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## Implementation of digital technology in the service of health protection for long-term care users

**Abstract:** Information and communication technology (ICT) solutions such as smartwatches and activity trackers, fitness apps, and VR fitness platforms make a significant contribution to promoting active aging. The World Health Organization emphasizes that the concept of active aging through digital technology aims to maintain and enhance physical, mental, and social well-being in older age, with the goal of achieving overall quality of life for the individual and their family. The advantages of including digital tools in proactive gerontological care are primarily reflected in the ability to collect objective and relevant health information which provides members of the multidisciplinary gerontological team with a holistic and personalized approach, while long-term care (LTC) users gain feedback on their health and it enables them to take an active role in the care process. The challenges faced by members of the multidisciplinary gerontological team when implementing digital tools in gerontological programs most often include the inability to adapt the user interface to the individual needs of LTC users, the users' lack of experience in the ICT environment, insufficient motivation, limited support from their surroundings for using computer technology, as well as users' misconceptions regarding privacy protection when applying digital tools. Continued implementation of ICT workshops, ensuring user-friendly interfaces with intuitive solutions focused on the individual needs of LTC users, the assurance of data protection and privacy, as well as the possibility of interaction with other users in online environments and retirement homes, all play a significant role in the long-term sustainability of technological solutions in gerontological programs.

**Keywords:** Digital technology, health, activity, long-term care

**Biography:** Currently employed as a senior lecturer at the Department of Physiotherapy in the field of Biomedicine and Health, area of Clinical Health Sciences, branch of Physical Medicine and Rehabilitation. Long-standing associate at the Slovenian Quality Assurance Agency for Higher Education. Participated in the realization of several scientific and professional projects. Author of several dozen scientific and professional publications cited in the Web of Science, Scopus, and Google Scholar databases. Editor and co-author of the first university textbook in the Republic of Croatia, Pulmonary Rehabilitation, in collaboration with Prof. Mirjana Turkalj, MD and Prof. Davor Plavec, MD.