Do Older Adults Prefer “Smart” Lighting Cues in a Darkened Home Environment?

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Abstract

Introduction

Older adults are relying on smart technologies, especially when the concept allows them to live independently. Smart technologies designed to reduce or eliminate falls. This study aimed to determine if older adults would prefer the use of smart lighting compared to traditional lighting in a dark environment.

Methodology

A randomized controlled trial was conducted among older adults living in a simulated smart apartment environment. The participants were randomly assigned to either the smart lighting or traditional lighting group. The outcome measures included falls, quality of life, and satisfaction with the lighting system.

Results

The results showed that the participants in the smart lighting group had a lower incidence of falls compared to the traditional lighting group. The quality of life and participant satisfaction were also higher in the smart lighting group.

Discussion

These findings suggest that smart lighting systems can be an effective intervention to reduce falls in older adults. Further research is needed to evaluate the long-term effects of smart lighting on falls and quality of life. The use of smart lighting systems may be considered as a potential intervention for reducing falls in older adults.

References