

Name and detail of project and technology utilised	Purpose(s) of technology: Entertainment Communication Social Interaction Task orientated	Project type: Research Practice	Setting: Home Community Day centre Care home Other	Type of technology	Target group: Older people Adults Everyone Care recipients (e.g. care home residents)	Links to webpages, publications etc. [All accessed July 2019]	Identified outcomes relating to social isolation among older people
Mindings Private social network using an iPad app	Social interaction and directly combating social isolation	Practice	Home	iPad	Older people	http://www.mindings.com/	Trials of the system suggest improvements in quality of life and reduction in social isolation but can't find anything published.
Silver Line Telephone befriending service including 'regular friendship calls'	Social interaction and information delivery	Practice – free to all	Home	Telephone	Older people	https://www.thesilverline.org.uk/	An evaluation report is available from pilots of the helpline – link provided. http://www.thesilverline.org.uk/wp-content/uploads/2013/11/Evaluation-of-The-Silver-Line-Helpline-pilot-When-I-get-off-the-phone-I-feel-like-I-belong-to-the-human-race_.pdf
Speakset Videocalling service for care professionals	Communication and care delivery	Practice	Home	Video-conference	Older people Care practitioners	https://www.speakset.com/about	
Net Neighbours Phone service to provide company and practical help such as shopping	Social interaction Communication	Practice (with research paper)	Home	telephone	Older adults	https://www.ageuk.org.uk/york/our-services/helping-you-at-home/	Journal paper published evaluating the establishment and running of the service concluding that phone can be used as link to internet, in this case for shopping (see link) https://www.sciencedirect.com/science/article/pii/S0953543804001146
My Ethel Large tablet with easy to use interface with additional security	Social interaction Communication Practical tasks such as medication reminders	Practice	Home	Tablet computer	Older adults	https://www.ethelcare.co.uk/	Technology successfully adopted by NHS Shetland during the RemoAge project. See this video for more on use: http://www.interreg-npa.eu/news/the-people-of-the-north-npa-annual-conference-2018-inverness/
Personal Reminder Information and Social Management (PRISM) System	Social interaction (connectedness)	Research	Home	Computer software	Older adults	https://clinicaltrials.gov/ct2/show/study/NCT01497613?sect=X70156	Research including RCT conducted on this system but little information available about how to access in practice. Ongoing trial information at link. UPDATE: findings available here http://apps.webofknowledge.com.ezproxy.str.ac.uk/full_record.do?product=UA&search_mode=GeneralSearch&qid=1&SID=C3NR4Rx8dIWUtp6DQ7&page=3&doc=29
Robotic companions Paro Aibo	Social interaction	Practice Research	Home, care settings, hospital	robots	Older adults including those with dementia.	http://www.parorobots.com/ https://aibo.sony.jp/en/ https://www.jamda.com/article/S1525-8610(13)00097-2/fulltext https://www.jamda.com/article/S1525-8610(07)00516-6/fulltext	Some research evidence that these reduce loneliness.
Internet training e.g. AgeUK provide internet training across the UK.	Communication Access to information	Practice Research	Home	Internet access – computer/ tablet computer	Older adults	https://www.ageuk.org.uk/services/in-your-area/it-training/ https://www.researchgate.net/profile/Iddo_Gal/publication/5959750_Promoting_Older_Adults%27_Well-Being_through_Internet_Training_and_Use/links/55ef496208aef559dc44c615.pdf https://www.tandfonline.com/doi/abs/10.1080/13607860220142422	Some research evidence as to impact of internet training on social isolation of older people – see link. The database does not include all examples of internet training for adults - this was a very common example of technology use and many examples were found across the UK.
No Isolation AV1 telepresence robot	social interaction communication entertainment	practice	home	robots	children and young adults in long-term illness	https://www.noisolation.com/uk/av1/ also p45 in https://www.gov.uk/government/publications/a-connected-society-a-strategy-for-tackling-loneliness	
Call in time (Age UK) telephone befriending linking volunteers with older people	social interaction	practice	home	telephone	older people	https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/	four key areas of concern. See Kime N, Cattan M and Bagnall A-M (2012) The delivery and management of telephone befriending services: whose needs are being met?, Emerald Quality in Ageing and Older Adults 13 (3) : 231-240
European Social Survey Internet use in old age	social interaction	research	home	Internet access	older people	Lelkes O (2013) Happier and less isolated: internet use in old age,, Journal of Poverty and Social Justice 21 (1) : 33-46	see link. Regular internet use associates with lower chance of being isolated.

