

iN2L & FL-AAA (Broward County) 9-Month Survey Report

December 2021

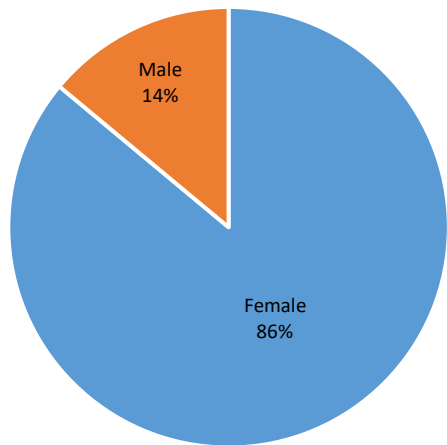
Independent older adults



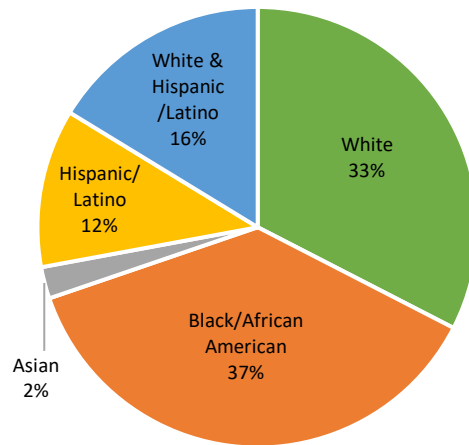
Mostly Female, Black/African American, Living Alone, With Some Mobile Device Experience

- N = 43
- Age: 64-92 years (average 77 years)

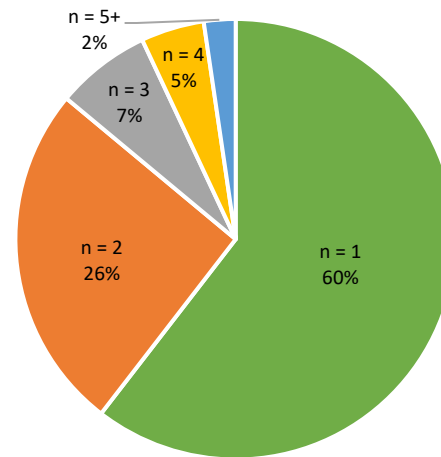
Sex



Race/ethnicity

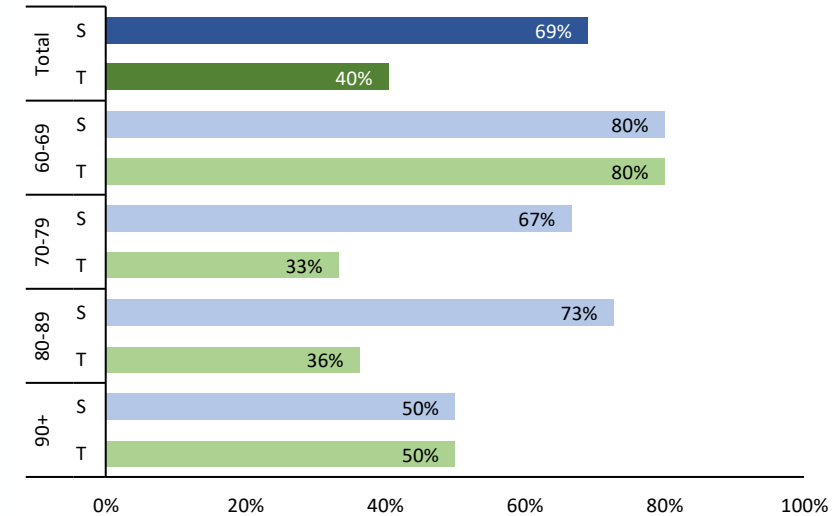


Household size (including self)



Prior mobile device experience

Percentage Yes



S: Smartphone, T: Tablet



Continued Reduction in Loneliness

42%

felt less lonely at 9 months
compared to Pre[†]

23%

felt less lonely at 9 months
compared to 6 months[†]

