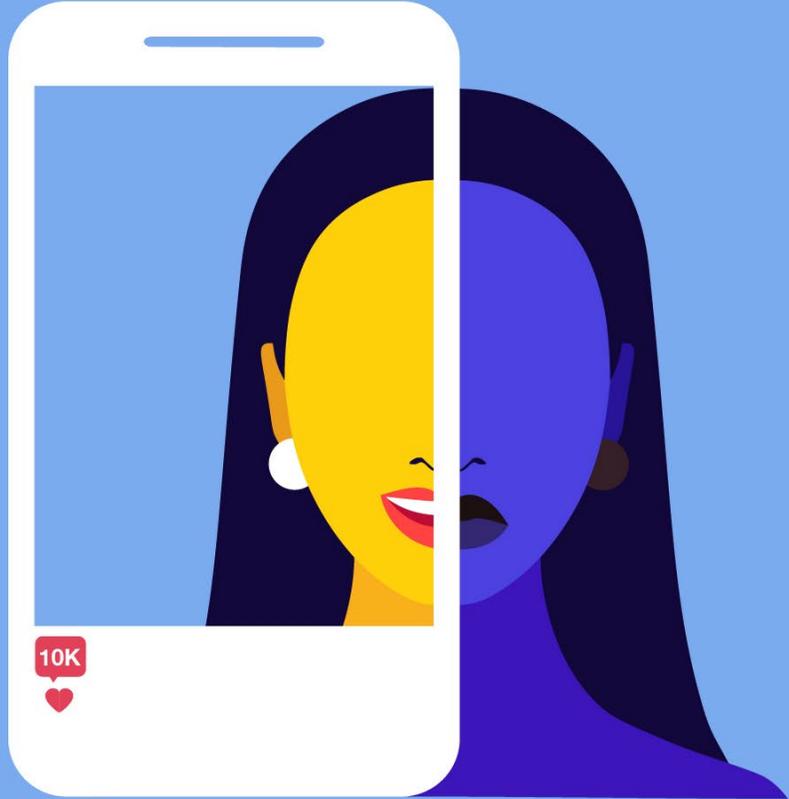
Maybe not the right question to ask.
The nature of the activity & content also counts.

Recent studies are starting to give some indication...

Study published in the *Journal of the American Geriatrics Society* in 2023 explored the effect of internet use among older people as a means of preventing dementia:

- Regular internet users had a 43% reduced risk of developing dementia compared with non-regular users.
- **The findings suggest people whose daily internet use was between 0.1 and 2 hours showed the greatest reduction in risk of dementia.**
- The study also suggested that the beneficial effects of internet use depended on the degree to which people were online, presenting a U-curve of the data.

Social Media & Mental Health



The Upside

Reports have documented that social media users tend to perceive higher levels of social support in their networks.

They also have a greater awareness of the resources within their network of relationships.



Caring Costs

- More information flowing into people's lives now than ever — much of it distressing and challenging.
- Awareness of other people's problems is associated with a range of negative outcomes, such as depression.
- Unhealthy comparisons to curated lifestyles.



Ageism

“Highly exposed to negative images of aging, feeling lower self-worth, and feeling bad about getting older [...] — that would be an example where too much time [online] could potentially have a negative effect.”

~Dr. Scott Kaiser, specialist in geriatric family medicine at the Pacific Neuroscience Institute

Unhealthy Social Media Habits

Some of the signs of unhealthy social media habits and even social media addiction include:

- Checking social media as soon as you wake up before you get out of bed.
- Mindless scrolling through the news feed for too long.
- Posting too many photos daily, such as photos of each meal you eat.
- Anxiously checking and re-checking for likes and comments on your posts.
- Hopping on social media too often while out with friends and family.
- Deleting posts that don't get enough likes and comments.
- Checking notifications every time your phone dings or buzzes.
- Comparing yourself excessively to other people based on what they share on social media.

In Conclusion - It's Personal

The literature shows that the association between internet use and loneliness depends on the **nature of the internet use** and the **characteristics of the user**.



