



Assistive Technology and Aging

For the first time in U.S. history, adults aged 65 and older are projected to outnumber children under 18. In fact, seniors will outnumber children under 15 in the Central Indiana region by 2030. And according to AARP, 75% of older adults prefer aging at home as opposed to senior living facilities.

Given this increase in the aging population along with older people's desire to live independently, it's important to explore the AT available to help people age in place.

CONSIDERATIONS FOR AGING

Talk with family, friends and other caregivers about the physical and mental issues of an aging loved one and what support is needed for them to stay in their home.

Benefits of Aging in Place

- Remaining somewhere familiar and comforting with natural supports
- Person maintains sense of autonomy, dignity and independence
- More affordable than assisted living
- More control over how assistance is chosen and delivered

Obstacles of Aging in Place

- Lack of accessibility in home
- Cost of living, fixed income
- Cost of in-home care
- Social isolation / loneliness
- Potential lack of transportation

Resources

- Area Agencies on Aging
- CICOA
- County Senior Services Centers
- Veterans Aid & Attendance
- Medicare

ADAPTIVE DRIVING

Common physical issues that make driving more difficult later in life include arthritis, fatigue, vision impairment, wheelchair use, etc.

The Path Toward Adaptive Driving:

Identify Mobility Barriers > Adaptive Driving Equipment > Vehicle Selection > Modification

Most Common Vehicle Modifications

- Car transfer handle
- Wheelchair lift
- Pedal extensions
- Hand controls
- Remote wheel steering

AGING IN PLACE WITH HOME MODIFICATIONS

Most Common Home Modifications

- Doorbell cameras
- Smart locks
- Grab bars
- Elevated toilets
- Barrier-free showers
- Widening doorways
- Ramps
- Stair lifts
- Fall detection apps
- Motion sensor lights
- Smart thermometer
- Automatic pill dispensers
- Smart oven using Pure Light Technology



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THE LATEST AT DEVICES FOR SENIORS

Grandpad: Designed with seniors in mind, this tablet allows for family video calls, photo sharing, games to improve memory and motor skills, music for physical, cognitive and psychological benefits.

RAZ Memory Cell Phone: Picture phone for seniors with memory loss or intellectual disabilities. Includes Caregiver Portal to change contacts and pictures, monitor location and check the battery remotely.

Kardia Mobile: FDA approved. Monitors heart rate and rhythm. Emails results to user and doctor.

UpLift: The first seated self-transfer system between bed and wheelchair for people with limited mobility. In as little as two minutes, this system enables users to move from a horizontal position to their wheelchair without the assistance of a caregiver.

C-Pen: A pen-like device that can read printed text as well as look up terms and store information.

Ray-Ban Meta AI Glasses: With a built-in camera and speaker, these glasses can identify objects and read printed text aloud to low-vision users. They can also connect to the Be My Eyes app, which provides real-time assistance from sighted volunteers, helping with everything from reading a restaurant menu or navigating a city street to identifying objects in a store.

ElliQ: From telling jokes and making small talk to leading exercise classes and monitoring users' mental and physical health, ElliQ is essentially a robot caregiver.

Steady-3 Anti-Tremor Glove: Lightweight and wearable, this glove fits comfortably on the hand and uses advanced stabilization technology to counteract involuntary hand movements during such everyday tasks as eating, writing, gardening, etc.

Car Caddie: Made of durable nylon material that loops around your car window and connects to a comfortable cushion grip, this helps senior drivers with limited mobility get in and out of their vehicles with ease.