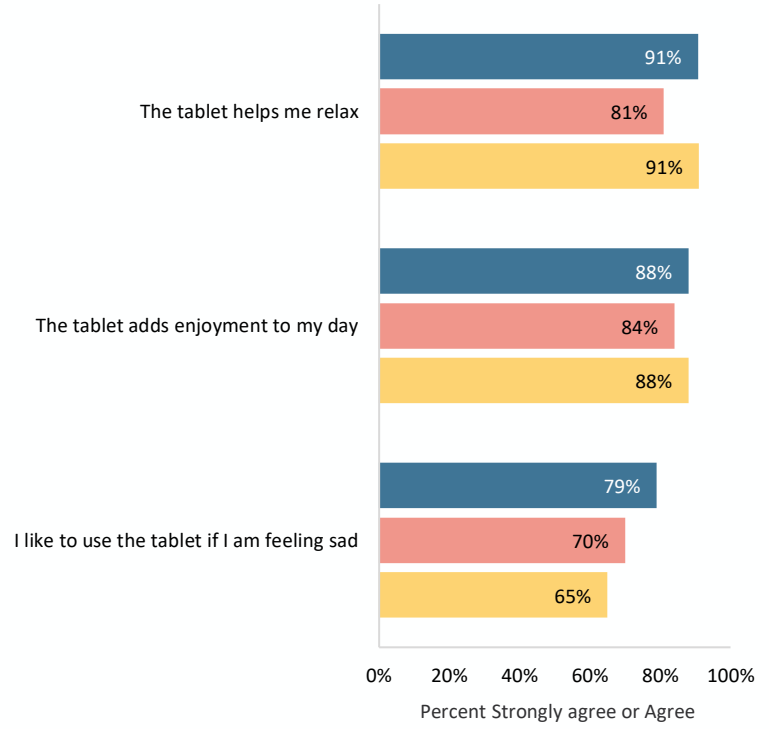
[†]Based on UCLA Loneliness Scale (3-item) scores; Hughes et al. (2004); Steptoe et al. (2013)



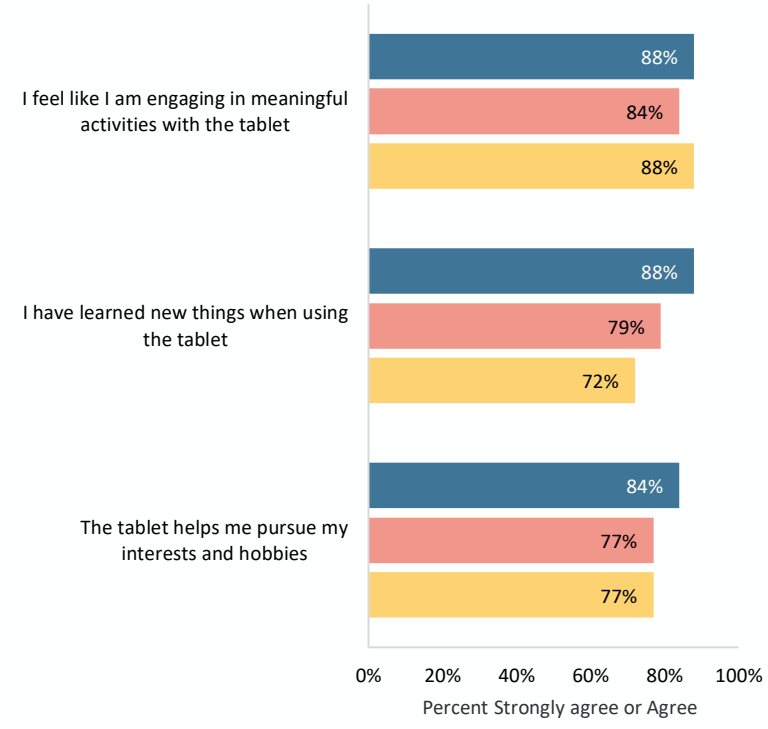
Improvement and Maintenance of Well-Being, Engagement, and Connection



