

PP: HEALTH & SELF-ESTEEM

Konstikoppa® traveling technology exhibition for the older people

The Union for Senior Services VALLI

Purpose Konstikoppa® is a traveling technology exhibition for older people. It is packed in a large suitcase. Konstikoppa® spreads information about technology that makes life easier, more meaningful, and safer for older people. The equipment of Konstikoppa® supports independent living in your own home. The equipment selected for Konstikoppa® is easy to use and affordable. Equipment can be found in most supermarkets, home appliance stores, and electronics stores. In other words, the content of Konstikoppa® is low-tech. There are four (4) categories in Konstikoppa®: 1) Lighting, 2) Home security 3) Communication and tracking 4) Memory aids. In addition, there is a fifth category, 5) Entertainment/ Participation. Konstikoppa® is maintained with public funding and is not loaned out for commercial purposes. Besides older people, students from different training programs can also borrow Konstikoppa®. It helps students to understand the needs of older people. Konstikoppa® is a good practice which has inspired other organizations in Finland to start their own lending activities. There are also a couple of virtual technology markets and temporary physical places older people can visit to test and borrow equipment. The need for this kind of activity is becoming wider and wider. **Method** The equipment of Konstikoppa® is packed in a large suitcase. Different senior organizations and groups can borrow the suitcase free of charge. There are two identical suitcases. From the website's reservation calendar, the borrower can check when Konstikoppa® is available and then make a reservation. When making the reservation, the borrower is committing to the terms of borrowing Konstikoppa®, sending the suitcase to the next place (if it is not coming home for maintenance), and giving feedback after the presentation event. Konstikoppa® travels via parcel services with the Finnish bus company Matkahuolto. Konstikoppa® includes an easy guide and presentation cards for the facilitator (e.g. the group leader). It is suggested that the facilitator reserves approximately 2 hours for the event. Konstikoppa® evaluated yearly by quantitative method (a questionnaire for the older people) and by qualitative method (observation by the group leader). **Results and Discussion** According to the feedback given by older people and their group leaders, there are positive effects on attitudes to technology. When testing small technological devices with their own hands in a peaceful place without any stress of buying anything, older people can increase their interest in technology. Purchasing technology is easier when an individual knows what kind of technology is suitable for their situation and needs. Also, older people may not even know about the low-tech equipment available in their nearby stores. If they don't know, they can't get any help with technology. With the help of the low-tech equipment of Konstikoppa®, the later needs of so-called high tech or heavier technology are easier to adapt. Konstikoppa® is also one solution to increase older people's digital inclusiveness. For example, in 2022, older people (n=290) felt that their awareness towards technology increased with the help of Konstikoppa® (4,5 on the Likert scale). The method is recognized by the Finnish Institute for Health and Welfare (THL) (Anttila, 2023). The challenge of Konstikoppa® is to keep it up to date, since technology develops fast. Updating the equipment will need resources. The practical part of a traveling exhibition also involves restricting the content to small equipment. For example, the virtual glasses need to be sent in a different package and therefore the borrower has to request them separately.

References

Anttila, H. (ed.). *National coordination of age technology: Towards continuity and cooperation. Proposal for the national coordination model for age technology and for related measures for 2023–2027*. Pages 36-38. Finnish Institute for Health and Welfare (THL). Discussion Paper 7/2023. Helsinki, Finland 2023. ISBN 978-952-408-039-2 (online publication)

Keywords: independent living, low tech, digital inclusion, health technology, technology exhibition

Address: The Union for Senior Services, VALLI

Email: suvi.hiltunen@valli.fi

Acknowledgment This good practice is supported by the Union for Senior Services, VALLI. VALLI is funded by the Funding Centre for Social Welfare and Health Organisations in Finland (STEA).



Figure 1. One side of the Konstikoppa® suitcase