

Acceptance and Use

M.S. BERNARDES, R.Y.D. CARRETTA, H.T.A. KHAN, C.S. SANTANA. *Personal goals in later life: Opportunities and innovation for an aging society. Gerontechnology 2018;17(Suppl): 56s; https://doi.org/10.4017/gt.2018.17.s.056.00* **Purpose** Longevity requires understanding how people project the future to their later lives¹ and imposes the need to offer possibilities in the field of well-being, health, work, social participation, and education². For developing countries like Brazil, ensuring the availability of these resources has been a challenge. This study aims to describe the life goals of older adults and discuss the opportunities and challenges for gerontechnology in Brazilian society. **Method** This was a cross-sectional, exploratory study. Instruments used: Mini Mental State Examination, Pfeffer Functional Assessment Scale, interview for the collection of socioeconomic data, and identification of the life goals of older adults in the short (6 months), medium (1 year) and long term (10 years). The sample consisted of 150 participants comprising 106 women and 44 men with a mean age of 74 years. Of these, 47% were married, 87% retired, and 58% had up to 6 years of study without displaying cognitive or capacity impairments. **Results & Discussion** The life goals were especially related to social participation, family, health, education, work, economy and spirituality (Table 1). Knowing the goals of the elderly points to the need to invest in new markets and technological innovations that support the demands of an aging society. Information and communication technologies, social media and virtual communities facilitate access to information and interaction with family and friends. The creation of digital education and refresher / professional training platforms can offer formal or voluntary work opportunities. In the field of health, telehealth services, remote monitoring, personal alarm systems, and assistive technology can aid in healthcare, drug adherence, and maintenance of functional capacity³. In the economic sector the new consumer profile has demanded greater opportunities for purchase and leisure in the old age. Despite all the benefits, the high financial cost for investment, the need to use the technology by elderly people, and the society's awareness of the aging of the population is still a challenge for Brazil. This calls for the creation of policies and services that ensure a productive and healthy old age. To see oneself as a subject of desire and power is a challenge to be faced in the personal and collective sphere and requires an effort by society to maintain the social roles and engagement of individuals of advanced age.

References

1. Santana CS, Bernardes MS, Molina AMTB. Life projects in old age. Estudos Interdisciplinares sobre o Envelhecimento, Porto Alegre, 2016;171-186
2. Lawton MP, Moss MS, Winter L, Hoffman C. Motivation in later life: Personal projects and well-being, Psychology and Aging. 2002;539–547
3. World Economic Forum. Technological innovations for health and wealth for an ageing global population. Global Agenda Council on Ageing. Geneva. 2016;3-22

Keywords: aging, personal goals, technology

Address: Interunits Post-Graduation Program in Bioengineering – EESC/FMRP/IQSC – University of Sao Paulo, Brazil;

E: marina.bernardes@usp.br

Table 1. Personal goals in later life, n=150, Brazil

	Health	Social and family participation	Education
Short term	Maintenance of functional independence	Tourism (travel); family visit; engagement in new hobbies; participate in weddings, graduations and family anniversaries	Learning a new language; Learning a musical instrument
Mid-term	Maintenance of functional independence	Birthday celebration; travels; watch sporting events; participate in weddings, graduations and family anniversaries	Learning a new language; Learning a musical instrument
Long term	Maintain health; stay alive;	Stay engaged in their current activities ; Being close to the family	
	Work	Economic	Spirituality
Short term	Formal or voluntary	Acquisition/home refurbishment	Attend religious events
Mid-term	Formal or voluntary	Acquisition/home refurbishment	
Long term		Save money for expenses in old age; give financial help to their families;	strengthen spirituality; have a good end of life