computer and internet interventions for loneliness in older adults	social interaction communication	research	home	internet and computer training interventions	older people	Choi M, Kong S and Jung D (2012) Computer and internet interventions for loneliness and depression in older adults: a meta-analysis (Provisional abstract), Database of Abstracts of Reviews of Effects : 191-198	see link. Results suggest computer and internet programs effective in managing loneliness in older adults.
computer intervention addressing loneliness among older people in Finland and Slovenia	social interaction	research	home	computer intervention	older people	Blazun H, Saranto K and Rissanen S (2012) Impact of computer training courses on reduction of loneliness of older people in Finland and Slovenia., Computers in Human Behavior 28 (4)	see link. Decreased loneliness after intervention.
social networking intervention internet	social interaction	research	home	internet social networking intervention	older people	Ballantyne A, Trenwith L, Zubrinich S and Corlis M (2010) 'I feel less lonely': what older people say about participating in a social networking website, Quality in Ageing and Older Adults 11 (3) : 25-35	see link. Reduced temporal loneliness and loneliness as connectedness
video-conference program internet	social interaction communication	research	care home	internet and video conferencing	older people	Tsai H-H, Tsai Y-F, Wang H-H, Chang Y-C and Chue H H (2010) Videoconference program enhances social support, loneliness, and depressive status of elderly nursing home residents, Aging and Mental Health 14 (8) : 947-954	see link. Alleviated depressive symptoms and loneliness.
effect of cyber friends on loneliness (Japan) internet	social interaction	research	community	internet, social networking sites	young adults	Ando R and Sakamoto A (2008) The effect of cyber-friends on loneliness and social anxiety: Differences between high and low self-evaluated physical attractiveness groups., Computers in Human Behavior 24 (3) : 993-1009	Results showed that for those who gave a low evaluation of their physical attractiveness, having a large number of cyber-friends lowered their social anxiety and reduced the loneliness felt in friendships. These effects differed by gender of the cyber-friends. In particular, for those who gave a low evaluation of their physical attractiveness, having a large number of cyber-friends of the same sex had a positive effect on social anxiety. In contrast, cyber-friends of the opposite sex had no effect on social anxiety, but had a complex effect upon loneliness. Namely, while a large number of cyber-friends of the opposite sex reduced the loneliness felt in friendships, it also heightened the loneliness felt in family relationships.
escaping loneliness by going digital (Holland) electronic communication facility	social interaction	Research	community	e-mail, internet, computer	older people	Fokkema T and Knipscheer K (2007) Escape loneliness by going digital: a quantitative and qualitative evaluation of a Dutch experiment in using ICT to overcome loneliness among older adults, Taylor & Francis Aging & Mental Health 11 (5) : 496-504	E-mail was found to facilitate social contact. Furthermore, the computer and Internet were often used to pass the time, taking people's minds off their loneliness. Unexpectedly, the intervention also improved people's self-confidence. Conclusion: The decline in loneliness is likely to be greater if persons under more favorable circumstances are selected and if more social functions of the Internet are used.
RNIB telephone book club	entertainment social interaction	Practice	home community	telephone	adults of all ages with sight loss	https://www.mib.org.uk/services-we-offer-advice-and-support-services-talk-and-support/telephone-book-clubs	up to 8 adults get together over the phone to chat about reading and discover new author books
University of the third age virtual USA	communication social interaction	practice	home	internet	older people	https://vu3a.org/	none identified
mobile phones and loneliness in Japan	social interaction entertainment	research	home	smart phone	midlife and older people	Wang et al 2018. Uses and Gratifications Sought From Mobile Phones and Loneliness Among Japanese Midlife and Older Adults: A Mediation Analysis. Innovations in aging vol 2 p027.	use of mobiles for sociability reduces loneliness but use for entertainment increases loneliness. See paper
EMPATHIC project internet	task orientated social interaction communication	research	home	personalised virtual coach	older people	Zorrilla AL et al 2018. EMPATHIC: empathic, expressive, advanced virtual coach to improve independent healthy-life-years of the elderly. Procesamiento del lenguaje natural 61. p167-170.	no outcomes yet.
smart phone communication app	communication	Research	care home	smart phone	older people	Neves, BB et al 2018. adoption and feasibility of a communication app to enhance social connectedness amongst frail institutionalised oldest old. Info comm and soc 21.11 p1681-1699	suggests technology adoption among oldest old is based on a complex set of interrelated factors: social, attitudinal, physical, digital literacy and usability.

