

## **Assistive technology to promote active lifestyle among elderly with cognitive impairment**

### **ABSTRACT**

Advancement of technological applications in the appropriate manner could certainly be very beneficial for diverse community, regardless of age. Older adults are typically associated with the deterioration of cognitive domain which might cause them to be diagnosed with the neurodegenerative diseases. Although there is no evident cure for these diseases, but its progressions can be delayed by maintaining an active lifestyle. This paper attempts to review and summarize recent research and developments of the potential use of technology as an aid or tool to encourage elderly with the cognitive impairment to live an independent active lifestyle. The retained performance of Activities of Daily Living (ADLs) is the key to an active lifestyle among elderly. The paper concludes with a brief discussion on the significant of technological application in assisting the elderly mainly with cognitive impairment to perform ADLs, as well as maintaining the good quality of life.

**Keyword:** Assistive technology; Activities of daily living; Active lifestyle; Older adults; Cognitive impairment