

Too old for technology?

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TOO OLD FOR TECHNOLOGY?

Age stereotypes and technology use by older adults

1. Initiatives aiming to promote the digital inclusion of older adults should consider the role of age stereotypes on their behavioural engagement with information and communication technology.
| *This thesis*
2. Interventions should minimize the consequences of stereotype threat, the fear of confirming negative stereotypes about the technological ability of their age group. | *This thesis*
3. Interventions should address the implications of stereotype internalization, the assimilation of stereotypical beliefs about age and ageing into self-perceptions of ageing. | *This thesis*
4. Technology use contributes to better cognitive functioning in late adulthood, further emphasizing the need to counter the adverse effect of age stereotypes in the technological domain. | *This thesis*
5. Combating ageism in its different forms is critical to prevent its damaging impact on health and well-being in late adulthood.
6. Encouraging direct and indirect forms of intergenerational contact should challenge negative stereotypes about older people and their detrimental influence on behaviour.
7. Disseminating positive facts and portrayals of older people and the ageing process should result in similar benefits.
8. Such strategies should be further investigated to ensure the design of effective interventions promoting technology use and ultimately health and well-being in late adulthood.
9. *With age you develop a complex about being less able to do certain things. (...) You get scared sometimes. I always ask: "Can anyone tell? Is my playing off?"* | Martha Argerich
10. *Mudam-se os tempos, mudam-se as vontades, Times change, wills change,
Muda-se o ser, muda-se a confiança; The self changes, the confidence changes;
Todo o mundo é composto de mudança, The whole world is made up of change,
Tomando sempre novas qualidades. Always taking new qualities.* | Luís de Camões