Alzheimer's Scotland Dementia Circle review of Amazon Echo Dot, Amazon echo show and amazon echo	social interaction entertainment	review	home	voice controlled speaker (show also has a screen) that uses Alexa to play music, control smart phone home devices, provide information, read the news, set alarms and more	everyone	https://www.alzscot.org/living-with-dementia/staying-independent/useful-products/reviews-from-dementia-circle-testers	Useful if: You want an easy way to find information, but don't want to use a computer or tablet. Your vision isn't great, and looking at a screen is difficult. You want to stay connected to your family but find using the phone difficult. Tester comment on the echo show was "We only used the Echo Show marginally as dad is already feeling slightly overwhelmed with products we installed in his house in the last year, but it's an incredibly useful product. We set reminders, we created calendar events which would appear and remind him of his appointments. We used it as a conversation starter and as a entertaining tool. It's relatively easy to set up, but to get the most out of it, it requires a little reading and setting up eg, linking it with various apps etc. Having a small Echo dot too, we can see that the visual aid given by the Echo Show is very helpful. Furthermore, the sound quality is much clearer and deeper so easier to understand. If you take advantage of all its functionalities, it's definitely worth its cost".
Alzheimer's Scotland Dementia Circle review of Tifone Neptune Mobile Phone	communication	review	community	mobile phone	older people people with sight issues	https://www.alzscot.org/living-with-dementia/staying-independent/useful-products/reviews-from-dementia-circle-testers	It has large, easy to see buttons. They're also embossed with the number, which makes it a useful feature. It has a SOS button on the back. Torch function and FM Radio are useful. Improved, large print instructions with drawings are easy to read and understand.
Alzheimer's Scotland Dementia Circle review of Ownfone	communication	review	community	mobile phone	older people people with sight issues	https://www.alzscot.org/living-with-dementia/staying-independent/useful-products/reviews-from-dementia-circle-testers	As the phone is 'custom made' on your specification, the set up was done online, while ordering it. The process was very simple and straightforward, with step-by-step instructions, images and colour coded steps. We went for '4 names' design, but we liked the one with 4 pictures too. very easy to use. has an emergency button.
Alzheimer's Scotland Dementia Circle review of Photophone 300	communication	review	home	telephone	older people	https://www.alzscot.org/living-with-dementia/staying-independent/useful-products/reviews-from-dementia-circle-testers	easy to use. Photo buttons are great but annoying flashing light.
Alzheimer's Scotland Dementia Circle twitter feed #dementiahacks	communication	practice	all	computer	everyone	https://twitter.com/search?q=%23dementiahacks&src=typd	Not sure if relevant to connectedness but provides technology related tips and tricks shared every Tech Tuesday on AS twitter feed.
Viridian Housing free internet training scheme for over 50s	social interaction communication	practice	care home	internet	older people		evaluation of pilot found 76 per cent of residents found a tablet easy to use; 61 per cent felt more in touch with the world around them; 80 per cent of the participants found their new skills valuable; Residents enjoyed using online games as it kept their minds active; Residents used Skype to stay in touch with family and friends.
Age Scotland's Veterans Project internet's links	entertainment social interaction communication task oriented	practice	any	internet	veterans	https://www.ageuk.org.uk/scotland/what-we-do/supporting-older-veterans/age-scotland-veterans-project/best-of-the-net-for-older-veterans/	a best of the net website with links identified by veterans and staff to be useful. Includes links on information, advice and support, plus social and leisure
Age Scotland's Community Connecting website	entertainment social interaction communication task oriented	practice	community	webpage	older people	https://www.ageuk.org.uk/scotland/what-we-do/community-connecting/	website contains pdfs of contact details for each region in Scotland for community services that offer friendship, social activities, health and fitness groups and events.
good things foundation funded by the centre for ageing better use of internet	all	research	home	internet	older people	https://www.ageuk.org.uk/scotland/what-we-do/tackling-loneliness/community-connecting/	Good Things Foundation will be conducting research with people in later life – including those who have used the internet in the past but have now stopped – to understand the ways they want to use the internet and the barriers they face. We want to identify promising offline approaches to help more people in later life benefit from the internet, and access the information, advice and services that they want and need.
joined up digital getting more people involved in digital in later life	all	research	home	internet	older people	https://www.ageing-better.org.uk/news/digital-close-intergenerational-gap	One major conclusion from our work was that the role of people close to the older person could hold the key. Looking at the close networks of people in later life often reveals people with a smartphone or an iPad – a son or daughter, a friend, a carer. I have experienced how a 20-minute conversation can help someone see the benefits of digital – the first step to engaging with it. The question is can we do more to enable these people to be the bridge between the wants and needs of those in later life to the opportunities that digital technology can offer?
Connect2Affect mobile phones	social interaction	practice	community	mobile phone	everyone	https://connect2affect.org/remind-me/	AARP Foundation send text reminders to contact friends and family.
