



# ROLE OF DIGITAL TECHNOLOGIES FOR CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

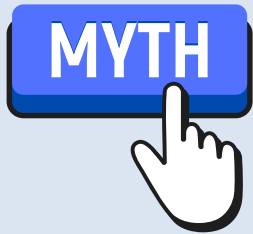
## INDIVIDUAL CAPACITY VERSUS COMMUNITY CAPACITY

Participants daily use of digital technologies demonstrated their individual capacity.

It was the community and healthcare system that lacked technological resources to support social connectedness at the beginning of the pandemic.



## DOMINANT DISCOURSE MAY DISCOURAGE TECHNOLOGY USE



Participants across all income levels had developed multiple strategies to address online privacy and security concerns.

The ongoing myths that "seniors do not use technology" may be reinforcing ageist myths as to who is "savvy" and "competent".

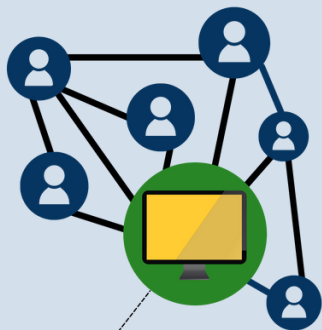
## MISALIGNMENT IN HAVING CURRENT TECHNOLOGICAL STRATEGIES FOCUSED ON TRACKING

Few participants used a technology to track health measures.

Many found that the information provided from these technologies did not connect directly with daily life of COPD.



## INTENTIONAL SEPARATION OF DIFFERENT WORLDS



People with COPD may prefer to have their online world separate to their illness.

Having this separation may provide a place of respite in thinking about one's illness.

## ENCOURAGING EXPERIENCES FOCUSED ON LIVING



Digital technologies can provide opportunities for reminiscing, distraction and spontaneity that can support emotional and mental health.

Intergenerational online connections that are supported online can provide opportunities to carry on tradition and create a legacy.

