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## **Mental Health Problems, Digital Aging, And Risk Mitigation in The Older People with Acute Kidney Injury Disease**

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**Objectives:** Indonesia is entering an aging society with an older people population reaching 26.82 million (9.92%) in 2020 and it is predicted that around one-fifth of Indonesia's population in 2045 will be elderly. In Indonesia, the kidney is the highest comorbid factor in increasing the risk of death of COVID-19 by 13.5 times and elevate to 19.5 times in the elderly (Indonesian Covid-19 Task Force, 2020). This condition expanding the aging market in Indonesia, but low digital literacy will affect the lower QoL as well as "sandwich generation".

**Methods:** Using data from the 2014 Indonesia Family Life Survey (IFLS), this study aims to analyze mental health problems and mobile phone ownership in older adults (60+) with Acute Kidney Injury disease.

**Results:** The analysis shows that the proportion of older people with Acute Kidney Injury reaches 1,51% and 60% are male. 55% of them experienced mental health problems and the percentage is higher in women. However, the percentage of elderly with kidney disease experiencing mental health problems will decrease by 6,78% when they have a cellphone. The elderly SES in Indonesia has a fairly diverse distribution between provinces. As much as 46,6% of the elderly with Acute Kidney Injury disease have mobile phones and 55,8% of them are still working. Nearly half of older people's education attainment is elementary school, which reaches 46.05 percent. In general, the elderly with higher digital literacy prefer to seek treatment at a formal health facility than traditional practitioners such as shamans. They tend to seek outpatient care treatment at a community health center or Puskesmas (44,11%), specialist (29,41%), and private hospital (11,76%).

**Conclusions:** Increasing digital aging encourages elderly health literacy, as well as decreasing mental health problems. Mainstreaming the digital aging issue can help various information and services needed by the elderly to be healthier, independent, and with dignity.

Figure 1. The Rapid Change of The Population Age Structure in Indonesia (Ageing Market)

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## FULLY VIRTUAL MEETING

September 02 (Thu) - 05 (Sun)



Chart 1. The Prevalence of Elderly with Kidney Disease Experiencing Mental Health Problems Based on Mobile Phone Ownership Status