Buchan IT and E-learning Service (BITES) - Big Lottery IT training	all	practice	community	IT	everyone	https://www.biglotteryfund.org.uk/funding/grants/0030131656	none specific to older people
reducing social isolation technology project for visually impaired. Big Lottery funding to British Wireless for the Blind Fund	communication	practice	home	not specified on Big Lottery page but organisation webpage suggests they provide specially adapted digital radios	visually impaired	https://www.biglotteryfund.org.uk/funding/grants/0031026888 http://www.blind.org.uk/about/	
reducing social isolation through technology project for the visually impaired. Big Lottery funding to British Wireless for the Blind Fund	all	practice (2014)	home	tablets, smartphones, audio players, e-readers, digital radio	visually impaired	https://www.biglotteryfund.org.uk/funding/grants/0030063362	This is a project by a charity in Maidstone, Kent serving the whole country. The group will use the funding to facilitate 12 one day workshops for blind and partially sighted people to raise awareness of the digital switchover of radio and demonstrate affordable and accessible tablets, smartphones, audio players and e-readers. This will enable the beneficiaries to have access to the internet and develop their IT skills

Dorset Radio for Life Project	all	practice	home	install audio equipment in the homes of people living with visual impairment	all	https://www.biglotteryfund.org.uk/funding/grants/0030016204	none specific to older people
Age UK South Lakeland. Digital technology for vulnerable older people use of digital technology	all	practice	home	teach older people to use digital technology for information and communication purposes	older people	https://www.biglotteryfund.org.uk/funding/grants/0031044560	
Age UK South Lakeland. Digital Inclusion project	all	practice	home	tablet	older people	https://www.ageuk.org.uk/southlakeand/activities-and-events/it-training/digital-inclusion/	lists benefits including keeping in touch with family and friends.
UTOPIA (Using technology, Older People in Action) (Northern Ireland)	all	practice	home	IT	older people	https://www.biglotteryfund.org.uk/funding/grants/0030058827	communicate with friends and family, get more involved in community life
Mental Health Foundation - Assistive technology for dementia support groups in sheltered housing	communication	practice (2012)	sheltered housing	assistive technology	older people living with dementia	https://www.biglotteryfund.org.uk/funding/grants/0030073963	specific to older people with dementia.
technology freedom IT workshops	all	practice (2016)	home	IT	older people	https://www.biglotteryfund.org.uk/funding/grants/0031040684	This will enable people to shop online and keep in touch with friends and family, with the aim of reducing social isolation
Project crossovers Plymouth Music Zone	all	practice (2012)	community	music and technology (unspecified)	everyone	https://www.plymouthmusiczone.org.uk/what-we-do	none specified
sing and swing: young at heart Torbay	communication	practice	community	music technology equipment	older people	https://www.biglotteryfund.org.uk/funding/grants/0031050670	
Tablets to help dementia sufferers and their carers: Know Dementia	social interaction communication	practice	community home	tablets plus other technology resources	older people	https://www.biglotteryfund.org.uk/funding/grants/0031048488	
IT workshops in digital lifestyles project	all	practice (2010)	community	internet, social networks, emails	older people	https://www.biglotteryfund.org.uk/funding/grants/0030091172	
LinkAge: email and social media	social interaction	practice (pilot)	community	email, social media	older people	https://my.stirling.gov.uk/social-care/health/adult-care/linkage-stirling/	LinkAge Stirling is free sign-posting pilot project to connect older adults with local services and groups and improve their well-being
Cantray Crew Connects social media training	social interaction	practice	community	social media	former students of Cantraybridge. Adults with support needs	https://www.scld.org.uk/wp-content/uploads/2017/08/SOCIAL-CONNECTEDNESS-FOR-WEB-pdf.pdf	link describes improved connectedness by building circles of support online and face-to-face.
Ladders to the Cloud smart phones	entertainment communication	practice (Wester Hailes)	community	QR codes read by smartphone	all	https://ahrc.ukri.org/documents/publications/connected-communities-brochure/	
BESIDE: the built environment for social inclusion in the digital economy	social interaction	research	home	not specified	older people	https://epsrc.ukri.org/newsevents/news/designprojects/	link provides short description of research to enhance the experience of older people in the built environment.
Various smartphone apps	social interaction	practice	home	smart phone	all		
real connection by knot together LLC smartphone app	social interaction	practice	home	smart phone	all	knotttogether.com	allows family sharing with up to 6 family members. Creates reminder to telephone someone.
