

5 Ways Technology Will Change How You Age



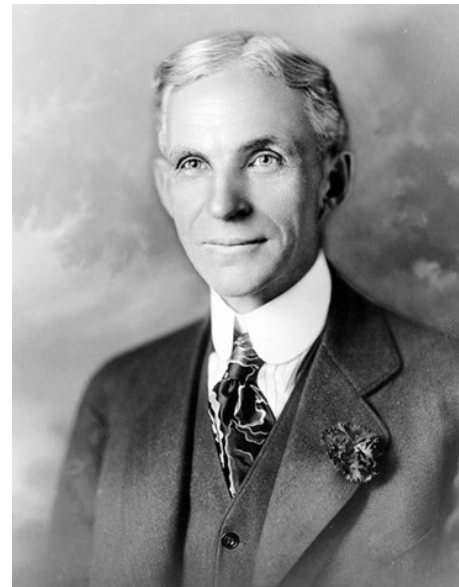
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Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

—Henry Ford





- Multidisciplinary research program that works with business, government, and non-government organizations
- Seeks to understand longevity challenges and opportunities
- Invents solutions enabling people to do more throughout their lives
- Aims to improve quality of life for older people and those who care for them



Agenda

- Inventing a New Future
- Life-Changing Tech
- Try It

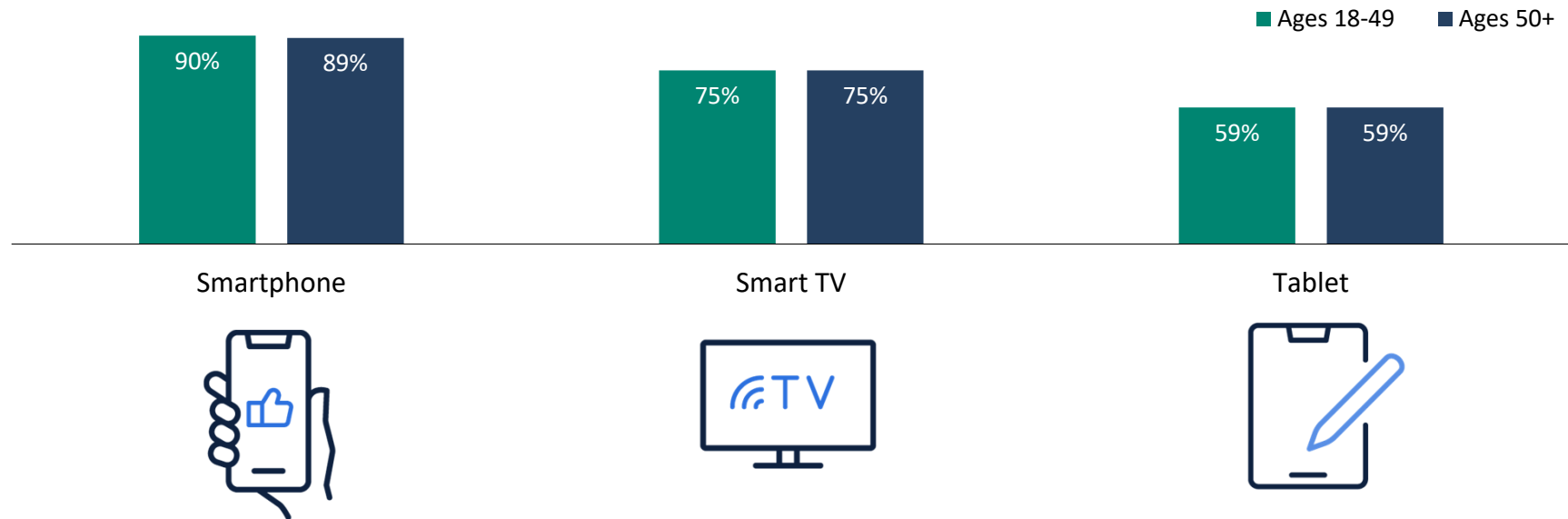


A woman with blonde hair, wearing a black wetsuit, a pink collar, and sunglasses, stands on a sandy beach looking out at the ocean. She has a smartwatch on her left wrist and earbuds in her ears. A teal square with a yellow border is overlaid on the left side of the image.

