



ROUNDTABLE SERIES


MAINSTREAMING KNOWLEDGE ON AGEING

Bridging paths towards strengthening protection and participation



The Use of New Technologies for Promoting Mental Health, Accompaniment, and Support to Improve the Lives of Older Persons

 **27** June 2024

 9.30 a.m. – 11.10 a.m. (NY time) / 3.30 p.m. – 5.10 p.m. (CET)

With the support of:

Background information

The use of new technologies to promote mental health and support for older persons has been useful for enhancing their overall well-being and quality of life. With the advent of telemedicine and online therapy platforms, older persons, especially those with reduced mobility or living in rural areas, can access mental health services more easily. This accessibility ensures they receive timely and appropriate care, breaking down barriers that previously hindered their ability to seek help. Additionally, continuous monitoring tools, such as wearable devices and health apps, enable early detection of mental health issues, allowing for prompt intervention and personalized care plans.

Technological solutions also play a crucial role in reducing social isolation, a common issue among older adults that can lead to depression and anxiety. Video conferencing, social media, and virtual communities help maintain connections with family, friends, and peers, fostering a sense of belonging and reducing loneliness. These tools not only provide emotional support but also create opportunities for older persons to engage in social activities and community events from the comfort of their homes. By facilitating social interactions and community engagement, technology contributes significantly to improving their mental and emotional health.

Moreover, new technologies empower older persons by promoting independence and self-management of their mental health. Educational platforms, mental health apps, and digital tools offer resources for learning coping strategies, mindfulness techniques, and other self-care practices. This empowerment allows them to take control of their mental health, leading to increased confidence and a better quality of life. Additionally, digital platforms integrate various support networks, including family, healthcare providers, and community services, ensuring comprehensive and holistic care. This integrated approach not only supports their mental health but also enhances the overall caregiving experience, making it more effective and coordinated.

Objective

To identify the link between the use of technologies and health.

Target Audience

The event is open to different actors interested in ageing and the rights of older persons, including:

- Public sector officials, policy makers and practitioners
- International Organizations
- Civil Society
- National Human Rights Institutions
- Academia
- Private sector

This event as well as the upcoming ones from the virtual roundtable series are open and free to All.

Format

Online. Due to the worldwide situation caused by the pandemic, these events will be celebrated online with spirit of inclusion to allow participants from different parts of the world to join us.



Special Notes

1. Participants who want to receive a certificate of participation need to fulfill the following criteria: Having participated at least 75% by Zoom (To be measured by the system).
2. You're warmly welcome to send questions or suggestions in advance to **sdp@unitar.org**
3. After the celebration of each event, those participants who joined them will be receiving the respective video recording together with takeaway messages.

Join us!

Register now!

https://us02web.zoom.us/webinar/register/WN_lhF1cyQVRDi0ge2BOu-Pbw

Earn a certificate of participation!



Programme

Moderator



Mr. Alex Mejia

Director, Division for People and Social Inclusion
UNITAR

Speakers



Ms. Roxana Widmer-Iliescu

Senior Coordinator Digital Inclusion
International Telecommunication Union (ITU)



Mr. Belisario Contreras

Coordinator
Digi Americas Alliance



Ms. Silvia Perel-Levin

INPEA, ILC GA, & Geneva NGO Committee on Ageing



Mme. Silvia Neira

Vice President
Global Initiative on Ageing Foundation (GIA)

Analysis on the Legal Obligations and Responsibilities for Older Persons at International Level



Dr. Michael Ashley Stein

Co-founder and Executive Director of the Harvard Law School Project on Disability,
Visiting Professor at Harvard Law School

