

Leveraging IT to Support Health for Older Adults in COVID-19 Outbreak

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In the healthcare industry, every effort is made to increase life expectancy and the quality of life. Inevitably, with increasing life expectancy, one of the ways stations of life is old age, and the important challenge in this station is to increase life quality (1).

With the advent of the COVID-19 pandemic, as a crisis, which changed all lifestyle patterns, the elderly population suffered the most and made many sacrifices (2).

Given that the old age is associated with chronic diseases require constant care, and according to global warnings to strict observance of health protocols in controlling Coronavirus disease 2019, older adult should be prioritized in receiving health care services and medical care, with minimal attendance at communities and health care centers (3).

Electronic interventions in the form of information technology applications could play an important role in the field of health (4). In this way, a variety of information technologies such as mobile health, telemedicine, and home care could be used to prevent and control Coronavirus disease (COVID-19) in the most at-risk populations such as older adults. These technologies include performing diagnostic tests, monitoring fever through smart wearables, monitoring blood sugar level, monitoring blood pressure, providing online counseling, visits, and training (5).

However, as a country with an aging population, what is important in Iran is whether or not the necessary technological infrastructure is provided to maintain and improve older adults' health in the midst of the COVID-19 crisis or another similar crisis in the future.

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