Inventing a New Future

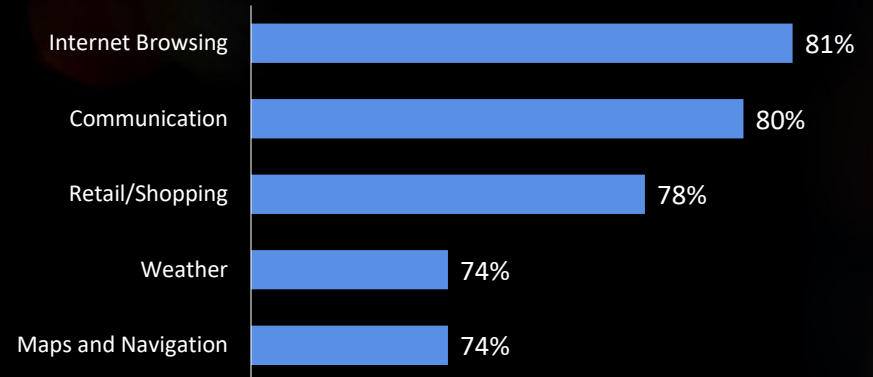
Aging Adults Ages 50+ Now Own Most Devices at The Same Rate as Those Ages 18-49

% of adults who own the following devices



50+ Consumers: Simplifying Life with Digital Services for Time and Cost Efficiency

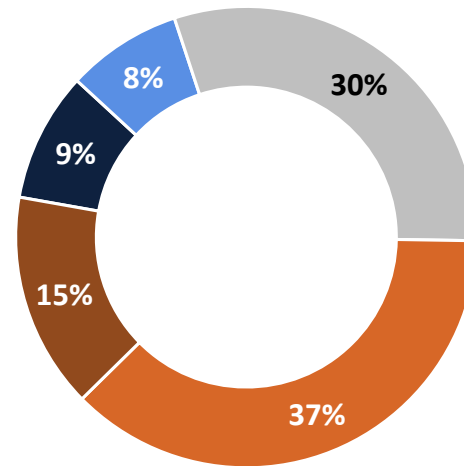
Top digital services used



Source: 2024 Tech Trends And Adults 50+, AARP, Jan. 2024

Most Adults 50+ Have Caught Wind of GenAI, But Just a Handful Have Actually Given It a Whirl

Survey question:
What best describes your
experience with Generative AI?



- Used it
- Familiar, would like to use it
- Familiar, do not care to use
- Heard of, but not familiar
- Don't know what this is

2024 Tech Trends and Adults 50+, AARP, January 2024



Life-Changing Tech

LIFE-CHANGING TECH



**Who will
change my
light bulbs?**



**How will I
get an ice
cream cone?**



**Who will
I have
lunch with?**



1. Staying on the job

- Retirement was once a clear line between working and not working
- A rapidly-changing workforce demand
- Technology is offering new options and flexibility

