

Impact of the Tech-empowered Healthy Living (TEHL) for seniors project on the lives of seniors

During 2023–2025, 110 seniors with early-to-moderate dementia in Ontario and Alberta (Canada) received innovative, easy-to-use, automated, individually customized tablets that had built-in internet and could communicate in 15 languages. A multilingual user manual, real-time online tech support, and remote login capability for debugging and updates provided support.

A tablet with scheduled reminders for activities of daily living (ADLs), available in the user's preferred language, enabled automatic updates to carers on task completion. Features such as picture-based calling and mind-stimulating games had a positive impact on seniors, carers, and organizations.

Human Endeavour, a Canadian charitable organization, designed and distributed these tablets with the support of partner organizations. An impact evaluation study was conducted by York University, and a comprehensive research report is available.

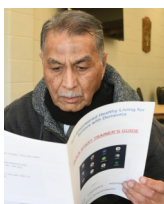
Quotes: Seniors: "Now I have a good friend, its name is TEHL tablet." Carer: "like a good hand, a hand to help me. Yeah, it's a helpful device." Organization: "it's bringing us all together to work towards something great which is exciting."

A majority of seniors strongly agreed or agreed that the tablet had a positive impact: 81% said it helped them remember to complete daily tasks, 79% felt it met their needs, 67% found it easy to use.

Below are results for five key indicators identified by the Public Health Agency of Canada. Percentages show the proportion of seniors who "strongly agreed" or "agreed" using a Likert scale.

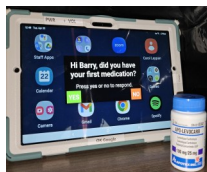
Indicator 1:
Increased technology knowledge and skills

64%



Indicator 2:
Improved health behaviors (e.g. on time medication)

87%



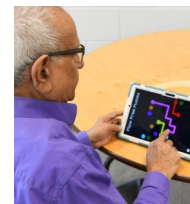
Indicator 3:
Improved protective factors (e.g. feeling secure)

80%



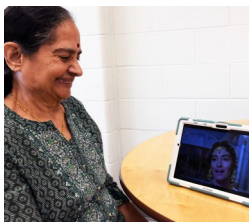
Indicator 4:
Improved well-being (cognitive)

83%



Indicator 4:
Improved well-being (emotional)

74%



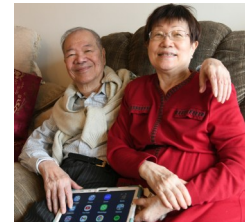
Indicator 4:
Improved well-being (social)

80%



Indicator 5:
Improved quality of life (carer's perspective)

60%



For more information visit www.humanendeavour.org or email: TEHL@humanendeavour.org

Funders and project partners

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Public Health
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Human Endeavour
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