

IMPROVING IMAGES OF AGING IN KOREA THROUGH CYBERSPACE

[Busan Healthy Family Support Center](#)
[Research Institute for Science of Better](#)
[Living of the Elderly](#)

[Director, DONGHEE HAN\(Ph.D\)](#)

[Kosin University](#)

[Professor Hee Eun Nam\(Ph.D\)](#)

www.bfsc.busan.go.kr

www.wellageing.com

www.kosin.ac.kr

Dynamic BUSAN





Aging in Korea

- Population: Approaching 40 Million
(4 Million over 65 years older)
- By2050: Population over 65 years old
will be 37%
- Booming Aging Issue in Korea
- Various images of Aging in Korea

Aging in Korea

- Independent/Dependent
- Healthy/Unhealthy
- Educated/ Non Educated
- Family/Alone
- Integration / Isolation
- Respect/ Burden
- Social Participation/Roleless



Aging is too hard



Negative Image



Isolated

Negative

Unhealthy

Thought / Mind

Expression

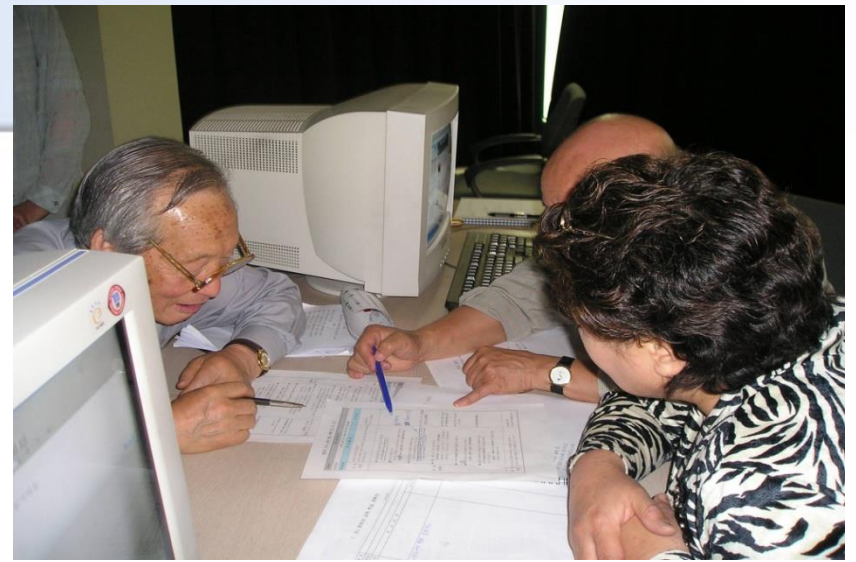






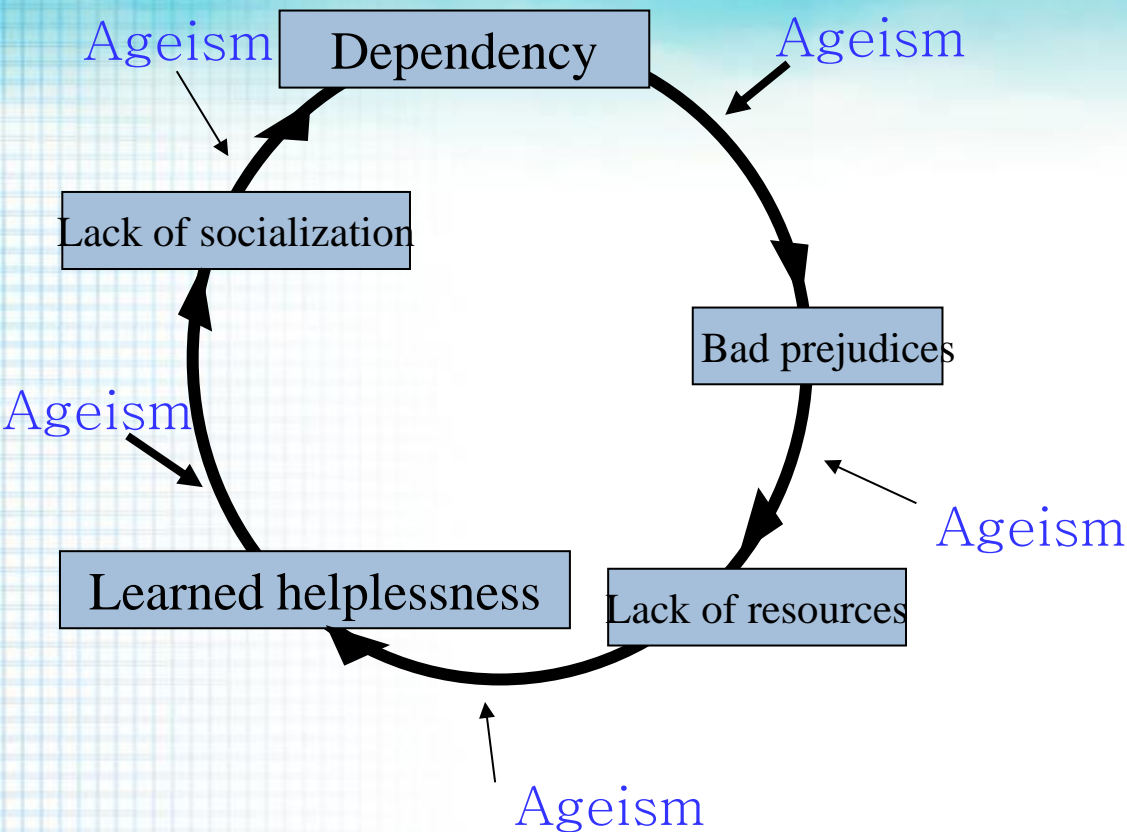


세계가 환영합니다!



Ageism

New Aging



Leading a Digital Life

Promoting Technology Training in Korea