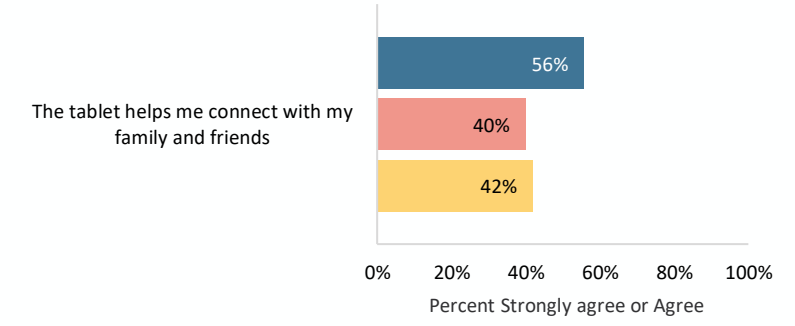
Well-Being



Engagement



Connection



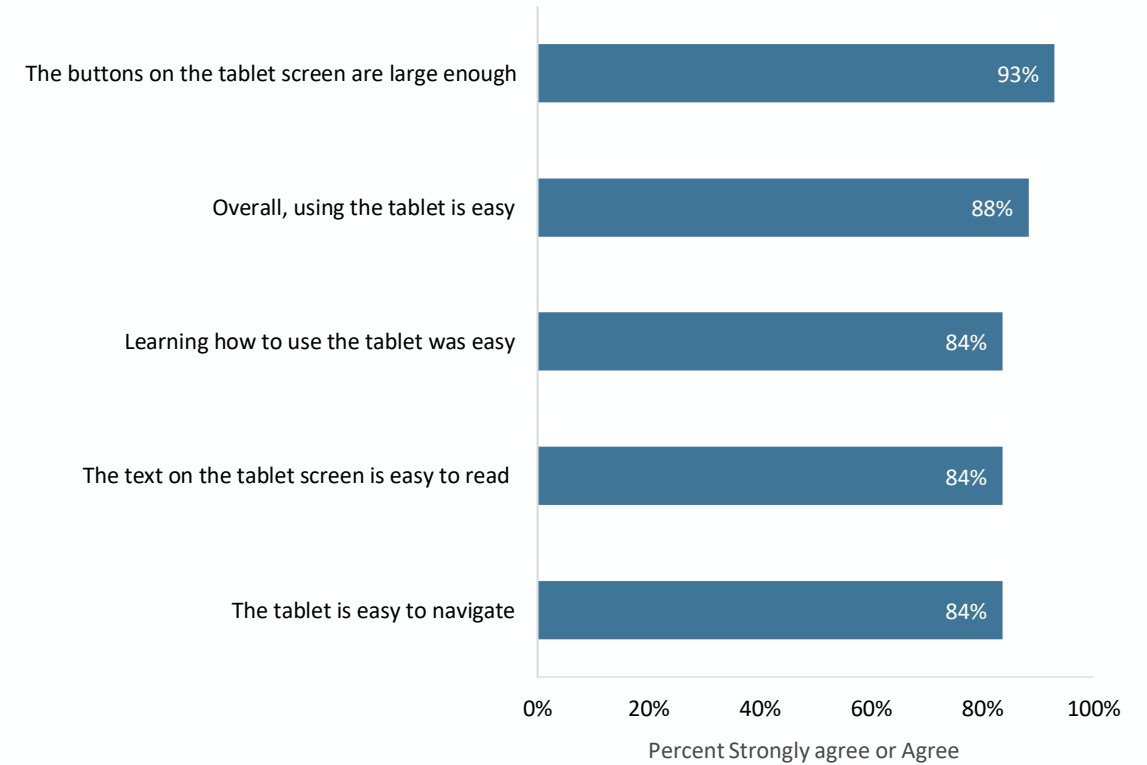
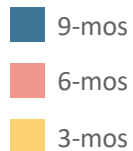
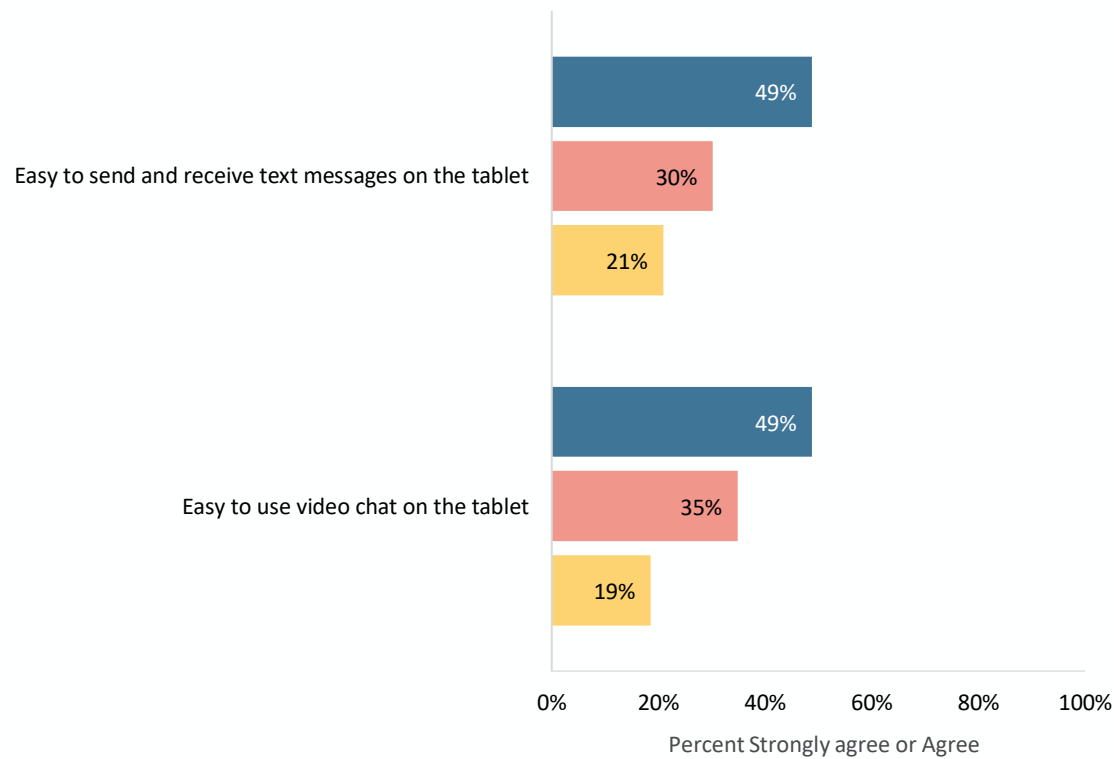
- 9-mos
- 6-mos
- 3-mos

