THE JOAN KAYE CAUTHORN
ANNUAL CONFERENCE ON
SUCCESSFUL AGING

HOW TECHNOLOGY IS CHANGING
THE FACE OF AGING
Technology Hurdles

Physical challenges – reading small screens, using small keyboards, poor sound quality.

Difficulties learning to use new technology – 77% of adults over age 65 indicate they would need someone to help them learn.

Skeptical about the benefits of technology – 35% of older adults say they aren’t missing anything.
All Adults
65+
Pew Research Center, 2014
Among older adults who use the internet, 71% go online every day or almost every day, and an additional 11% go online three to five times per week.
Percentage of internet users connecting through social media:

46% of adults over age 65 use Skype or Facebook.
Adults 65+ are most likely to describe their smartphones as “freeing” and “connecting”
Gerontechnology Gadgets

Senior Cell Phone: With intuitive functions, legible numbers and improved speakers, the Jitterbug Plus by GreatCall with 5Star Urgent Response is a cell phone and medical alert device all in one.

Home Sensors: GrandCare can wire your home with sensors – on the fridge to tell last time it was opened, on the door to tell if someone’s entered or left the house, on the medicine cabinet to see if meds have been taken.

GPS Shoes: You determine location of person by calling the shoe, shoe responds by sending a Google map that pinpoints the location.

PERS: Personal emergency response systems, made sort of famous by the “I’ve fallen and I can’t get up” commercial. Used to be just a button you push if you fall, which enables you to call for help. Now, it can actually detect if you’ve fallen, and calls for help automatically.

Personal Robotics: Paro is an advanced interactive robot developed by AIST, a leading Japanese industrial automation pioneer.

Smart Pill Boxes: MedMinder reminds people to take their pills and alerts family if they haven’t removed them from the med-minder MedMinder pillbox. It’s a cellphone pill box. You program it over phone or computer.

Smart Pills: U.S. biotech company is set to launch first large-scale clinical trial of its sensor-pills in the U.K. this year.

Wearable Heart Monitors: The AliveCor Heart Monitor provides individuals with the ability to track heart health anywhere, anytime. Those who can benefit include individuals with suspected or diagnosed heart conditions and health conscious individuals. Heart Monitor app fits on most mobile devices.
Healthcare Technologies

Electronic dispensers for medication management
- Tracks when you take your medication
- Alerts caregiver if you haven’t taken your meds
- Programmed through a smartphone app
SinfoníaRx

A computer database that tracks prescription medications and identifies potential drug-interaction problems, and alerts your doctor.
Developing treatments specifically for you, based on your individual genetic and metabolic makeup.

Yves Lussier, M.D.
Precision medicine: The future of personalized healthcare
Monitoring systems
Sensors that track your movement, how fast you walk, when you open a door, when the stove is turned on and off, how long you sleep, and whether you fall.
BMW sensor system integrated into the steering wheel that can monitor the driver's level of alertness, recognize the onset of a fainting spell or a heart attack, and then take control of the vehicle.
Cardiac remote monitoring systems that analyze and transmit heart rhythm and respiration rate to the physician.

Jane Mohler, N.P.-C, M.P.H., Ph.D.
Using mobile technology to maintain health
Gene Alexander, Ph.D.
David Raichlen, Ph.D.
Can technology enhance healthy lifestyles and brain fitness?
Staying connected with friends and family
L’Don Sawyer
Social Media: Connecting to people, places and resources
Thank You Supporters!