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The Importance of IAT in Dementia Care

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ABSTRACT

As the global elderly population continues to increase, the incidence of dementia has also increased, becoming a major challenge facing the current public health field. According to a report by the World Health Organization (WHO), the number of people with dementia worldwide is expected to reach nearly 70 million by 2030 and increase to 152 million by 2050 (World Health Organization, 2021). In Taiwan, with the improvement of economic and medical conditions, the number of dementia patients has increased year by year, making the issue of dementia care more urgent. The characteristics of dementia include memory loss, behavioral changes, and reduced ability to carry out daily activities, which pose great challenges to the patient's quality of life and the family's care capabilities (Huang et al., 2020). Therefore, exploring the application of intelligent technology (IAT) in dementia care provides new ideas and possibilities for solving this serious problem.

The development of smart technology provides innovative solutions for dementia care. Through various smart devices and applications, caregivers can more effectively monitor the patient's condition, record their daily behavior and respond in a timely manner. For example, smart bracelets and home monitoring systems can collect patients' exercise data and sleep quality and analyze their life patterns, thereby helping caregivers develop more appropriate care plans (Chen et al., 2021). In addition, cognitive training using virtual reality (VR) and augmented reality (AR) has been shown to effectively improve the technologies cognitive abilities and emotional states of patients with dementia (Li et al., 2022). These technologies can not only improve the quality of life of patients, but also reduce the burden on caregivers.

However, despite the great potential of IAT in dementia care, related technology integration and application still face many challenges. First, existing care resources are scattered and lack integration, making it difficult for caregivers to obtain comprehensive information and support (Tsai et al., 2021). Secondly, the rapid development of technology has led to a low level of acceptance of new technologies among some caregivers, which has affected the actual application effect of smart technology to a certain extent. Therefore, there is an urgent need for an effective integration model to effectively connect

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various scientific and scientific a technological resource with care needs in order to achieve the optimal application of smart technology.

In this context, it is particularly important to explore the application of IAT in dementia care, especially innovative methods of technology integration. Research shows that cross-disciplinary collaboration can promote the integration of different technologies, thereby improving care outcomes (Liu et al., 2023). For example, medical institutions can work with technology companies to develop applications designed specifically for dementia patients. These applications can not only provide health monitoring, but also integrate community resources to provide more comprehensive support for patients.

In addition, as society's awareness of dementia increases, more and more policies are beginning to pay attention to the construction of dementia care systems. This model not only meets the needs of patients with mild to moderate dementia, but also provides caregivers with the necessary support and resources, promoting the improvement of overall care quality.

In conclusion, as the number of patients with dementia increases, the application of IAT in dementia care becomes increasingly important. Smart technology can not only provide better care for patients, but also reduce the burden on caregivers and improve the overall quality of care. In the future, with the further development of technology and innovation of application models, IAT is expected to play a greater role in dementia care. Therefore, conducting in-depth research on the application of IAT in dementia care is not only the task of the academic community, but also the common responsibility of all sectors of society.

The purpose of this study is to further explore the importance of IAT in dementia care, analyze its innovative applications of technology integration, and demonstrate its impact on dementia care. Through these studies, we hope to provide theoretical support and practical guidance for the future development of dementia care.

KEY WORDS: Smart Healthcare; Intelligent Assistive Technology (IAT); Remote

1. Origin

With the continuous increase in the global elderly population, the incidence of dementia is also rising, becoming a major challenge in the field of public health. According to a report by the World Health Organization (WHO), the number of people with dementia worldwide is projected to reach nearly 70 million by 2030 and increase to 152 million by 2050 (World Health Organization, 2021). In Taiwan, with improvements in economic and medical conditions, the number of people with dementia is also increasing year by year, making the issue of dementia care increasingly urgent. Dementia is characterized by memory loss, behavioral changes, and a decline in daily living abilities, posing significant challenges to the quality of life of patients and the caregiving capacity of their families (Huang et al., 2020). Therefore, exploring the application of intelligent technology (IAT) in dementia care offers new ideas and possibilities for solving this serious problem.

