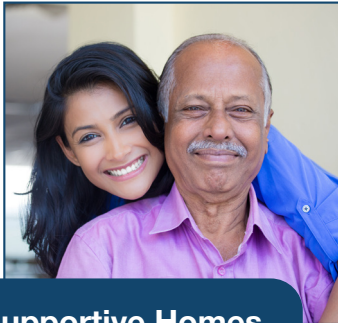




# AGE-WELL Challenge Areas

Eight Challenge Areas drive AGE-WELL's research and innovation in supporting older adults and caregivers. A Challenge Area is an important but difficult and complex problem area that demands innovative, real-world solutions.



## Supportive Homes & Communities

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



## Cognitive Health & Dementia

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



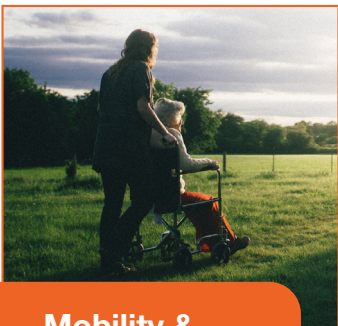
## Autonomy & Independence

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



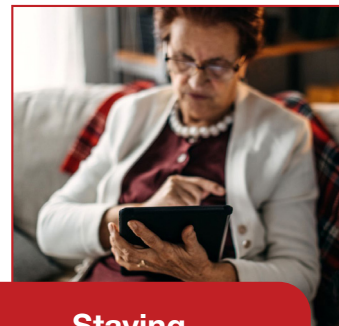
## Financial Wellness & Employment

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



## Mobility & Transportation

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



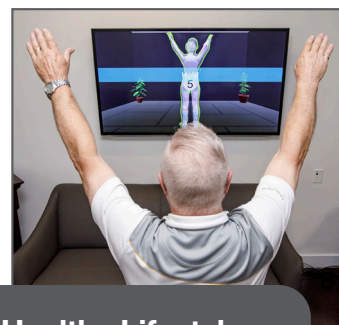
## Staying Connected

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



## Health Care & Health Service Delivery

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



## Healthy Lifestyles & Wellness

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



Canada's technology and aging network