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

Jori Reijula, Toni Rosendahl, Kari Reijula, Paula Roilas, Heikki Roilas, Raimo Sepponen

1 Applied Electronics Group, Helsinki University of Technology, Otakaari 7A, Espoo, 02150, Finland
2 Good Indoor Environment Theme, Finnish Institute of Occupational Health, Arinatie 3, Helsinki, 00370, Finland
3 Tampere School of Public Health, University of Tampere, Tampere, 33014, Finland
4 Department of Public Health, South Karelia Health Services, Lappeenranta, Finland
5 Corresponding author
Emails: jori.reijula@tkk.fi

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