93% Strongly agreed or agreed that they enjoy using the tablet overall



Continued Improvement in Ease of Use for Social Features **iN2L™**

Strong agreement for usability of other tablet features still observed



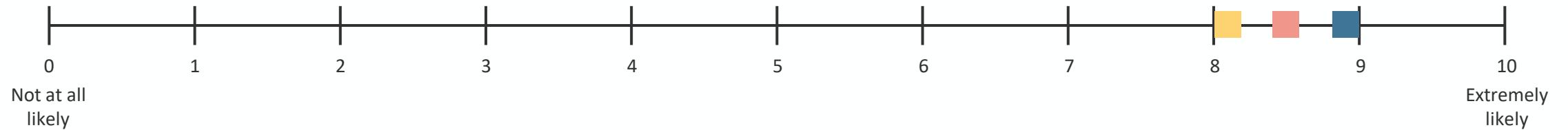


Strong Advocates for Tablet Adoption By Others



“How likely are you to recommend the iN2L tablet to friends or family?”

Average score



- 9-mos
- 6-mos
- 3-mos



Positive Feelings About the Tablets and Program



I feel that my mind is getting "exercise" when I use the tablet. Now when I go to the couch, instead of taking a nap, I reach for my iN2L tablet.

I live alone so using the tablet takes being alone away. When I am on the tablet I don't notice how the time flies.

The tablet helps me relax when I feel overwhelmed.

I use the tablet to video chat with family. They live all over the country. It has brought me closer to them.

The tablet helps me a lot in dealing with my depression. I use it keep my mind busy and not focused on being worried.

I am so happy that I am participating in this project. I am learning things I never thought I could learn at my age.

The iN2L tablet is a great program. It enables people who are "tech challenged" the opportunity to enjoy whatever interests them without being afraid they will "mess something up".

Thank you for letting me be part of this program. I hope it continues indefinitely.

I don't feel left out anymore. I can actually relate to my grandkids better.

I am using my tablet to study for my citizenship. I do this from my home. I enjoy the tablet.

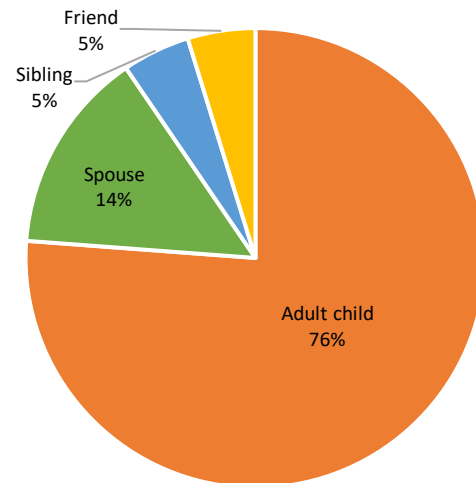
Family caregivers



Caregivers Mostly Adult Children With Mobile Device Experience

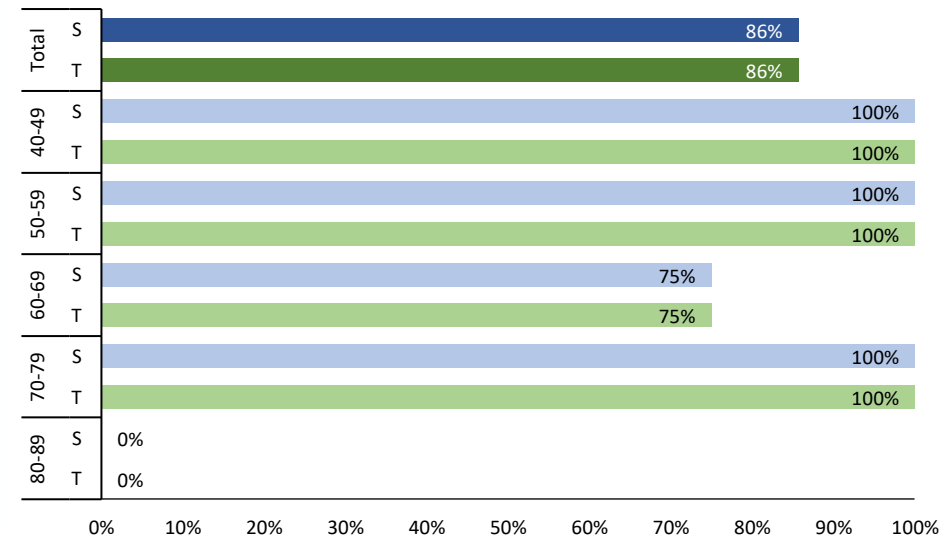
- N = 21 dyads (caregiver-family member with dementia)*
- Age of caregiver: 42-81 years (average 60 years)

