

**Positive health from Gerontechnological perspective; a theoretic view on the involvement of older people**

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**Purpose** In Gerontechnology we are familiar with the Gerontechnology matrices. Researchers in Gerontechnology use these matrices to have a clear focus on the target population and to create an optimal technological solution with gerontology outcomes. The Gerontechnology matrices including the cross-fertilization matrix for design and research in technology and gerontology takes the perspective of designing solutions within one of the participation do-mains namely; Health & Self-esteem, Housing & Daily Living, Mobility & Transport, Governance & Communication and Work & Leisure (Bouma, Fozard & van Bronswijk, 2009). Currently, the matrices set no base for how to involve older people as experts of their own life in developing technological solutions that can support them in one of the participation do-mains. Involving older people before, at the start and during the project might result in more enriched and personalized technological solutions. **Method** Positive health has another approach to look at health. Positive Health focuses on six dimensions in health, namely; bodily functions, mental functions, and perception, spiritual/existential dimension, quality of life, social and societal participation. Positive Health defines health as the ability to adapt and self-manage while facing the challenges of having a (chronic) disorder (Huber et al., 2016). Thus, positive health is not only limited to the health domain, but it takes health as a starting point to set the condition of an individual related to the several participation domains. The Gerontechnology matrices could be used combined with the Spider plot used in positive health (see figure 1) in order to develop optimal technological solutions for older persons. **Results and Discussion** Both Positive Health and the Gerontechnology matrices takes the perspective of Maslow Hierarchy of Needs into account. Positive Health though incorporates a dynamic view on health congruent with the dynamics in the ageing process. Older adults will during the life-course face different challenges in physical and cognitive limitations due to biological ageing. Working with the spider plot from Positive Health can be done by older people themselves. This will help researchers in Gerontechnology to set the direction of the development of a technological solution while taking into account the dynamics in older people's health condition. The latter will occur when older people record their health condition at the start of a project but also during and at the end of a project. In this way, giving input to more personalized and dynamic technological solutions. The use of the spider plot from Positive Health will give a more in-depth insight to researchers in Gerontechnology on how to develop technology solutions adapted to the dynamics in health.

**References**

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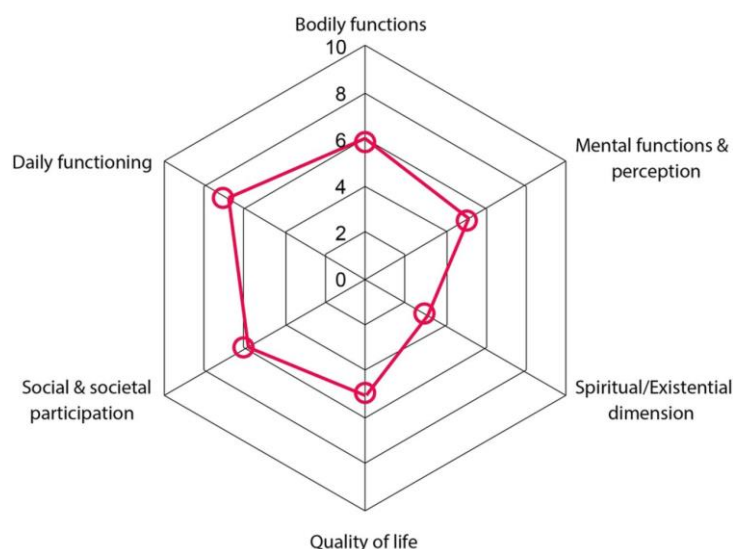


Figure 1. The Positive Health framework according to