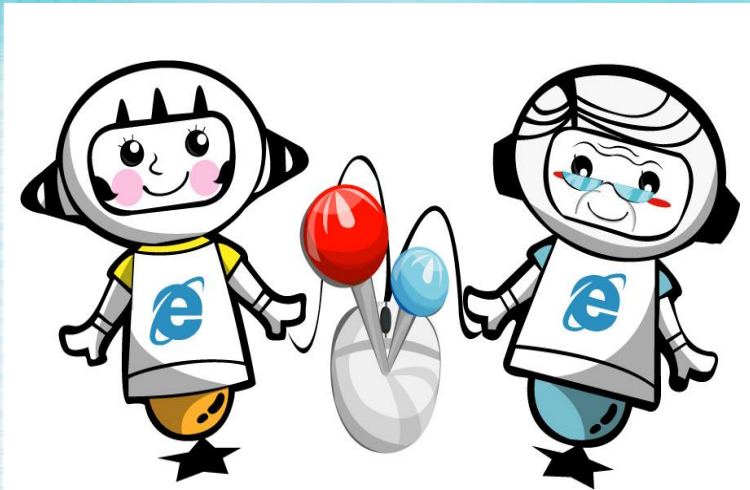
- Increasing seniors' access to information , opportunities for communication and participation by promoting digital literacy
- Helping social participation, health promotion, safety and security with information and technology
- Empowering them to get more information and better life for their late years
- Making New Image of Older Persons in Aging Society

Cyber Neighbor



Research Institute of Science for the Better Living of the Elderly

Positive Aging with Digital Life



- 1080 Cyber Family
- Game Festival



- Cyber Family

Strategy of Infomatization

- **Bridging Digital Divide between Young and Old**
 - **IT Silver Instructor**
 - **Cyber Neighbor**
 - **Cyber Family**
- **Bridging Digital Divide among Old Persons**
 - **Internet Navigator**
 - **www.wellageing.com for Silver Surfing**
 - **Support Contents**

Positive

- Information
- Interaction
- Participation
- Sharing the Moment
- Social Capital
- Workforce
- Meaningful Life