Finding the Balance



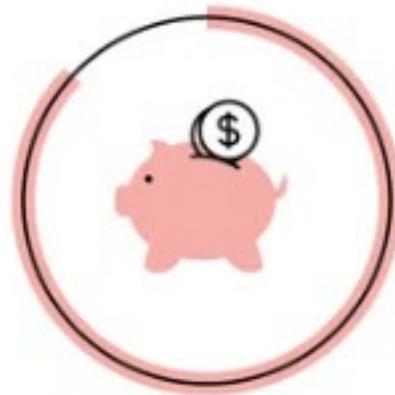
Finding Healthy Habits

- 1) Content counts:** People need to know not just what content is, but what content does. (Calm vs. Instagram are two different things)
- 2) Remember the 'why':** Understanding personal goals will help you know when to use and when to resist digital content to protect sleep, enhance interpersonal relationships, combat loneliness or dislocation, and improve other biological imperatives, like breathing.
- 3) Course correct, don't abandon course:** for example, join virtual exercise classes or participate in fitness forums that have a meetup, vs. following health influencers online.

Connecting to Personal Motivation

We have often spoken about the importance of personal goal settings in programming helping older adults to build digital literacy.

The same is true of helping older adults to build healthy online behaviours or to break unhealthy habits.



Tips to Find Balance

Habits at home:

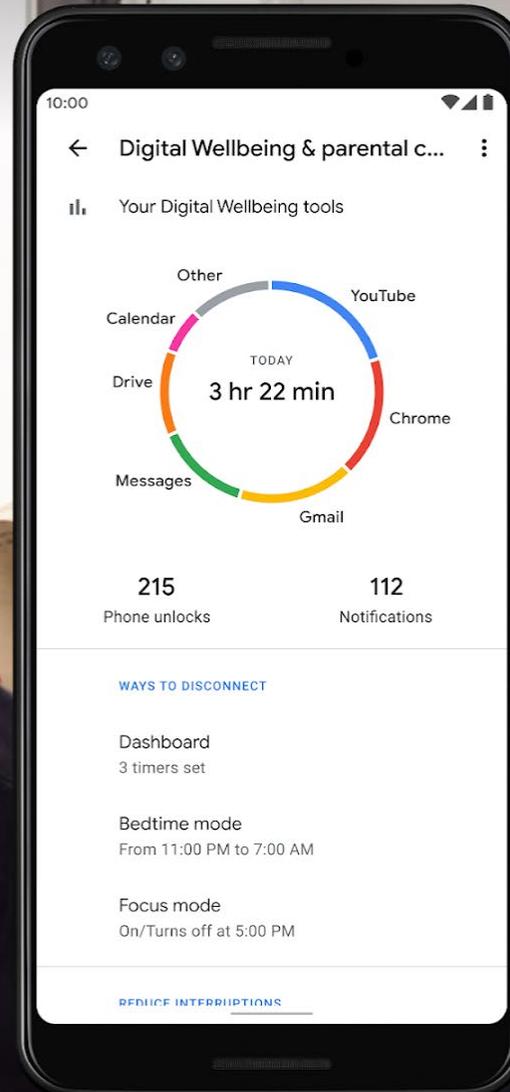
- Reduce notifications
- Enable screen time tracking
- Keep your phone away while sleeping
- Set your phone screen to greyscale
- Hide social media apps
- Make your phone less accessible
- Make your phone harder to unlock
- Lower screen brightness
- Move phone tasks to computers
- Leave your phone at home when you can

