

A NEW METHOD TO ASSESS PERCEIVED WELL-BEING AMONG ELDERLY PEOPLE – A FOLLOW-UP STUDY

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Abstract - This is a follow-up study to a previous experiment that evaluated the feasibility of a simple monitoring device, Con-Dis, in assessing perceived well-being (PWB) among elderly people. Additionally, in the present study Con-Dis was used at the same time as blood pressure and heart rate monitors and pedometers to see the possible correlation between PWB, blood pressure, heart rate, and time spent on outdoor activity. The Con-Dis device proved technically functional, feasible, and informative throughout the four-week follow-up test period among elderly test subjects. In addition, PWB (measured by Con-Dis) appeared to correlate with mood, QoL, and time spent on outdoor activity.

Index terms: Monitoring system, perceived well-being, electronic device, care home for the elderly, Con-Dis