Negative

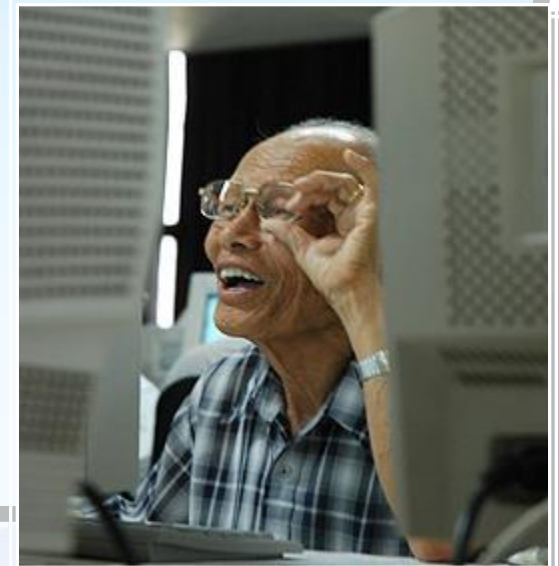
- Too Hard to Learn
- Will Be Forgotten
- Not Necessary
- No Reason to Learn
- No Use
- Feel Foolish
- Get Sick

Computer story

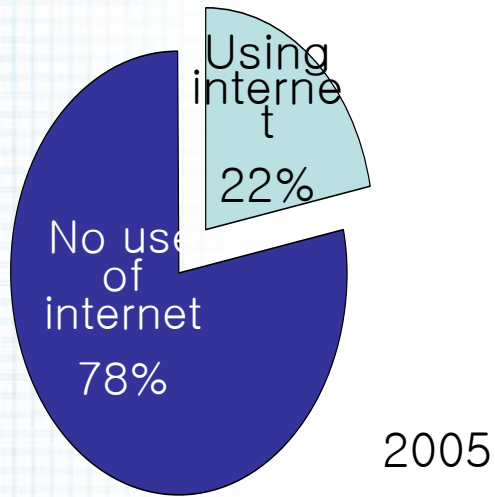
It is really strange – my life is getting to be changed. Like magic, it is a really wonderful world.

How can you learn such a skill?

How can we learn?



Internet User Population Over 50 s



50-59's : 55.9%

Over 60's: 21.8%

Total Internet User

Population:77.6%

(2009 KADO)



Efforts of Informatization for the Elderly in Korea

- **Ministry of Information & Communication(2002-2007)**
- **Ministry of Public Administration and Security (2009-)**
- **Promoting NGO's public IT activities**
- **Online IT education for seniors**
- **Developing contents, games, off-line events to encourage the participation in cyberspace**
- **Promoting Activities for Digital culture**
- **Supplying Recycled computer, Workforce through**

ITskill

Why we need cyber activities for older persons

- Creating Digital Technology for the Quality of Life
- Possibilities and Opportunities to Create New Roles in Digital Era
- Encouraging to Take Part in Society
- Promoting Family Solidarity as New Model of Filial Piety
- Keeping Continually Quality of Late Life

Digital Aging / Digital Culture

Interaction

- Destroy Isolation
- New Filial Piety, Cyber family
- Intergenerational Integration

Continuous Social Participation

- Continuous Information
- Sharing Late Life
- Workforce

Health Promotion

- Health Promotion by ICT
- Building Strategy in Information
- Intelligent Technologies, U-health, Digital Systems, Serious Games

Keeping Dignity and Respect

- Keeping experiences with Whole Life
- Monitoring Vulnerable Environment
- New Image

세대통합실천방안 청소년과 노인이 만드는 사이버가족 기념식

• 일자 : 2006년 8월 15일 ~ 18일 • 장소 : 부산유스호텔 아르피나 그랜드볼룸 • 주최 : 노인생활과학연구소 • 후원 : 국가청소년위원회



Internet Navigator





건강체조

· 몸의구조 & 통장의징후

· 건강체조

○ 노인정신건강

○ TV건강 동영상

○ 노년기식생활

○ 간병정보

○ 치매정보

○ 노년건강

○ 사이버진단

○ 의학백과&건강소식지

음성도서관 안내
시각장애인을 위한 음성도서관

여가문화정보 안내
함께 즐기는 여가 문화정보 / 여행정보

▶ 건강체조

 **FACE요가** Face Yoga



목 사선으로 늘이기
혈액 순환과 근육의 이완을 위한 동작



머리 두드리기
양손은 계란을 잡은 듯이 오목하게 합니다.



