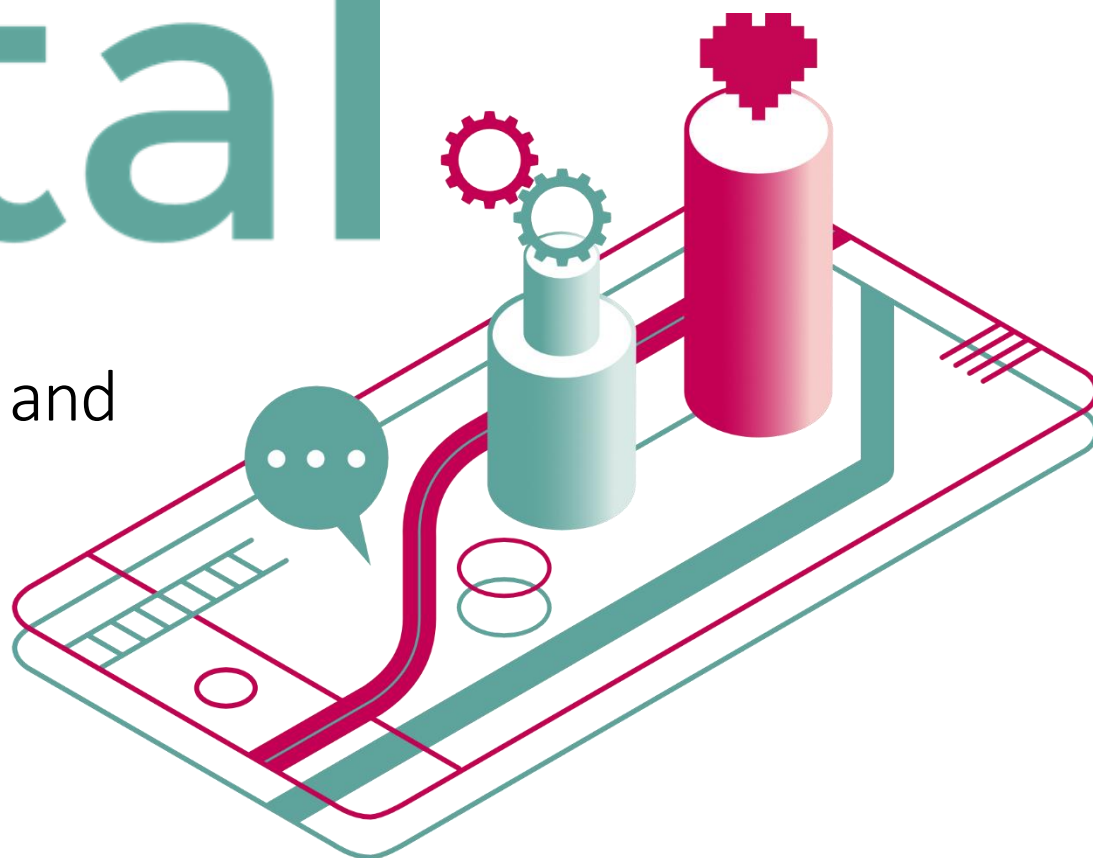


discover digital

a guide to **digital** health, care and wellbeing

Section 7 out of 7: **Glossary / References**



Glossary

Digital tools: devices, apps or services that involve or relate to the use of computer or online technology.

Apps: also known as mobile applications. They are programmes that you can access on smartphones or tablets.

Assistive technology: technology that supports disabled people or people with restricted mobility or other impairments. It helps with tasks that might otherwise be difficult.

Games: interactive activities, that are often fun to engage in.

Home adaptation: helps people with limited mobility or additional needs. They are assistive technologies, for example, a personal alarm. They help people to live more independently or safely at home.

Home sensors: devices that can monitor aspects of your environment. For example, movement, air quality etc.

Occupational therapists: they specialise in activities and tasks that are important to you. They help you to manage these every-day.

Online counselling: individual or group counselling. It can be accessed on the web.

Online peer support: advice and support from other individuals like you. It can be accessed on the web, on platforms such as discussion forums or blogs.

Online programmes: structured activities. You can access these and take part in them on the web.

Online training: structured and guided activities you can access and take part in on the web. They have a learning outcome associated with them.

Tele-monitoring tool: devices, apps or programmes that you can use to send information. The information is about your health and wellbeing. It is sent to a support worker or health professional.

Virtual reality: an immersive environment created with the help of special goggles. The goggles can make you feel like you are in a virtual space.

Wearables: devices that you wear and which track certain aspects of your lifestyle or health. For example, steps, heart rate etc.

Websites: online pages or portals. You can access relevant information by visiting these.

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RNIB. Technology support we offer: <https://www.rnib.org.uk/practical-help/technology-hub/technology-support>

Telecare Self-Check Online Tool: <https://www.telecareselfcheck.scot/>

Find out more:

You have just completed the **seventh section** of this guide:

1. About / How to use this guide
2. The big picture
3. Digital tools for self management
4. Digital NHS services
5. Technology enabled care
6. Safeguarding and self-evaluation
- 7. Glossary and references**

Revisit another section on the [ALLIANCE website \(www.alliance-scotland.org.uk/blog/resources/discover-digital-guide\)](http://www.alliance-scotland.org.uk/blog/resources/discover-digital-guide).

About the ALLIANCE

The Health and Social Care Alliance Scotland (the ALLIANCE) is the national third sector intermediary for a range of health and social care organisations. We have a growing membership of over 3,000 national and local third sector organisations, associates in the statutory and private sectors, disabled people, people living with long term conditions and unpaid carers.

The ALLIANCE vision is for a Scotland where people of all ages who are disabled or living with long term conditions, and unpaid carers, have a strong voice and enjoy their right to live well, as equal and active citizens, free from discrimination, with support and services that put them at the centre.

Since 2018, we have managed the Discover Digital project, with support from the Scottish Government Digital Health and Care and the Technology Enabled Care divisions.

