**Do you use, own, access technology and/or record data about yourself?  
Make a contribution to important research!**

Many people use, own or access different types of technologies (i.e. computers, mobile phones, tablets) also many people record data about their health, number of steps, medicine taken, finances, weight or diet—this could be on paper, a spreadsheet or using an app or gadget. The Open University is conducting a major research project (Technology In Later Life) trying to understand how and why people use technology and record data about themselves.

We are looking for volunteers, aged 70+ years, who have an interest in using technology and recording data (via digital or traditional methods), and if you wish to take part in the project. As a volunteer we ask the following of you:

Complete a survey and take part in a focus group (voice recorded). A maximum of 2-3 hours will be needed.

If you are interested please contact Dr. Hannah R. Marston on the following: 07815507547 or Email [Hannah.Marston@open.ac.uk](mailto:Hannah.Marston@open.ac.uk)