Workers Plan to Keep Working

% of workers who expect to
work for pay in retirement

75%

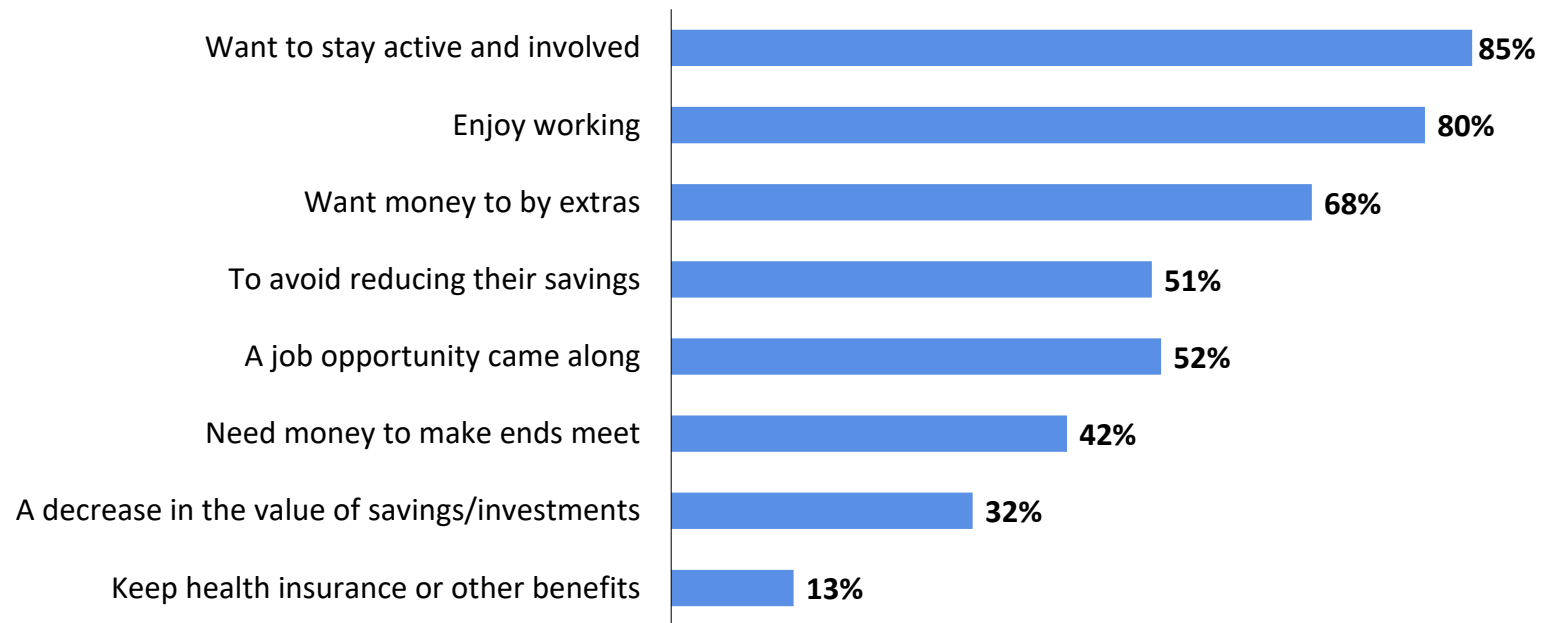
Working Retirees Work to Stay Involved

% of working retirees who work
to “stay active and involved”

85%

Source: 2024 Retirement Confidence Survey Fact Sheet, EBRI/Greenwald Retirement Confidence Survey, 2024

Reasons for Working in Retirement, Among Retirees Who Do



Source: 2023 RCS FACT SHEET #2 Expectations About Retirement, EBRI/Greenwald Retirement Confidence Survey, 202.