Caregiver relationship to family member



Prior mobile device experience

Percentage Yes



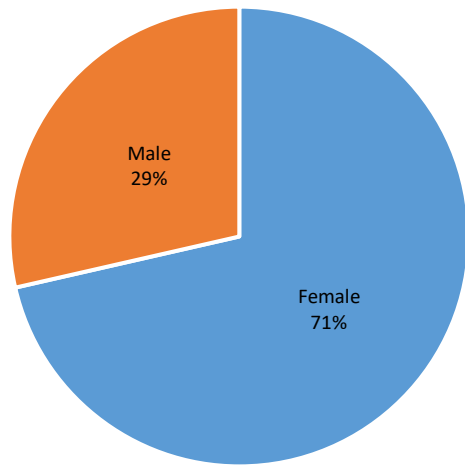
S: Smartphone, T: Tablet



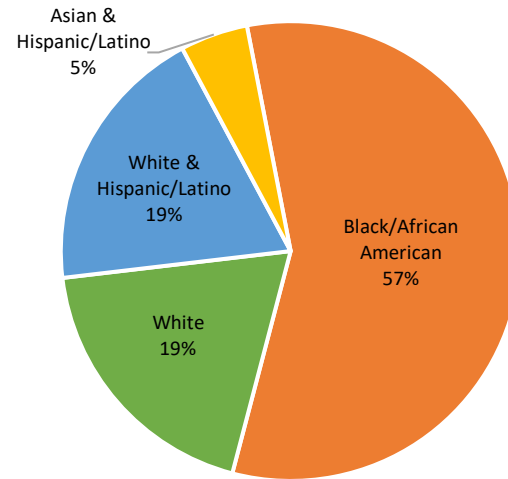
Family Members With Dementia Mostly Female, Black/African American, With Some Mobile Device Experience

- N = 21 dyads (caregiver-family member with dementia)*
- Age of family member with dementia: 65-96 years (average 80 years)

Sex

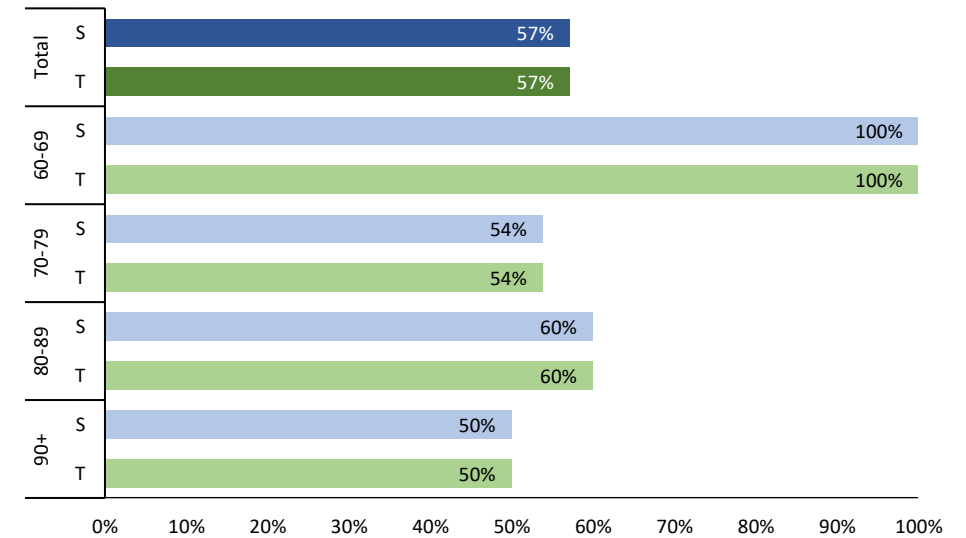


Race/ethnicity



Prior mobile device experience

Percentage Yes



S: Smartphone, T: Tablet



Continued Reduction in Loneliness

35%

felt less lonely at 9 months
compared to Pre[†]

15%

felt less lonely at 9 months
compared to 6 months[†]

