

Elderly population

Most people around the age of 60 experience various inevitable cognitive and physical changes. The changes in cognitive and physical abilities affect the ability of the elderly to efficiently use technology, despite most of them having been around technology for a long.

Population characteristics

People at an older age experience various physical and cognitive changes which lowers their functionality compared to the younger individuals. Impaired vision is one of the major challenges the elderly are likely to face as they age. This makes reading difficult while others opt for optical glasses to aid them in reading (Myerhoff, 2019).

Motivation for use

Most of the individuals in their 60s fit in the category of baby boomers. These are individuals who have been around as technology has been developing. They have also taken part in various developments in healthcare relating to various health systems. With the advancements in technology and healthcare, they may need the use of computers access to their medical records or booking appointments. Others working within the organization may also need to access Electronic Health Records (EHR) (Coughlin, 2020).

Usage challenges

Navigating the healthcare systems has been challenging for individuals with impaired vision. The use of various font sizes affects the readability of the content in the systems. The use of various shades also makes some characters appear faded. Contrast levels may sometimes not be bright enough for the individuals to easily navigate.

Solution and design changes

The major challenge the individual's experience is related to reading. All factors which affect readability such as text and font sizes, contrast as well as button sizes should allow ease of visibility. One of the main changes would include keeping the text and button sizes large enough for better visibility and on-screen readability. Icons are also a major change for the elderly. An easily visible text should accompany the icons to allow ease of navigation. To ensure that all the changes aimed at improving readability help in bringing the desired readability outcomes, the creation of the websites or systems should allow users to change both the font sizes and contrast levels. This makes the system user-friendly allowing them to adjust the various aspects to their comfort (Salman, Ahmad, & Sulaiman, 2018).

References

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