

CAPAGE

Promoting academic and professional excellence in health care
to meet the challenges of aging in Sri Lanka

Health promotion and disease prevention Tutorial

FH JOANNEUM
University of Applied Sciences

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 **SANTA MARIA HEALTH SCHOOL**
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Tutorial

Health promotion and disease prevention in older adults

Digital health in health promotion and disease prevention in older adults

1. Define digital health technologies and provide examples relevant to health promotion and disease prevention in older adults.
2. Explain why nonclinical settings (e.g., home, community centers) are important for implementing digital health interventions in older populations.
3. Identify three types of digital tools that could support older adults in maintaining physical activity and preventing disease. How would each tool be used?
4. Discuss barriers older adults may face when using digital health technologies (e.g., digital literacy, accessibility, affordability).
5. Suggest strategies that physiotherapists can use to promote adoption of digital technologies in elderly populations.