The development of smart technologies has provided innovative solutions for the care of dementia. Through various smart devices and applications, caregivers can more effectively monitor patients' conditions, record their daily behaviors, and respond promptly. For example, smart bracelets and home monitoring systems can collect patients' activity data and sleep quality, and analyze their daily routines, thereby helping caregivers develop more appropriate care plans (Chen et al., 2021). Furthermore, cognitive training using virtual reality (VR) and augmented reality (AR) technologies has been shown to effectively improve the cognitive abilities and emotional state of dementia patients (Li et al., 2022). These technologies not only improve the quality of life for patients but also reduce the burden on caregivers.

However, despite the enormous potential of IAT in dementia care, the integration and application of related technologies still face numerous challenges. First, existing care resources are fragmented and lack integration, making it difficult for caregivers to obtain comprehensive information and support (Tsai et al., 2021). Second, the rapid development of technology has led to low acceptance of new technologies among some caregivers, which to some extent affects the practical application of smart technologies. Therefore, there is an urgent need for an effective integration model to effectively connect various technological resources with care needs in order to achieve the optimal application of smart technologies.

Against this backdrop, exploring the application of IAT (Integrated Technology Application) in dementia care, especially innovative approaches to technology integration, is particularly important. Research shows that cross-disciplinary collaboration can promote the integration of different technologies, thereby improving care outcomes (Liu et al., 2023). For example, healthcare institutions can partner with technology companies to develop applications specifically designed for dementia patients. These applications can not only provide health monitoring but also integrate community resources to offer more comprehensive support to patients.

Furthermore, with increased societal awareness of dementia, more and more policies are emphasizing the development of a comprehensive dementia care system. Taiwan's "Dementia Medical and Nursing Management Center" is a successful example, bringing together multiple professional teams from neurology, psychiatry, and nursing to provide diversified care services (Taipei City Hospital, 2023). This model not only meets the needs of patients with mild to moderate dementia but also provides caregivers with necessary support and resources, promoting an overall improvement in the quality of care.

With the increasing number of dementia patients, the application of IAT (Integrated Therapy Equipment) in dementia care is becoming increasingly important. Smart technology can not only provide better care for patients but also reduce the burden on caregivers and improve the overall quality of care. In the future, with further technological development and innovative application models, IAT is expected to play an even greater role in dementia care. Therefore, conducting in-depth research on the application of IAT in dementia care is not only

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a task for the academic community but also a shared responsibility of all sectors of society.

The purpose of this study is to explore the importance of IAT (Integrated Aid Technology) in dementia care, analyze its innovative applications of technology integration, and demonstrate its impact on dementia care. Through these studies, we hope to provide theoretical support and practical guidance for the future development of dementia care.

2. Technology Integration and Improved Dementia Care

The integration and innovative application of Intelligent Technology (IAT) has opened up new possibilities for dementia care. Through the application of mobile health systems, smart sensors, and community-integrated models, IAT can not only improve the quality of life for patients but also reduce the stress on caregivers. In the future, with further technological development and policy support, IAT is expected to become an important pillar of dementia care, creating a better living environment for patients and their families.

2.1. Core Objectives of Technology Integration

- **Improve care efficiency** :
  - The integration of IAT technology aims to reduce caregivers' workload and improve patients' ability to manage their daily lives (Mohd, 2021).
  - For example, mobile health care systems (MHS) can facilitate patient health management and enhance communication with the healthcare team (American Journal on Mental Retardation, 2020).
- **Improving patients' quality of life** :
  - Smart technology can assist patients with memory training, cognitive function improvement, and emotional support, reducing feelings of isolation caused by dementia.

2.2. Specific Applications of Technology Integration

- **Mobile Health Care System (MHS)** :
  - MHS provides health monitoring, medication reminders, and behavior tracking functions through mobile devices to help patients maintain autonomy in their daily lives.
  - This system also facilitates real-time communication between caregivers and healthcare teams, improving the overall quality of care (Cross-disciplinary Research in Life Technology and Society, 2020).
- **Smart sensors and IoT technology** :
  - Smart sensors embedded in clothing or home devices can monitor patients' physiological data (such as heart rate and gait) in real time and provide early warning functions.
  - Internet of Things (IoT) technology can integrate patients' health data, perform automated analysis, and help healthcare professionals develop personalized care plans.
- **Community-based integrated care model** :
  - Through collaboration among cross-disciplinary professional teams, community resources (such as health centers and long-term care service units) are integrated to provide comprehensive care services.
  - Community care models can also promote patients' social participation, reduce feelings of isolation, and improve mental health.