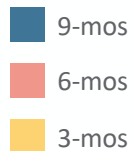
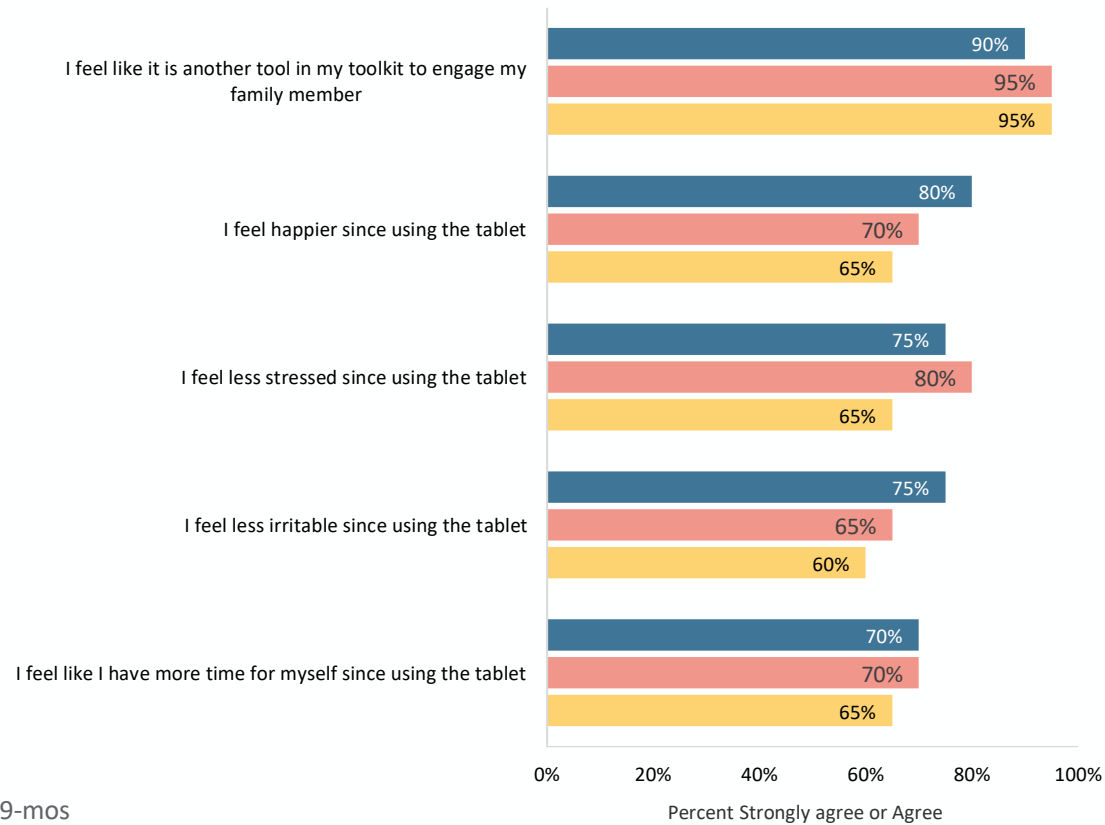
[†]Based on UCLA Loneliness Scale (3-item) scores; Hughes et al. (2004); Steptoe et al. (2013)



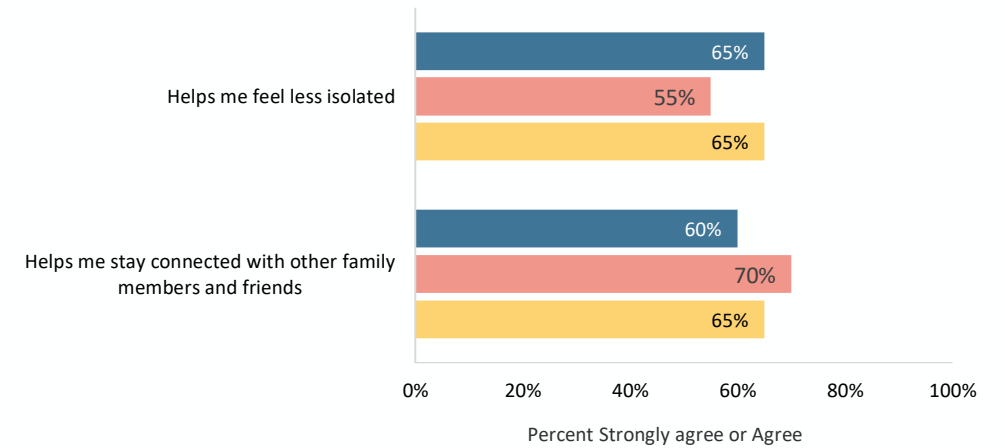
Consistent Positive Impact on Caregiver Well-Being and Connection



