Aging in place is about being able to live independently in one’s own home and community through appropriate supports and services. Example technologies: smart homes, sensors to monitor safety at home, online portals for community groups and programs.

Older people try to maintain their autonomy and independence, even in the face of impairment, disability or illness. Example technologies: assistive technology, stick on hip protectors, rehabilitation technologies, stabilizing glove.

Older adults look for inclusive transportation systems that make them feel comfortable, respected and safe. Increased mobility and confidence allow for more equitable access to environments. Example technologies: smart wheelchairs, autonomous vehicles.

Older adults and caregivers face challenges like getting to doctor’s appointments, obtaining health records, navigating the system and affording new technologies that improve quality of care. Example technologies: virtual doctor visits, digital health apps, continuous glucose monitors, bed transfer platform.

Cognitive health issues impact older adults and caregivers, but there are proactive approaches to managing them. Example technologies: medication reminders, digital cognitive assessment tools.

Many older Canadians experience financial vulnerability and workplace exclusion as they age. Example technologies: employment portals tailored for older users and caregivers, financial apps.

Staying connected is about strengthening the social networks of older adults and caregivers. Example technologies: social platforms and apps, social and telepresence robots, hearing aids.

A healthy lifestyle is not just about making conscious choices about nutrition, exercise and self-management of mental and physical health. It is also about the social, economic and contextual factors. Example technologies: wearables, virtual access to exercise, fitness apps.