Take the TEST: <https://www.healthyscreens.com/scale>

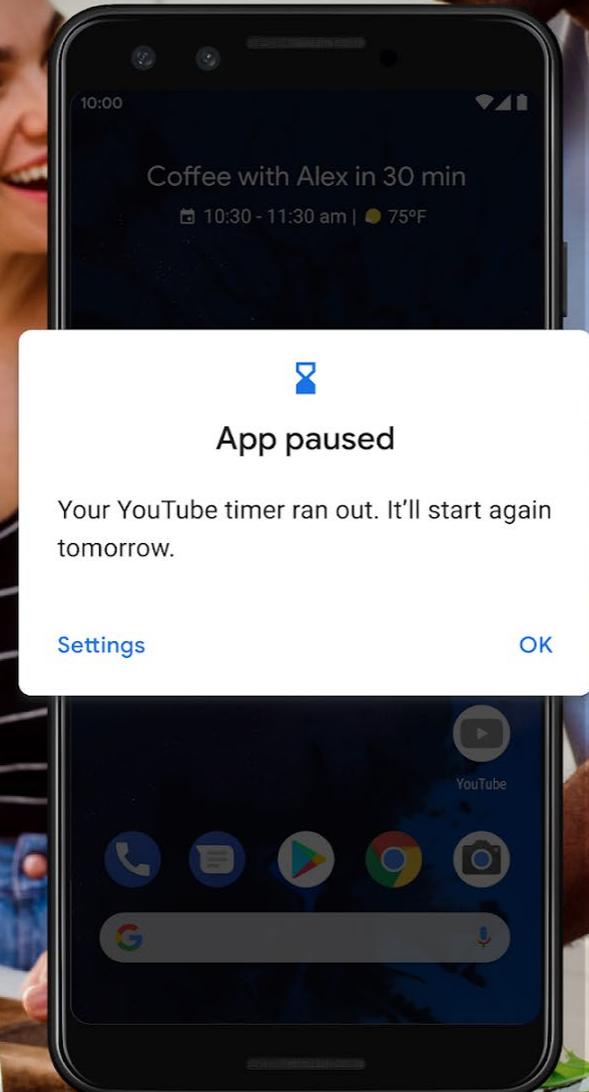


Feature App – Google Digital Wellbeing

Understand how you use your phone and how often you check it



Spend only the time you want,
exactly where you want



Feature App – iOS Screen Time



Downtime



App Limits



Content & Privacy Restrictions



When you schedule downtime in Settings, only phone calls and apps that you choose to allow are available.

You can set daily limits for app categories with App Limits. For example, you might want to see productivity apps while you're at work, but not social networking or games.

The Other End of the Spectrum

Be it a barrier (such as affordability or skill), an aversion (perhaps driven by fear), or a lack of awareness about the possibilities of technology, there are many older adults not reaping the benefits of technology.



CORE Canada & CORE BC



CORE Tech Resource Library

Common Naming Convention

Library to include:

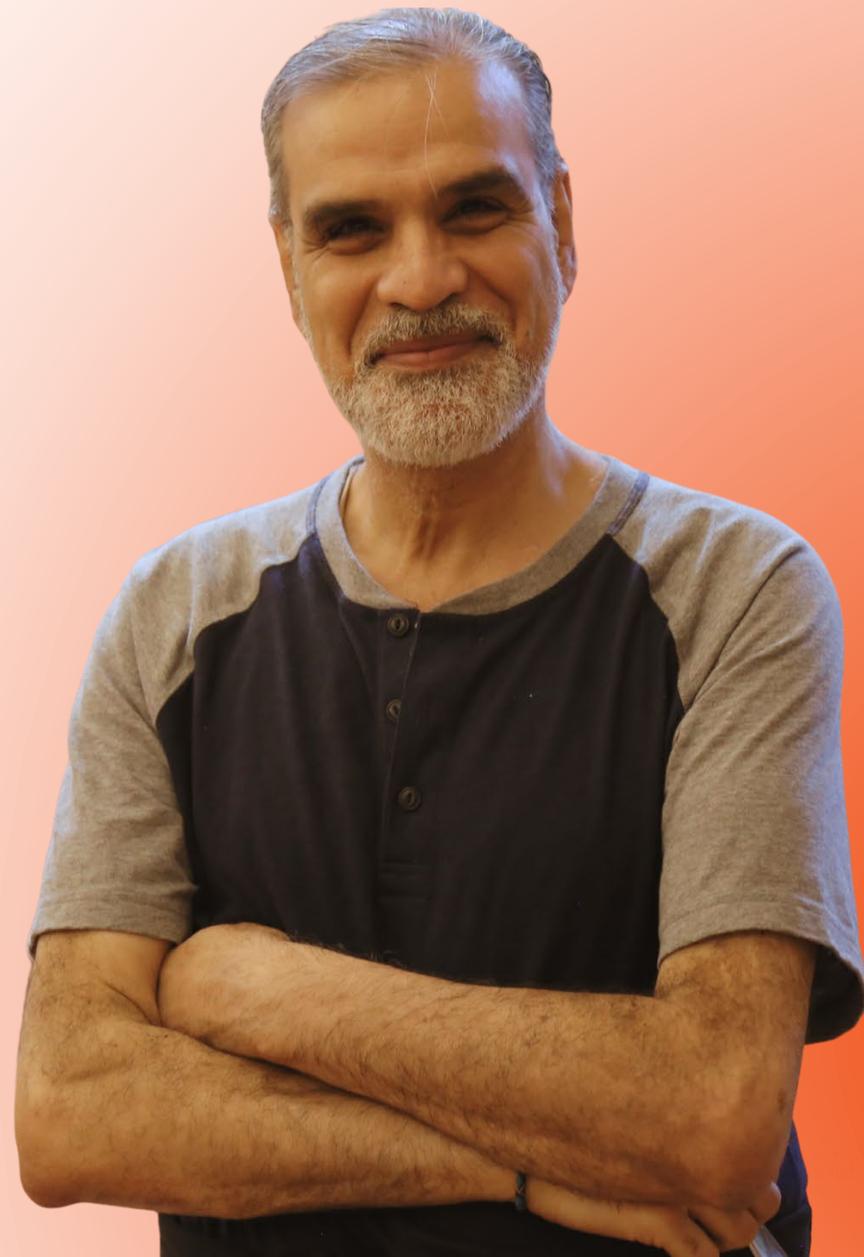
- Articles
- Educational Resources
- Podcasts
- Tutorials
- Apps
- Videos
- Etc.