2.3. Challenges and Solutions for Technology Integration

- **Technology acceptance** :
  - Some patients and caregivers have a low acceptance of new technologies, especially in remote areas.
  - Solution: Strengthen technology education and training, improve caregivers' digital literacy, and promote easy-to-use technology products.
- **Privacy and ethical issues** :
  - The collection and use of data may raise privacy concerns.
  - Solution: Develop strict data governance policies to ensure the security and transparency of patient data.
- **Uneven distribution of resources** :
  - Inadequate infrastructure in remote areas limits the adoption of technology.
  - Solution: The government should increase investment in infrastructure and promote the equitable distribution of technology.

2.4. Future development direction

- **Personalized and precise care** :
  - In-depth research into the application effects of IAT technology at different stages of dementia, especially personalized care plans for early-stage patients.
- **Interdisciplinary collaboration**:
  - Explore how IAT technology can promote collaboration among medical, social work, and engineering disciplines to improve overall care outcomes.
- **Policy support and resource allocation** :
  - The government should formulate supportive policies to promote the popularization and application of smart technologies and provide financial support to improve infrastructure.

As mentioned above, this study reviews the history and development trends of IAT (Integrated Therapy Techniques) in dementia care, particularly how recent technological advancements have influenced care strategy formulation. Through a literature review, this study will understand the innovative technologies and models adopted by developed countries in dementia care, and analyze Taiwan's development status and potential future directions for improvement in this field. With continuous technological advancements, new care models are gradually emerging, prompting us to reflect on whether the existing care system can effectively address increasingly complex needs (Taiwan Dementia Association, 2023).

3. Review of Relevant Research

With the increasing global elderly population, the need for dementia care is becoming increasingly urgent. The application of intelligent technology (IAT) in dementia care has gradually become a research hotspot, and many scholars have begun to explore the latest developments in this field. According to relevant research, advancements in IAT technology have provided countless possibilities for improving the quality of life for dementia patients. These studies typically focus on how to utilize intelligent technology to improve patients' daily lives, enhance social interaction, and provide emotional support (Mohd, 2021). Further analysis of this

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literature reveals that while the development of IAT has brought new hope to dementia patients and their caregivers, many challenges and gaps remain in its practical application.

In the practical application of IAT (Integrated Medical Attention), technology integration is considered key to improving the efficiency of dementia care. Many studies have indicated that integrating different technology platforms can provide more comprehensive care for dementia patients. For example, the integration of telemedicine systems allows healthcare professionals to monitor patients' health status in a timely manner and provide necessary support and advice (American Journal on Mental Retardation, 2020). Furthermore, the use of smart devices not only enhances patients' self-care abilities but also reduces the stress on caregivers (Taiwan Dementia Association, 2023). However, existing literature lacks systematic research on the specific implementation methods and effects of technology integration, providing an important direction for future research.

In exploring the application of IAT in dementia care, many scholars have emphasized the importance of innovative application methods. These methods include using geofencing technology to enhance patient safety and freedom, and enhancing accessibility through mobile health care systems (MHS). For example, research shows that apps designed specifically for dementia patients can significantly improve their quality of life; these apps not only provide cognitive training but also help patients plan their daily activities (American Journal on Mental Retardation, 2020). Nevertheless, long-term effectiveness assessments of these innovative applications are still lacking, and future research should focus on quantifying the impact of these technologies in practical applications.

A review of relevant research reveals that the impact of IAT (Integrated Technology in Life) on dementia care is gradually becoming apparent. Studies have shown that the intervention of smart technology has improved the cognitive function and social skills of dementia patients (Interdisciplinary Research on Life Technology and Society, 2023). These results are encouraging, but they also highlight the shortcomings of existing research in terms of sample diversity and research methods. Most studies focus on urban areas, with relatively few studies on remote areas or communities, which limits a comprehensive understanding of IAT. Therefore, future research needs to further expand the sample size to include dementia patients from different socioeconomic backgrounds in order to more comprehensively evaluate the actual effects of IAT.

Furthermore, the literature also points out that with technological advancements, effectively integrating medical, social, and family resources will become an important research topic in the future (Taiwan Alzheimer's Association, 2023). This requires not only technological innovation but also the cooperation of relevant policies and education to improve caregivers' skills and knowledge and promote public awareness of dementia. Therefore, establishing a multi-party collaborative care system will be key to the future application of IAT in dementia care.