AI Can Help Land a Job

Job search



Resume writing/
Cover letter

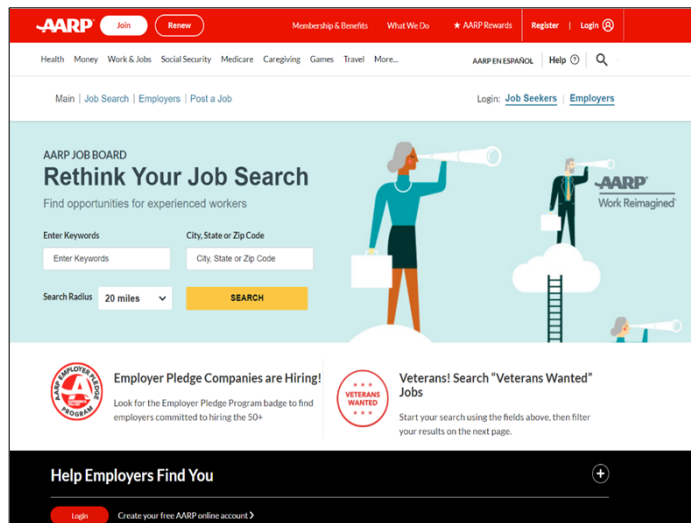


Interview coaching

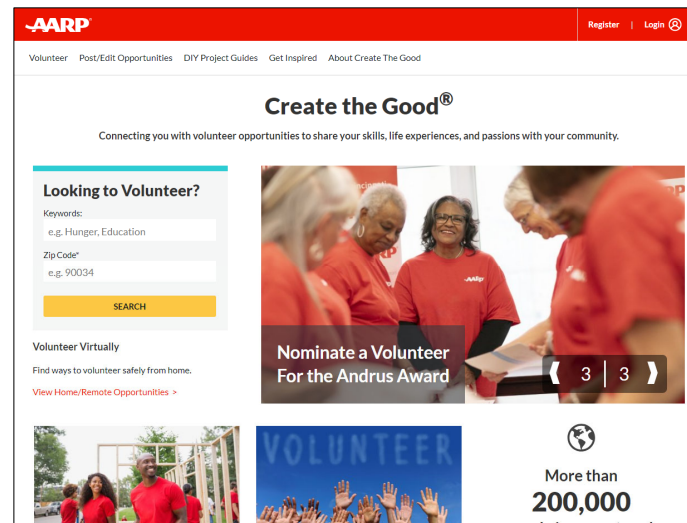


Online tools: Kickresume, Careerflow, Huru

AARP Job and Volunteer Opportunities



AARP Job Board



AARP Create the Good

Jobs

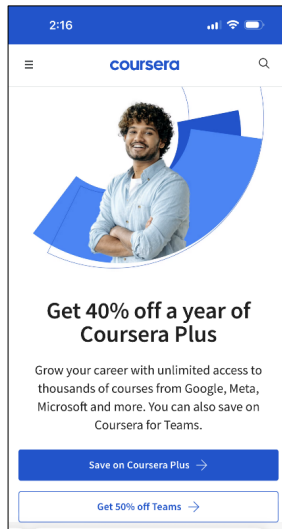
- AARP Job Board
- FlexJobs
- RetirementJobs

Volunteering

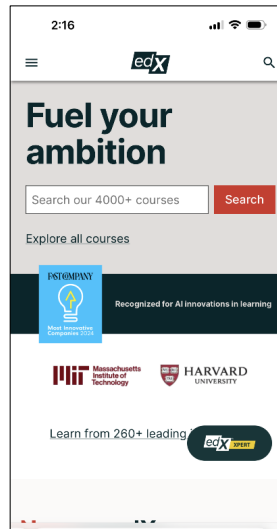
- AARP Create the Good
- VolunteerMatch
- Senior Corp

Keeping Working Skills Sharp

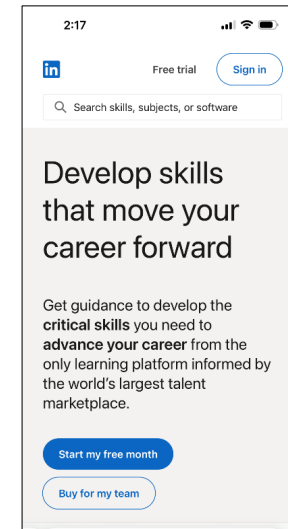
Coursera



EdX



LinkedIn Learning

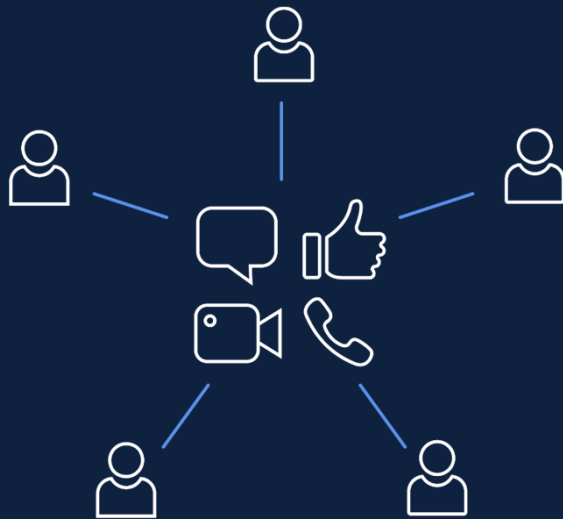


2. Staying Connected to Friends & Family

- Physical health vs. social life
- Risk of isolation after retirement
- Friends, family, and regular social interactions keep people vital



