



## Towards Successful Wellness for Seniors: Beyond Physical Wellness

### Introduction

Although there is no universally-accepted definition of wellness, it is generally defined as a multidimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being. There is general agreement that wellness is comprised of several sub-dimensions such as physical, social, emotional, spiritual, and intellectual wellness. As such, wellness is much more than merely physical health, exercise or nutrition. It is the full integration of states of physical, mental, and spiritual well-being. Despite the multi-dimensionality of wellness, we have observed an unbalanced focus in the literature on only the physical aspects of wellness, especially where seniors are concerned. We believe that there is a growing need to understand how physical and non-physical wellness can be promoted and sustained among seniors. In particular, we seek to learn how pervasive computing, both inside and outside the home, can improve wellness programs and benefit the senior population.

### About the Workshop

In this workshop, we are interested in bringing together researchers, practitioners, and wellness program professionals to explore opportunities and challenges in the design of successful wellness applications or services that focus on conditions beyond physical wellness. This workshop will provide a venue in which to share case studies of existing wellness programs, as well as a place to present novel technologies and experiments in this field. Through this workshop, we hope to establish a multi-disciplinary research community focused on the design of successful wellness programs and technologies for seniors. As a final outcome, we plan to set an agenda for future research in this area to be shared with the greater research community.

### Themes

We propose two themes for discussion and invite contributions from a variety of sources, such as government programs, industry research and product initiatives, academia, and senior communities. We also intend to remain open to other themes/ research challenges suggested by contributors.

#### Theme 1: Current wellness programs or activities for seniors

This first theme will focus on understanding implemented and deployed wellness programs and their underlying theories and approaches. In addition, contributors may share outcomes and lessons learned from these deployments. We encourage submissions that address wellness in the holistic sense and are not limited to issues of physical well-being. Participants who care about the wellness service or program design in community organizations, public health institutions, and educational or industrial organizations are encouraged to report on:

- Best practices for senior wellness programs and lessons learned

- Opportunities and challenges for successful wellness programs
- Current theories and approaches for supporting wellness, including innovative program ideas designed for seniors
- Wellness behaviors of individuals and groups of seniors, including virtual communities

### **Theme 2: Technological applications and interventions designed for wellness of seniors**

This second theme will examine ongoing research and development of technological solutions or enablers for promoting dimensions of wellness beyond physical wellness, such as social, intellectual, and emotional wellness. We encourage submissions that consider (but are not limited to):

- New applications, products, or service designs that support active lifestyles, community event participation, social connections, or community living
- Enabling technologies to support such applications or services
- Design and evaluation techniques for wellness applications
- Concept testing or field studies in the area of wellness programs for seniors

### **Submission and Important Dates**

We invite interested parties to submit a two-page position paper discussing a related topic in the [IEEE paper format](#). We (the organizers and other committee members pending invitation acceptance) will select participants based on the strength of their papers while balancing disciplinary diversity. Papers should be submitted through [ASSYST](#) by February 8, 2010. For more details please see: <http://www.wellness4seniors.org/>

- Paper submission deadline: February 8, 2010
- Notification of acceptance: February 19, 2010
- Camera ready deadline: February 26, 2010
- Workshop date: March 22, 2010

### **Workshop Organizers**

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