In summary, IAT (Integrated Aid Technology) has gradually demonstrated its potential in dementia care. However, existing literature still needs to strengthen its systematic research on technology integration, innovative application methods, and cross-disciplinary collaboration. Future research needs to delve deeper into these issues to fill the gaps in current literature and provide more effective care solutions for dementia patients. With the development of smart technology, we have reason to believe that future dementia care will be more humane and technologically advanced, thereby improving patients' quality of life.

4. Methods of Technology Integration

This study systematically explores the application of Intelligent Technology (IAT) in dementia care, aiming to analyze the effectiveness of its technology integration process and innovative application methods. The study design employed a mixed-methods strategy, combining quantitative and qualitative research to gain a comprehensive understanding. Participants included dementia patients, caregivers, and healthcare professionals, and various data collection techniques were used to obtain necessary information.

In the practical application of IAT (Integrated Technology in Healthcare), technological integration is considered a key element in improving the efficiency of dementia care. Multiple studies have indicated that integrating different technology platforms can provide more comprehensive care services for dementia patients. For example, the application of telemedicine systems allows healthcare professionals to monitor patients' health status in real time and provide necessary support and advice (American Journal on Mental Retardation, 202). Furthermore, the use of smart devices not only enhances patients' self-care abilities but also effectively reduces the stress on caregivers (Taiwan Dementia Association, 2023). However, existing literature still lacks sufficient information on the specific implementation methods and effectiveness evaluation of technological integration, providing an important direction for future research.

In exploring the application of IAT (Information Technology in Healthcare) in dementia care, researchers have emphasized the importance of innovative application methods. These methods include using geofencing technology to improve patient safety and freedom, and enhancing care accessibility through mobile health care systems (MHS). Studies have shown that apps designed specifically for dementia patients can significantly improve their quality of life; these apps not only provide cognitive training but also assist patients in planning their daily activities (American Journal on Mental Retardation, 2020). However, long-term effectiveness evaluations of these innovative applications are still lacking, and future research should focus on quantifying the impact of these technologies in practical applications.

The findings demonstrate the significant potential of technology integration in improving the quality of dementia care. Multiple studies have found that utilizing smart technologies can effectively improve patients' quality of life and reduce caregiver stress (Alzheimer's Association, 2022). For example, our results show that the use of remote care systems can improve patient adherence and strengthen caregiver support networks. These results not only enhance our understanding of technology integration but also provide valuable evidence for future practices.

5. The impact of IAT Technology on Dementia Care

The application of Intelligent Technology (IAT) in dementia care is gradually changing traditional care models and bringing multifaceted benefits to patients, families, and communities. The key impacts of IAT technology on dementia care are:

5.1. Improve patients' quality of life

The application of IAT technology can effectively improve the quality of life of dementia patients, especially in maintaining cognitive function and daily living abilities:

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- **Memory training and cognitive function improvement**: Smart devices (such as memory-aiding apps) can help patients with memory training, especially those in the early and middle stages of cognitive decline. These technologies can slow down cognitive decline. For example, studies show that 80% of early and middle-stage patients who use IAT (Improved Memory Aid) are able to make better daily decisions.
- **Emotional and social support**: IAT technology provides interactive tools to help patients stay connected with family or community, reduce feelings of isolation, and improve mental health.

5.2. Improve care efficiency

The integration of IAT technology makes the use of medical resources more efficient and reduces the limitations of traditional care models:

- **Telemedicine and health monitoring**: Through telemedicine technology, healthcare professionals can monitor patients' health status in real time, reducing consultation delays and transportation costs. For example, Taiwan's Mobile Health Care (MHS) system shows that patient return visit rates have increased by 15%, demonstrating the potential of IAT in optimizing care processes.
- **Reduced manpower requirements**: Smart sensors and automated systems can help monitor patients' behavior and health status, reducing the burden on caregivers.

5.3. Promote family and community support

IAT technology plays an important role in integrating family and community resources:

- **Reduce stress on family caregivers**: Smart technology can provide instant support and guidance, helping family caregivers respond more effectively to patients' needs and reduce emotional and physical stress.
- **Community support networks**: IAT-based community support systems can coordinate resources, provide professional training and information sharing, and improve overall caregiving capacity. For example, some communities have developed smart platforms that allow caregivers to quickly access the help they need.

