

Seniors & Technology



Comfort
Keepers.

Elevating the Human Spirit™

SM



Cherian Itty
North Vancouver
West Vancouver

Home Care



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Technology... Thoughts? Concerns?



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The Context

- **Over the next three decades, those aged 85+ could triple from 0.86m to 2.7m**
- **By 2051, 25% of the population could be 65+ ... nearly 12m seniors**
- **Nearly 90% of Canadians 65+ use the internet every day. 65% own a smartphone**

* *Statistics Canada*





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The Context

- **An unprecedented opportunity to improve the health and quality of life of seniors**
- **70% of Canadians believe that incorporating more technology into their personal health care will help them to prevent illnesses.**
- **Most Canadians believe technology (75%) and artificial intelligence (69%) could help solve issues affecting our health system (e.g. access to care, addressing chronic diseases).**



The Tech Problem ...

- **Glitches, bugs, virus**
- **Privacy/Ethics**
- **Confusing/ever-evolving**
- **Cost**
- **Cannot replace human care**



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The Tech Potential

- **Ease of input**
- **AI and data gathering**
- **Cost**
- **Inter-operability**
- **Always available**



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Challenge Areas

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- 1 Supportive Homes & Communities
- 2 Health Care & Health Service Delivery
- 3 Autonomy & Independence
- 4 Cognitive Health & Dementia
- 5 Mobility & Transportation
- 6 Healthy Lifestyles & Wellness
- 7 Staying Connected
- 8 Financial Wellness & Employment

- **Complex Problems**
- **Need Innovation**
- **Real-world solutions**

* *The Future of Technology and Aging Research in Canada - Agewell*



Supportive Homes and Communities



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- In Canada, 85% of seniors would like to age in the homes and communities that they know.
- However, only 33% would consider installing smart home technology
 - Smart Homes (e.g. floor tiles, motion sensors, sensor sleep mats)
 - Socially assistive robots
 - Age-friendly communities
 - ALTA Platform, a robotic patient transfer technology.
 - Rosa, robotic stair climbing assistant.
 - AI (ElephasCare)



Health Care and Service Delivery



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- **Simplifying Canada's complex health-care system (booking and getting to doctor's appointments, obtaining health records, navigating the system and affording new technologies that improve quality of care).**
 - Virtual Care Platforms/Telehealth
 - Wearables
 - Wander/Fall Detection
 - Medication Mgmt. Systems



Autonomy & Independence



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- **89% of Seniors will live with at least one chronic condition, for which they may require varying levels of assistance**
- **Most older adults wish to continue making their own decisions even if they require assistance in carrying them out.**
 - Assistive Technology
 - Stick-on Hip Protectors
 - Rehab devices



Cognitive Health & Dementia



- The number of Canadians living with dementia is expected to reach 937,000 by 2031, a 66% increase from today
- One in five Canadians has experience caring for someone living with a form of dementia
 - Virtual Assistants (DataDay App)
 - Diagnostic & Predictive Tools
 - Wandering Detection
 - Wayfinding/GPS tracking devices
 - Intuition Robotics' ElliQ,



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Mobility & Transportation



Controller
Offers visual and auditory alerts regarding location and proximity of obstacles

- **Barriers like changing physical and cognitive capacities, wayfinding, affordability and ageism.**
- **User-friendly navigation technologies like talking maps, obstacle-detection systems for wheelchairs and autonomous vehicles**
 - Smart Wheelchairs (Braze Mobility)
 - Autonomous vehicles
 - Mobile applications (Uberized)



Healthy Lifestyle & Wellness



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- **Only 1 in 5 older Canadians achieve the recommended 150 minutes of moderate-to-vigorous physical activity per week.**
 - **Also, 1 out of 5 Canadian seniors has experienced emotional distress in the past 2 years, which they found difficult to cope with on their own.**
-
- Wearables
 - Health & Fitness Apps
 - Virtual Exercise Systems (Neuro Rehab VR)



Staying Connected



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- **Approximately 20% of seniors in Canada currently experience social isolation.**
 - Teleconferencing
 - Digital Story telling
 - Caregiving Apps
 - Online Meals
 - Social Games
 - Virtual Reality

5 simple and safe banking tasks you can try today



Signing in for the first time

Signing up for digital banking takes very little time. Many who are new to digital banking have found that after they sign in for the first time, banking this way becomes much more comfortable for them.

We've created easy step-by-step guides to help you get started with **online** or **mobile banking**. There's also a **printable guide** you can use to follow along with the steps to sign in for the first time.

Find out how you can safely manage your money from your phone, tablet, or computer.

Learn how to get started with **mobile** or **online** banking



Send money to friends and family

Whether you're helping someone or receiving help, you may find you need to safely exchange money with a friend or a family member.

You can use the *Interac* e-Transfer³ service to pay or receive payment for the exact amount of your choice. Just collect the email address of the person you would like to exchange money with, and you have everything you need to get started.

It's that easy to split a bill, pay for a service, or send money to a loved one.

[Learn how to send or receive money](#)



Paying bills and credit cards

Using your computer, smartphone, or tablet, you can pay a bill in just a few minutes. Whether you like to set up recurring payments or prefer to pay each bill as you receive it, we can show you how to pay your bills in the way that works best for you. When you're finished, you'll get a reference number to keep as proof of payment.

You can also pay bills at any Scotiabank ABM, and if we've paid this bill for you at the branch before, your bill payees will already be registered to your accounts.

[Learn how to pay your bills quickly](#)

Financial Wellness & Employment



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- Older Canadians are experiencing financial vulnerability and workplace exclusion as they age
- Improving financial literacy, provide training to update skills, protection from financial exploitation
 - Mobile Apps for finance
 - Cyber-security enhancement
 - Tech-based vocations
 - Workplace accommodations





So....

- **Be open to it**
- **Use it before its needed**
- **Talk to seniors/families about it**
- **Look at our own workplaces...**



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Thoughts?
Thank you!

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