Well-Being



Connection

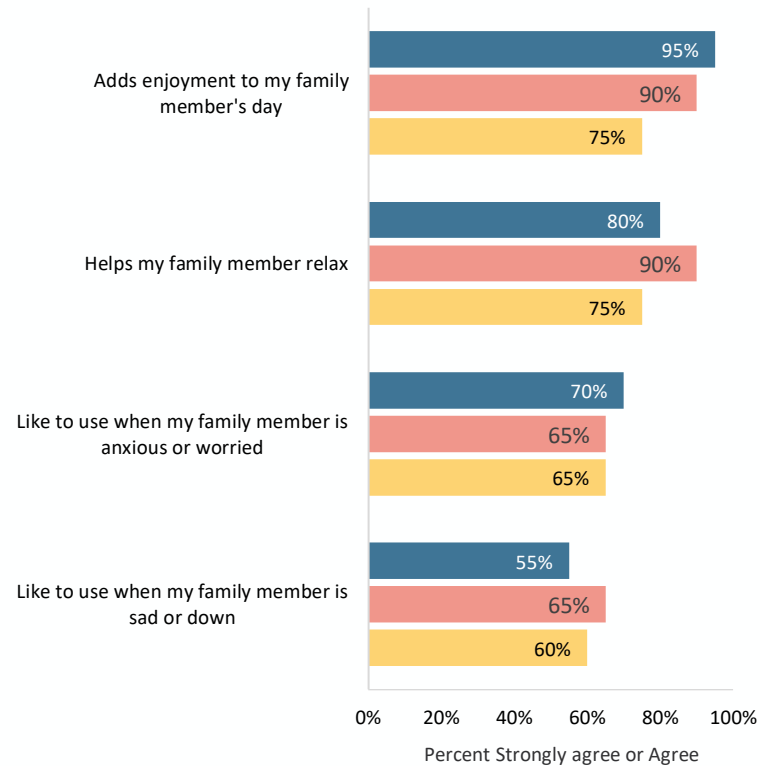




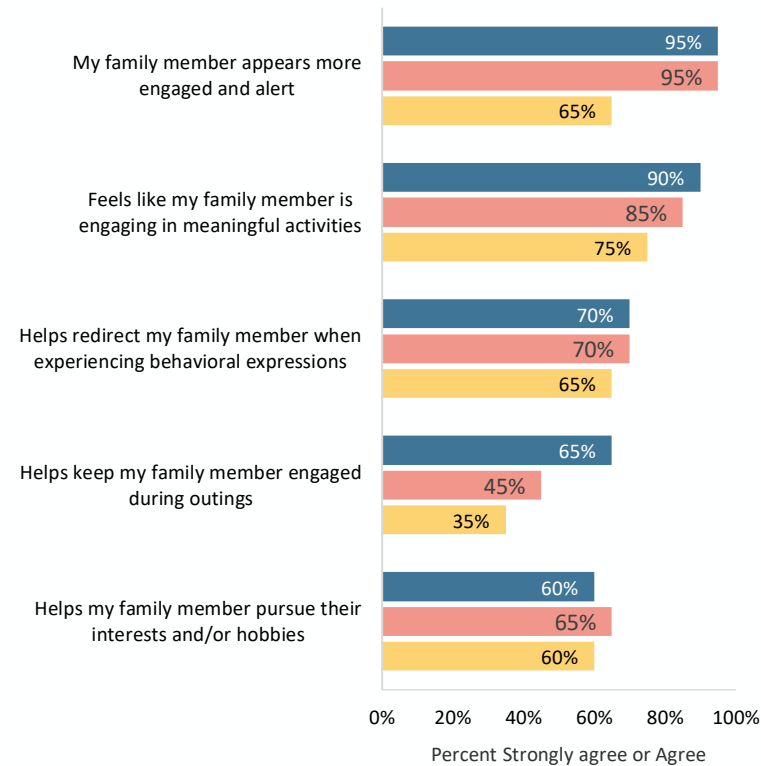
Consistent Positive Impact on Family Member's Well-Being, Engagement, and Connection



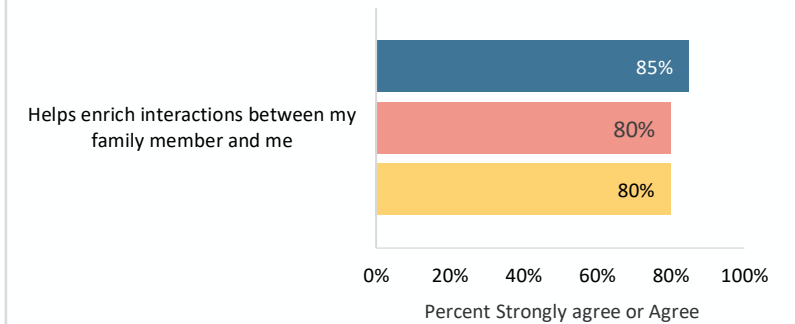
Well-Being



Engagement



Connection



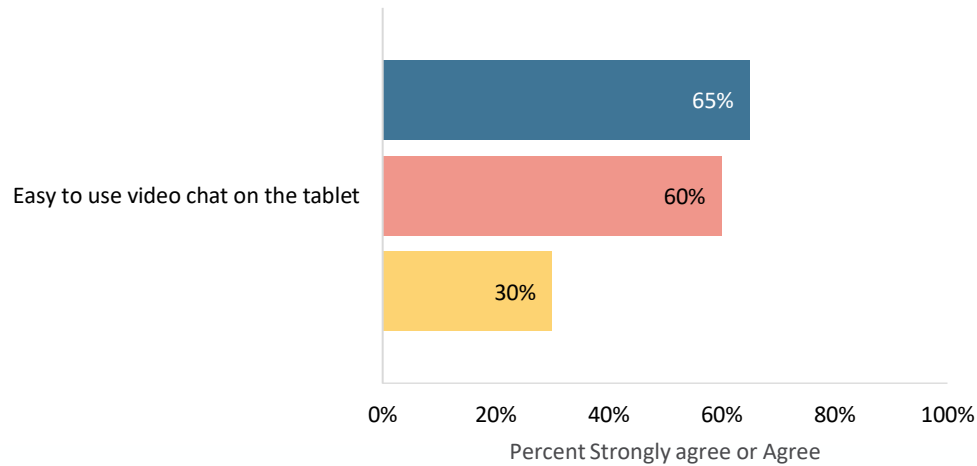
- 9-mos
- 6-mos
- 3-mos

85% Strongly agreed or agreed that their family member enjoys using the tablet overall

