

# ORAL PAPER PRESENTATION 3: PHYSICAL AND MENTAL HEALTH

---

## Use of mobile devices and their functionalities by Brazilian older people

T. M. Raymundo, M. S. Bernardes, W. R. Boot, L. D. Bernardo

**Purpose** The use of technological resources can have an important impact on the quality of life of older people, as it can ensure their independence in performing various activities, such as: quick access to information, applications that facilitate communication between family and friends, applications that provide information about transportation routes, among others. Understanding the knowledge of the older people in the use of mobile devices is important for the development of effective teaching methods to promote their digital inclusion. Thus, the purpose of this study was to understand the knowledge of Brazilian older people regarding the use of mobile devices (Smartphone and Tablet). **Method** An exploratory, quantitative, cross-sectional study was conducted with 32 elderly Brazilians. A sociodemographic questionnaire was applied to characterize the sample. To understand proficiency the Mobile Proficiency Questionnaire (MDPQ) was used. The data were analyzed using simple descriptive statistics. **Results and Discussion** Most of the participants were female (81%), married (56%), living with other people (59%), and the majority had more than 11 years of study (56%). The average age was 71 years (SD: 6.36). Most participants reported that it was very easy to perform basic tasks such as turning the mobile device on and off (81%), charging the battery (97%), navigating menus (56%), using the keyboard (75%), adjusting the volume (78%), adjusting the screen brightness (72%), connecting to a wi-fi network (60%), opening (72%) and sending e-mails (56%), using instant messaging applications (50%), and reading news on the Internet (56%). In contrast, a portion of respondents reported that they had never tried to perform more complex functions such as storing email addresses in an address book or contacts list (38%), transferring files from a mobile device to a computer (47%), transferring files from a computer to a mobile device (44%), storing information in the cloud (44%), bookmarking sites to find them again (41%), putting events and appointments in the calendar (53%), checking the date and time of appointments (52%), setting up alerts (47%), reading a book (47%), resetting the mobile device to factory settings (72%), updating games and other applications (38%), or updating the device's operating system (44%). The data point to a basic use of mobile devices by older adults, which leads us to believe that this group has not yet acquired the necessary skills to explore the maximum potential that this type of technology provides in their daily lives. Digital inclusion and instrumentalization actions, as well as the development of products with user-friendly design and usability are necessary to ensure the full and independent use of digital resources.

### References

Roque, N. A., Boot, W. R. (2016). A New Tool for Assessing Mobile Device Proficiency in Older Adults: The Mobile Device Proficiency Questionnaire. *Journal of Applied Gerontology*, 1-26. doi: 10.1177/0733464816642582.

**Keywords:** tecnologia, lazer, idosos, atividade, participação

**Address:** Occupational Therapy Department, Federal University of Parana - Brazil

**Email:** taiuani@ufpr.br