얼굴 지압하기
가운데 손가락을 이용하여 눈 안쪽, 눈 꼬리, 콧망울, 광대뼈 아래...



뒷목 가운데 부분 지압하기
양손을 이용하여 두 손갈이 뒷목 가운데 오목하게 들어간 부분을...



눈동자 좌우로 돌리기
양손의 검지를 세워 어깨 넓이만큼 벌립니다.



눈동자 위아래로 돌리기
양손의 검지를 세워 한손은 이마에 위치하고, 다른 한손은 턱 아래...



눈 감았다 뜨기
눈을 감았다가 마음속으로 하나, 둘, 셋을 세고 눈을 뜹니다.



할아버지, 할머니요~
CRASH RACING KART RIDER
 한강!!

손자·손녀요~
CRASH RACING KART RIDER
 한강!!

우리
 ○
 한가
 주

포
 ○
 한
 당



1080 우리 한가주 게임 한마당

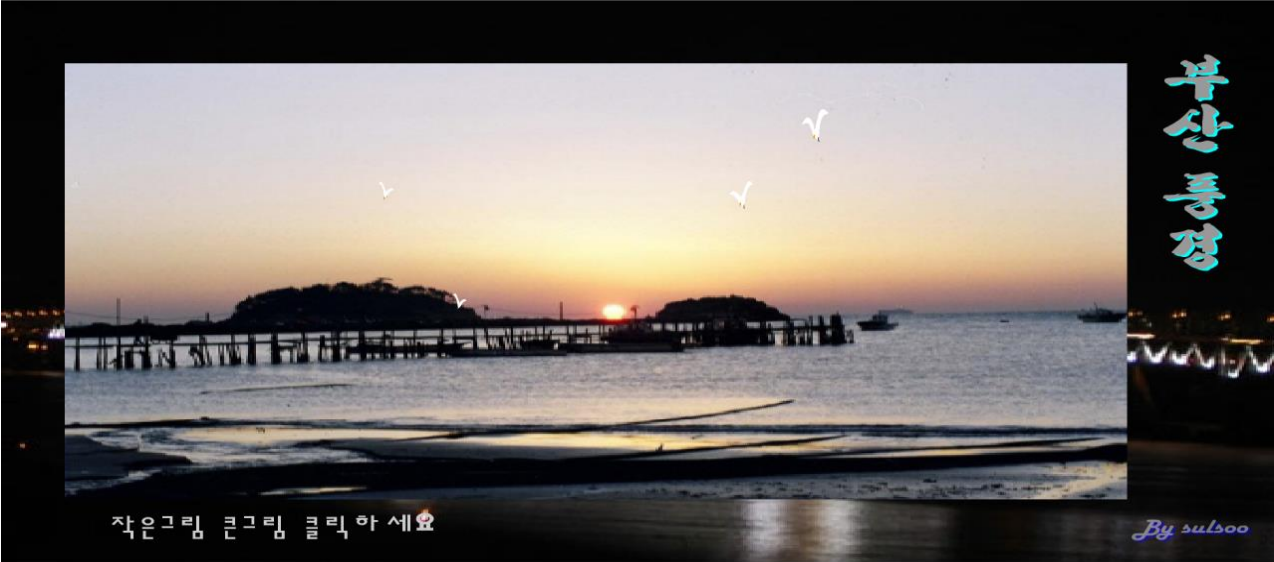
일시: 2007. 5. 26 (토) 13:00 | 장소: 원대사 | 후원: 문화관광부, 부산광역시 남구청, 부산광역시 남구청



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블로그: 2010.3.blog



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작은그림 큰그림 클릭하세요

By sulsoo

부산 동정

노인생활과학연구소

RISBLE

Research Institute
of Science for the Better
Living of the Elderly

액티브에이징

ACAP

Active Aging
Consortium
in Asia Pacific

디지털에이징

Digital @geing

치매가족 자원정보망

DFSP

Dementia Family
Support Program

노인과일

Workforce

한국노인학대 방지정보망

KINPEA

Korean Information
Network for the
Prevention of
Elder Abuse





Namhae
The Aging Conference in As



감사합니다(Thank You!!!!)



Improving Images of Aging in Korea through Cyberspace