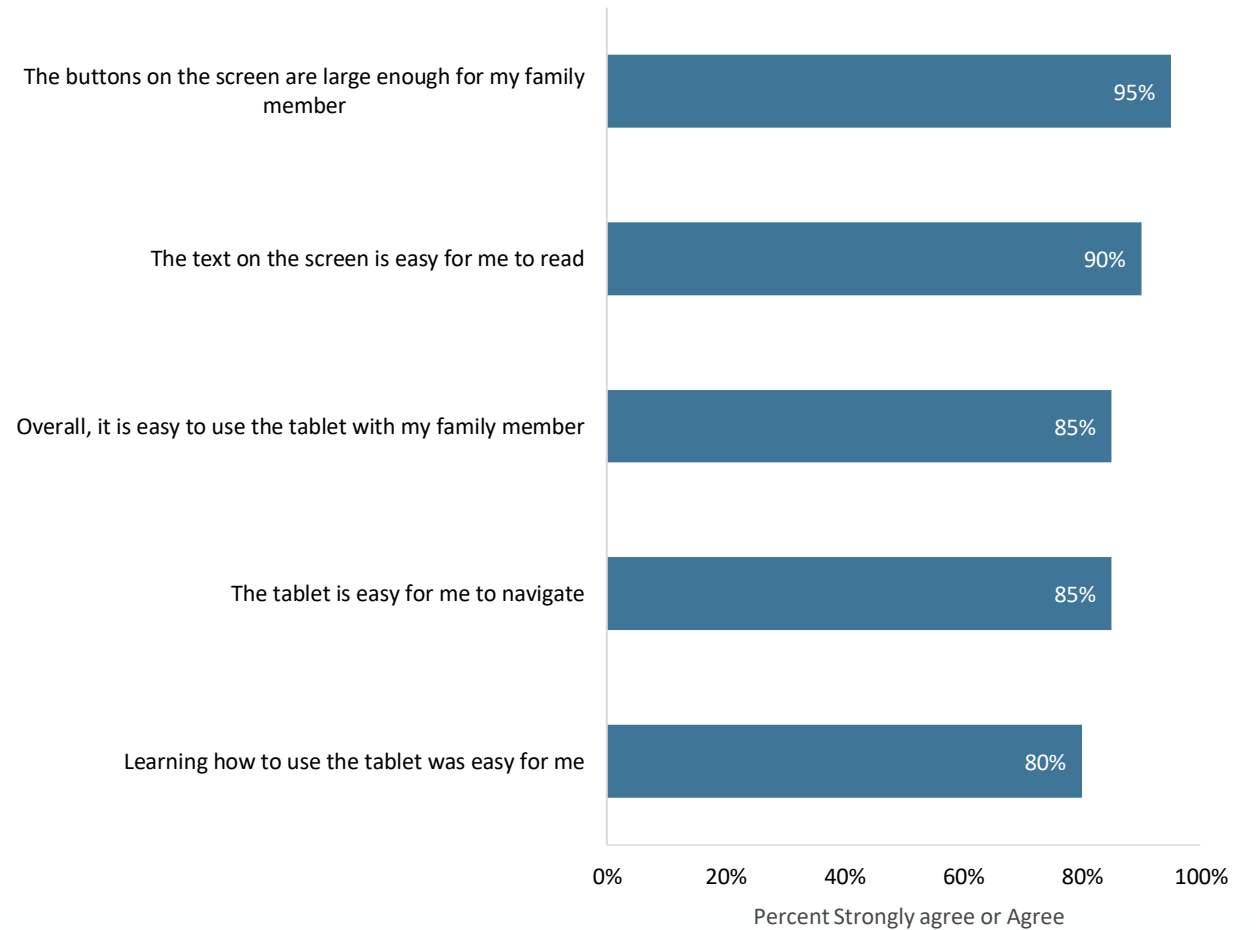


Continued Improvement in Video Chat Ease of Use

Strong agreement for usability of other tablet features still observed



- 9-mos
- 6-mos
- 3-mos





Strong Advocates for Tablet Adoption By Others



“How likely are you to recommend the iN2L tablet to friends or family?”

Average score



- 9-mos
- 6-mos
- 3-mos



Positive Feelings About the Tablets

She was mostly angry and agitated before using the iN2L tablet. Now having it keeps her occupied and she is happier.

When she's on the tablet it allows me to focus on work and it allows me get through meetings uninterrupted.

Helps her concentrate more and be more happy and alert.

Mom looks happy when she is listening to the news on virtual music, and she enjoys the travel slideshows. She is showing interest in the tablet and this makes me happy.

It has been a great help for both of us. The IN2L tablet gives us inner peace.

It gives me time to do things in and around my house.

It has improved their mental health, by being happy and not sad, angry or agitated.

He enjoys music videos, he dances and sings when he uses the iN2L tablet. This is of great help to him.

I am more relaxed knowing that she is engaged in something she likes.

iNO2L TM
spark • engage • shine