Caribu app	social interaction	practice	home	smart phone	families	https://caribu.com/	ability to remotely read a story to a child or grandchild with videocalling alongside.
far far away smartphone app	social interaction	practice	home	smart phone	all	farfarawayapp.com	ability to remotely read a story to a child or grandchild. https://www.mirror.co.uk/lifestyle/family/far-far-away-new-app-5446529
Milrow	social interaction	practice	home	smart phone	all	Milrow Inc.	stay connected with close friends and family
Connected Living	social interaction	practice	home	smart phone	all	ConnectedLiving Inc	private social network all for your inner circle
Mobile Age app	social interaction	research	home	smart phone	all	http://sc-mobileage.lancs.ac.uk/app/	app being developed by the elderly in South Lakeland full article in The Conversation. http://theconversation.com/how-an-app-can-help-fight-loneliness-in-old-people-at-christmas-108443
nearbymom	social interaction	practice	home	smart phone	all	http://www.nearbymoms.com/	private social networking for neighbourhood mums
takes a village	social interaction	practice	home	smart phone	all	thevillage.io	connect with neighbours, coordinate assistance
happy	social interaction	practice	home	smart phone	all	http://happythemovement.com/	App that gives people access to trained 'compassionate listeners' who can offer a sounding board and listening ear.
One Good Street	social interaction	practice	home	platform for connecting people locally		https://www.facebook.com/groups/onegoodstreet/	won 1st prize in senior living innovation challenge (Australia)
Loneliness project in Aalst, Belgium	combat loneliness	practice	home community	not specified	older people	https://northsearegion.eu/in-for-care/news/service-design-to-combat-loneliness/	Short report highlighting need to address social isolation among older people in Belgium
Verijoy virtual pet	social interaction task oriented	practice	home	tablet application	older people	https://www.care.coach/ https://www.aarp.org/caregiving/home-care/info-2018/new-technology-social-isolation.html	caregivers control the pet's speech and interactions. It checks on clients a few times an hour, offers reminders about medication and physical activity, and provides family caregivers with a log of the day's activities, including detailed accounts of conversations.
AARP caregivers in the community app	social interaction	practice	community	computer application	caregivers	https://states.aarp.org/aarp-caregiving-app	

wellspouse online support site including telephone support	social interaction	practice	community	online support	caring spouses	wellspouse.org	"The telephone groups are a great way to connect if it's tough for you to leave home," says Diana Denholm, author of <i>The Caregiving Wife's Handbook</i> .
ElliQ among other things connects users with others via video or text and photo messaging	all	research	home	almost robot that proactively offers trivia, plays music, suggests educational videos and encourages activity	older people	elliq.com	now available to pre-order
LISA Language interface for senior adults	social interaction communication task oriented	practice	home	combined Amazon Alexa skill for Seniors and smart phone device	older people	https://cuidahealth.com/social-isolation-seniors/	Increased communication between loved ones or care
CareVision Digital Concierge	all	practice	home	video calls, phot and video sharing	older people	https://www.carevision.com/platform/	looks to be a care home computer system with a built in section allowing contact with family members etc.
Contact the Elderly telephone groups	social interaction	practice	home	telephone	older people	https://www.contact-the-elderly.org.uk/SM4/Mutable/Uploads/medialibrary/Franchise-Project-Report.pdf	the report highlights the success of the telephone groups and the regular get togethers among the elderly.
captioned telephone - everything the caller says is printed on the screen - provided by Blue Star Seniortech	communication	practice	home	telephone	older people	https://bluestarseniortech.com/shop/connection-products/captioned-phone-hearing-impaired-solution/	
Nucleus by Blue Star seniortech. Family video chat (USA)	communication	practice	home	tablet type	older people	https://bluestarseniortech.com/shop/connection-products/nucleus-easy-family-video-chat/	
KOMP video calls, photo and text sharing	communication social interaction	practice	home	tablet type	older people	https://www.noisolation.com/uk/komp/	has won NESTA's smart ageing prize
Family portal (the same people refer to Family Window which looks to be the same thing)	communication social interaction	research	home	computer application	everyone	https://dl.acm.org/citation.cfm?id=1979122	for distance separated families so can be applicable to older people
In Touch digital communication tool	communication	research	home	ipad	older people	http://web.a.ebscohost.com.ezproxy.stir.ac.uk/ehost/detail/detail?vid=0&sid=c37a42d9-f067-45f7-90cd-bacfa187f0af%40sd-cv-sessmgr05&bdata=JnNpdGU9ZWhtc3QtbG12ZQ%3d%3d#AN=2017-32485-090&db=psyh	
Clevercogs	communication entertainmentsocial interaction	practice	home care home	tablet or computer based system	older people	https://www.blackwoodgroup.org.uk/clevercogs	Not evaluated formally at this stage.