



Caregiving (and Aging) in a High Tech Age

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Program Description

Caregiving (and Aging) in a High Tech Age

Today, technological advances within the realm of health care, aging, and caregiving are mind boggling. Although the human touch and the need for human relationships will never be replaced by gadgets, apps, or social media (merely my humble opinion!), technology can be utilized to reduce many of the daily tasks that exhaust family caregivers and/or prove problematic as we age. Let's explore the technological options that can potentially enhance communication and connection, safety and security, health and wellness, and learning and sharing.

Biographical Information

Jane W. Barton, author of *Caregiving for the GENIUS*, is a passionate speaker, writer, and listener. As the founder of Cardinal, LLC, she provides educational programs, books, and blogs to assist people in confronting the daunting challenges posed by aging, serious illness, and the end of life. Jane is well versed in the areas of grief and bereavement, caregiving, hospice and palliative care, change and transition, and spirituality and health. She presents innovative, transformational programs to community members, healthcare providers, pastoral caregivers, clergy, funeral service providers, and national audiences. As a local aging expert working with AARP Colorado (2014-2021), she offers educational programs for personal and professional caregivers throughout the state of Colorado.

Previously, Jane served as Director of Education for a hospice and palliative care educational institution in Denver, Colorado. She has also served as a chaplain and bereavement facilitator in hospice and palliative care. Jane is a certified Spiritual Director as well as a Certified Senior Advisor. In a former life, she worked as a financial services representative and an exploration petroleum geologist and manager.

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Focus of Presentation

1. The Landscape of Aging and Caregiving
2. Technology as a Filler
3. The Technological Options
4. The Pros and Cons of Technology

Program Notes

Aging Demographics and Trends:

- 10,000 Boomers turn 65 years of age every day
- Currently, 56 Million people are 65+
- By 2060, 95 Million people will be 65+ (25% of the population)
- 80% of people over 60 have 1 chronic condition. 66% of people over 65 have 2+ chronic conditions.
- 86% of people want to age in place.
- 80% of persons over 65 live at home. 34% of women live alone. 20% of men live alone.
- By 2020, 117 Million Americans will require care.
- Home care costs are expected to increase 140% by 2049.

Gap in Care Widening:

- Too many people require care.
- Too few family caregivers.
- Too few home care professionals.
- Too few doctors.

Utilization of Technology by Caregivers (AARP 2016):

- 7% currently using available technology
- 59% likely to use technology
- 71% are interested in technology

Gerontechnology:

An interdisciplinary academic and professional field that combines gerontology and technology.

Barriers to Utilizing Technology:

- Lack of knowledge about available technology
- Costs
- Discounting the benefits of technology
- Lack of time or willingness to learn how to use technology

How Does Tech Serve Older Adults and Caregivers?

- Communication and Connection
- Safety and Security
- Health and Wellness
- Learning and Sharing

Telehealth or Telemedicine:

Any type of medical care that is provide remotely via a technological platform such as a telephone, computer, or wearable device.

Communication and Connection Technology Resources

- Simplified/Enhanced Phones - GreatCall, SamSung Galaxy Fold, iPhone XS Max
- Simplified/Enhanced Tablets: GrandPad
- Social Media: FaceBook
- Communication Tools: Email, Text, Chat, SmartPhones, Skype, and Zoom
- Online Games: Play with family and friends

Organizational Technology Resources

- Lotsa Helping Hands - <https://lotsahelpinghands.com>
- CaringBridge - <https://www.caringbridge.org>

Safety and Security Technology Resources

- Personal Emergency Response Systems (PERS)
- Home Monitoring Systems
- Home Security Systems
- GPS Tracking Devices

Health and Wellness Technology Resources

- Telehealth
- Health Monitors
- Wearable Technology
- Medication Administration and Monitoring - Pillo Health, CareZone, MedMinder, Reminder Rosie
- Electronic Visit Verification (EVV)

Learning and Sharing Technology Resources

- Osher Lifelong Learning Institute (OLLI) - <https://universitycollege.du.edu/olli/>
- Coursera - <https://www.coursera.org>
- Writing Your Story - celebrationoflifv.net, ancestry.com, life-legacies.com, https://kdp.amazon.com/en_US/
- Recording Your Story - Phone apps include StoryCatcher, StoryCorps, Saving Memories, StoryWorth, TreeLines, HistoryLines, Twile, and FamilySearch
- Film Your Story - via SmartPhone or Computer

The Future of Technology

- Voice-First Interfaces
- IoT - Internet of Things
- Digital Health
- Robotics - acute care, long-term care, and companions
- Virtual Reality - adventure, entertainment, and socialization
- Autonomous Vehicles
- Artificial Intelligence

How Can We Encourage More Older Adults and Caregivers to Utilize Technology?

- Effective Marketing
- User Friendly Options
- Affordable Price Point
- Painless and Invisible Product Updates
- Education and Training
- Exceptional Customer Service

Technology Cons:

- Loss of Privacy
- False Sense of Security
- Steep Learning Curve
- Setup and Maintenance of Products
- Financial Costs

Technology Pros:

- Facilitates the desire to age in place
- Enhances safety in the home
- Offers peace of mind to older adult, family, and friends
- Less costly than moving to a long-term care community
- Enhances the quality of life, provides opportunities for socialization, allows for continuity of care with medical professionals, and facilitates the coordination of care.

Resources

AARP Caregiving Resource Center: www.aarp.org/home-family/caregiving

AARP. 2016. Caregivers and Technology. What They Want and Need. https://www.aarp.org/content/dam/aarp/research/surveys_statistics/ltc/2018/caregivers-technology-needs.doi.10.26419-2Fres.00191.002.pdf

AARP. 2018. Using Telehealth to Improve Home-Based Care for Older Adults and Family Caregivers. <https://www.aarp.org/content/dam/aarp/ppi/2018/05/using-telehealth-to-improve-home-based-care-for-older-adults-and-family-caregivers.pdf>

Aging in Place Technology Watch: <https://www.ageinplacetech.com>

Barton, Jane. 2013. *Caregiving for the GENIUS*.

Cardinal, LLC: www.Cardinalife.com

Cardinal Musings with Jane Barton (podcast): Available on Apple Podcasts, Google Podcasts, iHeart, Spotify, etc. <https://cardinalmusings.buzzsprout.com>

CAREConnection: <https://careconnection.aarp.org/en/home.html>

Care-FULL Conversations Videos: <https://states.aarp.org/care-full-conversation-resources/>

Caregiver's Cairn (Jane's Blog on Caregiving): <https://states.aarp.org/janes-caregiving-cairn/>

Orlov, Laurie. 2019. Technology for Aging in Place. <https://www.ageinplacetech.com/files/aip/Market%20Overview%202019%20Final%2003-2019.pdf>

Preferred Care at Home Blog (Written by Jane W. Barton): <https://preferhome.com/author/jane-barton/>

Senior Planet: <https://seniorplanet.org>

[WhiteHouse.gov](https://trumpwhitehouse.archives.gov/wp-content/uploads/2019/03/Emerging-Tech-to-Support-Aging-2019.pdf). March 2019. Emerging Technologies to Support an Aging Population. <https://trumpwhitehouse.archives.gov/wp-content/uploads/2019/03/Emerging-Tech-to-Support-Aging-2019.pdf>