



Spark!Lab Dr. InBae Yoon 2019 Invent It Challenge

Think about a
new invention that
**enhances the
daily lives**
of older adults.

inventitchallenge2019.epals.com

ENHANCING THE LIVES OF OLDER ADULTS TOPICS & RELATED RESOURCES

Use these ideas and resources to spark your inventions!

Ask yourself: "How can my invention enhance or improve the daily lives and activities of older adults?"

Mobility and Daily Living Activities

Our bodies change throughout our lives bringing new abilities and new challenges. For some older adults, physical tasks and activities become more challenging. New inventions would help improve their mobility and balance, strengthen their muscles, promote better eating and sleeping, and assist with daily tasks. Innovative solutions are needed to help older adults stay physically active and increase their ability to independently take care of themselves.

THINK ABOUT.....

How could an invention help older people increase their mobility?

What new inventions would help older adults with daily activities like shopping, cooking, cleaning or going out?

How might you help older people hear or see more clearly?

Could you invent something to help older people avoid falling?

Could your invention help people remain active and exercise safely?

Resources:

- [CDC: Physical Activity for Older Adults](#)
- [Medline Plus: Exercise for Seniors](#)
- [APA: Health and Age Related Changes](#)
- [Science Engineering Medicine: Physical Activity and Special Considerations for Older Adults](#)
- [Medical Futurist](#)
- [HelpGuide: Senior Exercise and Fitness Tips](#)
- [NIH: Health Tips for Older Adults](#)
- [National Council on Aging: Exercise Programs That Promote Senior Fitness](#)
- [National Council for Aging Care: Guide to Living A Healthy Lifestyle At An Old Age](#)

Intellectual Engagement and Cognitive Health

Everyone needs to stay mentally active and intellectually challenged. It is especially important for older adults to keep learning and gaining new experiences. Inventions that promote memory and stimulate creative problem ignite intellectual interest and keep them connected to the world around them. What can you invent to keep older minds active and engaged?

THINK ABOUT.....

What can you invent that helps older adults stay intellectually engaged?

What kinds of inventions would provide new learning opportunities for older adults?

What kinds of thinking do some older adults need help with?

What kind of activities increase problem solving and improve memory for older adults?

Resources:

- [APA: Health and Age Related Changes](#)
- [CBS News](#)
- [Senior Living: Adaptive Technology](#)
- [Everyday Health](#)
- [Mental Health](#)
- [Smithsonian: How will AI help the Aging?](#)
- [UOC Intellectual Wellness](#)

Family, Community and Social Relationships

Social engagement helps everyone to have meaningful connections with other people and their community. Sometimes, as people grow older, physical and mental challenges as well as lifestyle changes can limit their ability to stay socially active. But staying socially engaged with the world around them is as important for older adults as it is for younger people! What can you invent to help older adults be more connected socially? What technologies might help them become better connected to family, friends and their community? How could your inventions help them maintain their socially active lives and relationships?

THINK ABOUT.....

Why do some older adults feel alone?

Why is being social important for older people?

What can you invent to increase social interaction for older adults?

Resources:

- [Senior Living: Creative Living Movement](#)
- [The Conversation](#)
- [Argentum](#)
- [Create the Good](#)
- [Today's Research on Aging](#)

