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The proportion of older persons in the world is increasing, and their life expectancy today is longer. In the oldest old complex health problems occur, which result in home care needs. This puts demands on the healthcare system to develop innovative strategies to enhance health and self-care that take into consideration the older persons' preferences. To encourage older persons' participation in their own care, new solutions are needed. The use of information- and communication technology has been used in health care to support health and self-care, but interventions targeting older persons and their health problems are limited especially among those receiving home care. The overall aim of the project was to develop and evaluate an interactive app among older persons receiving home care.

The thesis describes health and self-care from the older persons' perspectives. The results were the basis for the development of the contents in an interactive app that included self-care advice, alerts to homecare nurses and graphs of reported health concerns. The older persons' and the homecare nurses' experiences of using the app are described. To support the older persons' self-care via an app has been the focus of the project. The results varied and the use of the self-care advice was described as supportive. However, the older persons reported a decrease in self-care ability after completing the intervention. Similarly, the older persons experienced a sense of security with the use of the app, but at the 6-month follow-up it was found to have decreased. The project evaluates the impact the app's usage has on the older persons' aspects of health and health literacy over time, which needs to be further evaluated in larger studies. Their ability to apply the information for health was improved. The results indicate that for some older persons the use of an app can be implemented as a tool in conventional home care to achieve an improved involvement in their care and self-care.

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Doctoral Dissertation

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*Medical Science with a Specialisation in Healthcare Sciences*

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