"It's Never too Late" is a touchscreen computer program that contains hundreds of activities for residents to participate in such as games, puzzles, and Bible studies. There are also applications such as Skype and email which allow residents to stay connected with their loved ones. Each resident has the opportunity to create a profile to hold all the activities they are interested in. The main goal of the IN2L program is to overcome boredom and to increase their cognitive and emotional well-being through the use of technology. Specifically, the tracked data includes falls, screen saver time, and psychotropic medication usage.

Although there was not a continuous decrease in the number of falls, there was a distinct relationship between screen saver usage (meaning IN2L was not in use) and the numbers of falls that occurred. When the use of IN2L increased then the number of falls decreased and vice versa.

Psychotropic medication usage was tracked prior to implementing IN2L and after it had been in use for five months. The use of antidepressants and sedative hypnotics decreased and the use of antipsychotic and anti-anxiety medications increased.

The residents and volunteers were asked if they had any recommendations for improvement. They did not have any.

To expand the program in the future, CNAs should be encouraged to use IN2L with the residents. In-services were provided to teach CNAs how to use IN2L, but there was little turn out and limited interest. IN2L can be a valuable tool for CNAs to use with the residents to aid in the growth of the technology skills and act as an alternative activity to calm restless residents.

Conclusions

• Falls vs. Screen Saver Usage
  • When IN2L was being used more, the number of falls decreased
  • Psychotropic Medication Usage
  • There was a decrease in antidepressant and hypnotic sedative medications and an increase in antipsychotic and anti-anxiety medications.
  • This could be due to more stimulation from IN2L which decreases depression, but increases brain stimulation

• Technology Skills
  • Technology ability and comfortability increased among the residents

• Relationship with Volunteers
  • A smaller technology gap was created between the different generations
  • Long lasting relationships were built between resident and volunteer

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