A Mix of Tools to Stay Connected

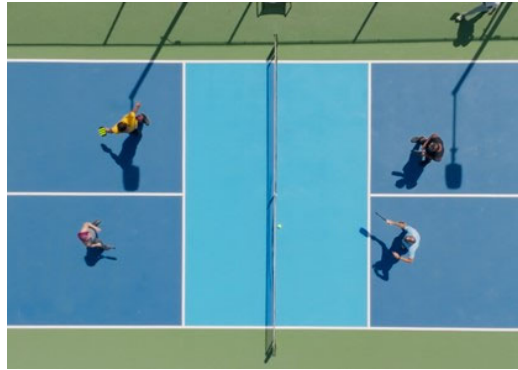


- Texting
- Social media
- Video calls
- Voice calls

Being Part of a Community Makes Life Richer and More Fun

Tech to connect with others

- Stitch
- Meetup
- Senior Planet From AARP
- GetSetUp



First-of-Its-Kind Metaverse-Based Community for Aging Adults— Thrive Pavillion



3. Staying Mobile

- Being able to get around is crucial to quality of life as we age
- Reduced mobility to go where you want can lead to declines in both mental and physical well-being



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Older Americans who have stopped driving are almost two times more likely to suffer from depression and nearly five times as likely to enter a long-term care facility compared to those who remain behind the wheel.

Michael Green - AAA spokesman

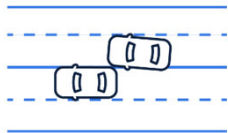
AI Vehicle Technologies That Can Make Driving Safer for Aging Drivers



Pre-Collision Braking



Adaptive Cruise Control



Lane Keep Assist



Reverse Automatic Braking



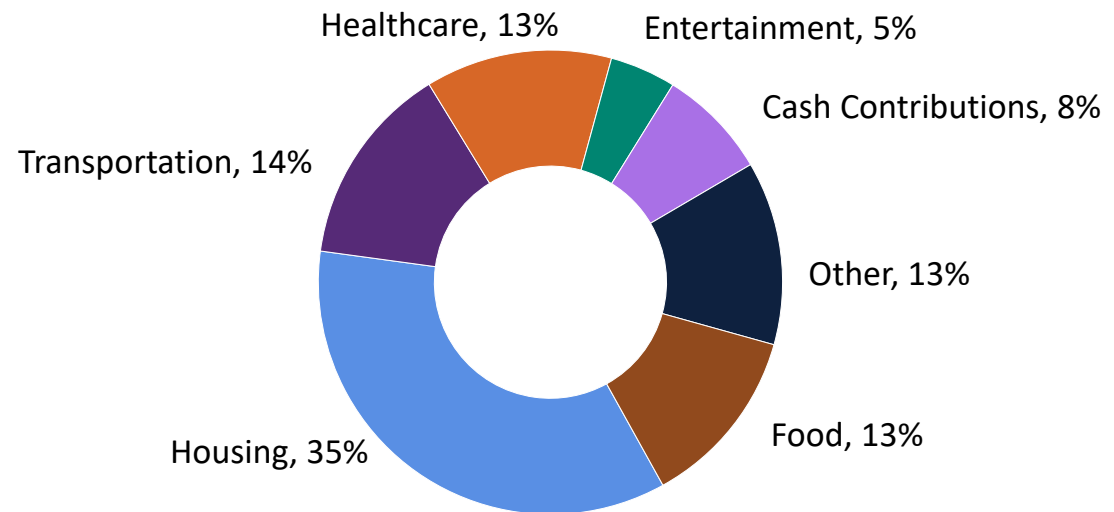
Driver Distraction Warning



Blind-Spot Detection

Average Annual Expenditures by Age

65 years and older



Source: Bureau of Labor Statistics Consumer Expenditure Survey, 2022. Most recent data available. Due to rounding, the numbers don't total 100.

Study Found Benefits for Aging Adults Using Lyft



90% Better Quality of Life

66% Increased Social Visits

Source: *Health Impacts of Unlimited Access to Networked Transportation in Older Adults*, The Journal of mHealth, 8/13/19. Most recent data available.

