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MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 9 - Self-learning session (9.3)
Health Apps for the Elderly



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Self-learning Session: Content

1. Quiz and Self-assessment

What statements about older persons is correct?

Two answers are correct!

A. One 80 year olds can have better cognitive capabilities than the another.

B. One 80 year old can have better cognitive capabilities than a 60 year old.

C. All 80 year olds have the same cognitive capabilities.

D. 60 year olds always have better cognitive capabilities than 80 year olds.



The United Nations define an “older person” as being...

Two answers are correct!

A. Above 60 years old.

B. Being 45 years old.

C. Being 40 years old.

D. Above 65 years old.



Ageing processes progress individually.

True

False



Ageing processes are only influenced by biological declines.

True

False



Factors influencing ageing processes are...

Two answers are correct!

A. Physical activities over life course.

B. Color of ones pants.

C. Dietary habits over life course.

D. Color of ones shoes.



Older persons are...

Only one answer is correct!

A. All the same in regards of physical and mental health.

B. Are diverse in regards of physical and mental health.

C. All the same in regards of functional ability.

D. All the same in regards of performing ADLs.



What does the abbreviation “ADL” mean?

Only one answer is correct!

A. Activities During Lunch.

B. Activities of daily living.

C. Activities of daily laughing.

D. Ageing different locally.



Healthy ageing is about

Two answers are correct!

A. Declining in functional ability.

B. Maintaining functional ability.

C. Improving health, independence
and quality of life.

D. Declining in health,
independence and quality of life.



Match the columns

Match the columns !

A. Medisafe – Pill reminder.

A. App for mental health.

B. Elevate – Brain Training

B. App for Managing Chronic Disease.

C. Calm – Mediation practices and sleeping aid.

C. App for training Cognitive Activities.

D. Tai Chi – Beginners vitality.

D. App for training Physical Activities.



Apps can help persons with mild dementia be more independent.

True

False



Common basic functionalities of most Health Apps for the Elderly are..

Two answers are correct!

A. Self monitoring/tracking.

B. Online shopping.

C. Drawing pictures.

D. Cues or push notifications.



Apps can not help visually impaired or blind persons.

True

False



Additional Self Learning resource: „User-diary“-template

- Please find the „User-diary“-template as a Word Document on the e-Training Platform!
- To complete this part of the Self Learning Session, please go back to the Experiential Training Session and read the instructions for the Real-Life-Integration-Challenge!





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!

You have completed the self-learning of this module!