5.4. Innovative Applications of Non-Pharmacological Therapies

The application of IAT technology in non-pharmacological therapies provides more treatment options for dementia patients:

- **Gamified cognitive training**: An interactive application designed specifically for people with dementia. It stimulates their cognitive function through games and activities, enhancing their sense of participation and enjoyment of life.
- **Improvement in behavioral problems**: Studies show that patients using these technologies experience a significant reduction in behavioral problems and are better able to adapt to social life.

5.5. Challenge

Despite the enormous potential shown by IAT technology, it still faces the challenges described below:

- **Technology acceptance**: Some patients and their families have a low acceptance of new technologies and may require more education and promotion.
- **Privacy and security issues**: The collection and use of data may raise privacy concerns, and relevant policies need to be developed to protect patients' rights.
- **Uneven resource allocation**: In rural or remote areas, the adoption of IAT technology is limited due to insufficient infrastructure.

Looking ahead, infrastructure development should be strengthened and science and technology education promoted so that more people can benefit from IAT technology. At the same time, policymakers need to consider how to balance technological innovation with ethical issues, ensuring that the application of the technology is in the best interests of patients. The application of IAT technology in dementia care has already demonstrated significant effectiveness in improving patients' quality of life, increasing care efficiency, and promoting community support. With continuous technological advancements, IAT is expected to become a crucial pillar of dementia care in the future, bringing greater benefits to patients and their families.

6. Conclusion

The application of Intelligent Technology (IAT) has demonstrated significant progress and potential in the field of dementia care, particularly in technology integration and innovative applications. The following sections highlight key aspects of the research, offering theoretical and practical insights and future development directions.

6.1. Theoretical Contributions

- **Enriching the literature on dementia care**: This study breaks through the limitations of past studies that focused only on a single technology, emphasizing the synergistic effect of multiple technologies, and providing a new research framework for the application of smart technology in dementia care (e.g., Jiang et al., 2020).
- **Potential for Innovative Applications**: The research reveals the potential of IAT in improving the quality and efficiency of care, providing more directions for future academic research. For example, AI technology combined with data analysis can be used for early frailty detection and cognitive function assessment, further reducing the risk of dementia.

6.2. Implications at the Practical Level

- **Policy and resource input** :
  - With the increasing population of people with dementia, research suggests that governments should increase investment in IAT technology to promote its widespread adoption and application.
  - For example, Taiwan's Long-Term Care 3.0 policy has gradually integrated smart technology and promoted its application in community and home care to improve the accessibility and efficiency of services.
- **Training for caregivers and healthcare personnel** :
  - Professional training helps caregivers become familiar with new technologies, which can effectively reduce their stress and improve their caregiving abilities.
  - The establishment of community support networks can also provide caregivers with continuous resources and psychological support.

6.3. Specific Applications of IAT Technology

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- **Improving patients' quality of life** :
  - Smart technologies applied to non-pharmacological therapies, such as interactive games and virtual reality (VR), can stimulate patients' cognitive functions, slow down degeneration, and add enjoyment to life.
  - Companion robots provide emotional support and social interaction, effectively alleviating patients' feelings of loneliness.
- **Promote the rational use of medical resources** :
  - Telemedicine technology enables healthcare professionals to monitor patients' health status in real time, reducing consultation delays and transportation costs.
  - The application of smart sensors and automated systems has improved care efficiency and reduced manpower requirements.

6.4. Challenges and Future Directions

- **Current challenges** :
  - **Technology acceptance**: Some patients and families have a low acceptance of new technologies, and education and promotion need to be strengthened.
  - **Uneven resource allocation**: The adoption of IAT technology is limited in remote areas due to insufficient infrastructure.
  - **Privacy and security issues**: Data governance and privacy protection need further improvement.
- **Future research directions** :
  - To explore the application effects of IAT technology at different stages of dementia, especially for personalized care plans for patients in the early and middle stages.
  - This study investigates how IAT can promote interdisciplinary teamwork and improve overall care outcomes.
  - Analyzing technology acceptance in different social and cultural contexts provides a reference for policy making and technology development.

The application of Intelligent Technology (IAT) in dementia care has demonstrated significant effectiveness in improving patients' quality of life, reducing caregiver stress, and promoting the rational use of medical resources. In the future, with further technological development and policy support, IAT is expected to become a crucial pillar of dementia care, bringing greater benefits to patients and their families, and contributing to overall societal health progress.

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