A 2019 study by the University of Southern California provided three free months of unlimited Lyft rides to 150 older adults (average age 72) with chronic diseases and transportation issues in Los Angeles. Nearly all participants used Lyft, mostly via the mobile app, averaging 69 trips each. Follow-up surveys showed that almost all reported an improved quality of life.

Apps That Increase Access



Groceries

- Whole Foods on Amazon
- Instacart
- Shipt
- Walmart Grocery



Rides

- Lyft
- Uber
- GoGo Grandparent



Meal Kits

- HelloFresh
- Sunbasket
- HomeChef



Restaurant Delivery

- DoorDash
- Grubhub
- Uber Eats

4. My Home Is My Castle

- Taking care of a home can be challenging for retirees
- Tech can help with chores, but also transforms the home into helper, companion, and caregiver



Guess the Device



Apps/Sites to Help Around the Home

- Angi
- Delivery
- HomeAdvisor
- Handy
- Porch
- Pro.com
- TaskRabbit
- Thumbtack



5. Machines That Monitor Health

- Retirees deal with multiple chronic conditions even as their ability to manage those conditions diminishes
- Keeps family members informed
- Monitor physical data



Health Tech Innovation



AI watch that can improve health



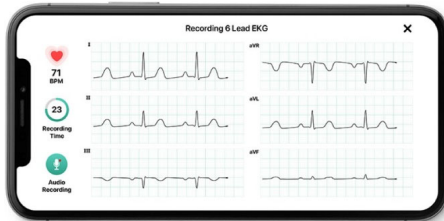
24/7 Glucose monitor



Glasses that help you hear



AI hearing aid



AI mobile heart monitor



AI health-tracking rings



AI fall detector



AI toothbrush

Health & Caregiving Apps



Telehealth

- Amwell
- Teladoc
- Dr on Demand



Medication

- PillPack
- Medisafe
- MedMinder



Fitness

- Fitbit
- Apple Health App
- Garmin Connect



Caregiving

- Honor
- CaringBridge
- Care.com

First-of-Their-Kind Wearables Capture Body Sounds to Continuously Monitor Health

AI devices will help predict
when patients will need
more intensive care



Virtual Twin: A Crash Test Dummy for Healthcare



Try It



How to Get Started

- Identify a few apps, sites, or devices you'd like to try
- Research reviews and costs
- Try them out





Summary

- **Inventing a New Future**
Living longer and better
- **Life-Changing Tech**
An array of AI devices & services
- **Try It**
Start with a few apps

The Bottom Line

“

Tomorrow's retirement living will be shaped by technology. While high-tech will provide incredible benefits, it will also bring new costs, both financial and social, that should be considered as a new part of retirement planning.

Dr. Joe Coughlin
Director MIT AgeLab



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The future ain't
what it used to be.

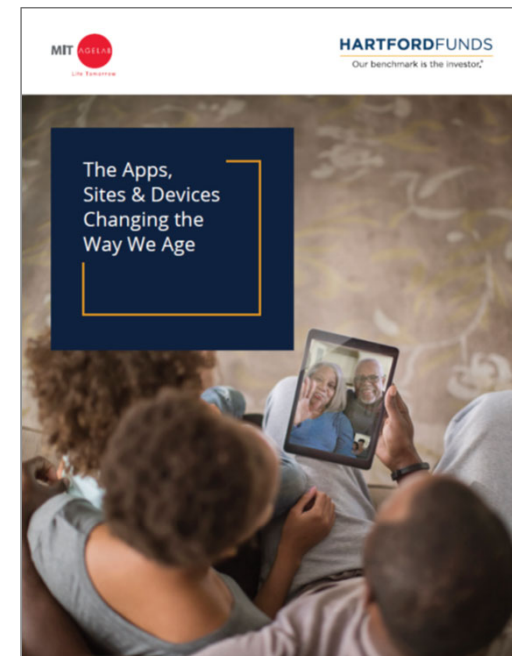
– Yogi Berra



Next Steps

- Do some research of apps, sites, and devices using our workbook
- Ask family and friends what apps, sites and devices they find useful
- Talk to your financial professional about how life-improving technology could fit into your retirement plan

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