






## Technology and longevity planning:

## Technology & services inspiration


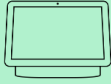
What types of technologies might you, or your family members, benefit from? Check out these examples of technologies that may be of interest to those who want to age in place, make daily tasks easier, or simply try new technologies.

**Sensors**


Motion sensor Temperature sensor Contact sensor Humidity sensor Air quality sensor

**Central systems & assistants**






Voice assistant Assistant interface

**Social robot**







Social robot

**Smart utilities & monitoring**









Smart thermostat Smart light Leak detector Smart blinds Air purifier








Smoke detector Smart power strip Smart plug Pet monitor

**Smart home security**










Security camera Smart doorbell



Smart lock Smart gate

**Bedroom & bathroom**








Smart mattress Smart blanket Smart toilet Smart shower Smart toothbrush Smart sink

**Outdoor technologies**









Smart lawn mower Smart irrigation system

**Housework & housekeeping appliances**







Smart toaster Smart kettle Smart fridge Smart dishwasher Smart microwave Robot vacuum Smart laundry

**Health, fitness, and safety**




Glucose monitor Blood pressure monitor Heart rate monitor Medication management Fall detector Nutrition tracker Fitness band Home exercise platform

**Communication & entertainment**

Instant messaging Social media Video chat platform Smart TV Gaming Smart sound system

**App-based services**

Grocery delivery Food delivery Maintenance services

## Technology and longevity planning:

### Technology: An overlooked retirement line item?

New technologies can bring major improvements to quality of life as we and our loved ones age. But these cutting-edge products and services can have significant costs. Technology may be a line item in retirement that most people don't plan for.

Knowing the costs of smart home technologies and technology-enabled services can help to provide a full picture of what resources someone will need to be prepared for longevity.



#### Social engagement: Paro, animal therapy robot

Est. \$6000

Paro, a social robot designed to look like a baby harp seal, is designed to help older adults living with dementia. Paro responds to voice and touch and learns people's voices over time. Other animal robots, like Hasbro's Joy For All animals, are much more affordable. But Paro is the only such product that has been clinically demonstrated to comfort and calm people living with dementia.

#### Transportation: leaning on Uber and Lyft

Est. \$4680 annually<sup>1</sup>

Having the ability to go where you want, when you want to is a key ingredient for quality of life. When older adults give up driving, that freedom may be put at risk. Uber and Lyft may be worth incorporating into a transportation plan for post-driving older adults, especially for those who don't have public transportation available (a reality in many American cities). These ride-share services can be accessed conveniently by a smartphone and are summonable on-demand – allowing for spontaneous trips.



#### Security and care: home and health monitoring technology

Est. \$3780 (combined upfront and annual cost)<sup>2</sup>

Remaining independent at home is a primary desire for many older adults. Monitoring technologies can help older adults remain safe and secure without sacrificing their living situation – although privacy may be a concern.

A smartwatch can track vital signs and send alerts if a risk is detected. Fall detection systems provide rapid responses to a common emergency situation. A medication management system ensures adherence to one's daily prescriptions. A smart doorbell and smart lock monitors visits to the home and entries and exits.

<sup>1</sup> The cost listed here assumes an average of \$15 per Uber ride, with three round-trips taken per week. This does not represent the full cost of transportation one would expect per year for all possible trips on all possible modes.

<sup>2</sup> Total cost is the sum of the following items:

- Fall detection system - \$399
- Medication management (e.g., automated pill dispenser) - \$99 + \$45 per month (\$540 per year)
- Smart lock - \$200
- Water leak detector \$389

- Smart doorbell - \$189
- Smartphone - \$400
- Smart home hub - \$65
- Wifi – \$100 per month (\$1200 per year)
- Health monitoring smartwatch (e.g., Apple Watch) - \$399