The image displays a grid of six resource cards from the CORE Tech Resource Library. Each card is a rectangular tile with a header image, a title, a provider name, and a 'READ MORE' link.

- Card 1 (Top Left):** Header image shows hands holding a smartphone with floating envelope icons. Title: "[Article] What Spoofing Means and How to Stay Safe". Provider: BC CRNS. Link: READ MORE →
- Card 2 (Top Middle):** Header image shows the Best Buy logo and the word "Digit". Title: "[Course] Best Buy Digital Citizen Online Courses". Provider: Best Buy Canada. Link: READ MORE →
- Card 3 (Top Right):** Header image shows the "ABC Internet Matters" logo and the text "Searching safely online". Title: "[Resource] Internet Safety and Security: Searching Safely Online". Provider: ABC Life Literacy Canada. Link: READ MORE →
- Card 4 (Bottom Left):** Header image shows the "GETCYBERSAFE.CA" logo and text: "Get Cyber Safe is a national public awareness created to inform Canadians about cyber sec the simple steps they can take to protect the online." Title: "[Resource] Get Cyber Safe". Provider: Government of Canada. Link: READ MORE →
- Card 5 (Bottom Middle):** Header image shows a laptop screen with the text "Internet Safety & Security for Older Adults". Title: "[Resource] Internet Safety: Video Series". Provider: South Okanagan Seniors Wellness Society. Link: READ MORE →
- Card 6 (Bottom Right):** Header image shows the "Cyber-Seniors" logo and the text "How to use NETFLIX". Title: "[Tutorial] How to Use Netflix For Seniors". Provider: Cyber-Seniors. Link: READ MORE →

Thank You

1. Thank you for joining us.
2. Next Webinar in March!
3. CORE postings, please check regularly and use the discussion boards.



For questions please contact:

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You can also always reach your Regional Community Developer:

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Endnotes/ Resources

- “7 in 10 Canadians Aged 65 and over Feel Confident about Technology Use and 86% Are Online Daily.” *Environics Research*, 1 Dec. 2023, environics.ca/news/7-in-10-canadians-aged-65-and-over-feel-confident-about-technology-use-and-86-are-online-daily/.
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- “Healthy Social Media Habits.” *National Institutes of Health*, U.S. Department of Health and Human Services, 6 Oct. 2022, newsinhealth.nih.gov/2022/09/healthy-social-media-habits

Endnotes/ Resources

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- “Signs-of-Unhealthy-Social-Media-Habits-Mental-Health-Practitioners-Should-Spot.” *Walden University*, www.waldenu.edu/online-masters-programs/ms-in-psychology/resource/signs-of-unhealthy-social-media-habits-mental-health-practitioners-should-spot#:~:text=Some%20of%20the%20signs%20of,each%20activity%20of%20the%20day.

Endnotes/ Resources

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