

Health-e-living for rural seniors: A pilot study

The overall purpose of the project was to examine whether Internet access and use promotes health and well-being amongst rural seniors by enabling them to become and remain socially connected and productive.

The specific aims were:

1. to develop and evaluate an Internet training workshop with seniors
2. to develop and evaluate a student network to support senior Internet users
3. to develop and test instruments for collecting pre and post intervention data on seniors' Internet use and health related factors eg satisfaction, social connectedness, productivity.

The chief investigators of this study were Dr Alison Wicks, AOSC and Dr David Bomba, Centre for Health Service Development.

This study was funded by a UOW Faculty of Commerce grant.