



# Legislative Task Force on Aging

## Current Data and Technology Recommendations

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# Objectives:

Aging Population in United States: Overview

Aging Population in Minnesota: Overview

Opportunities for Aging

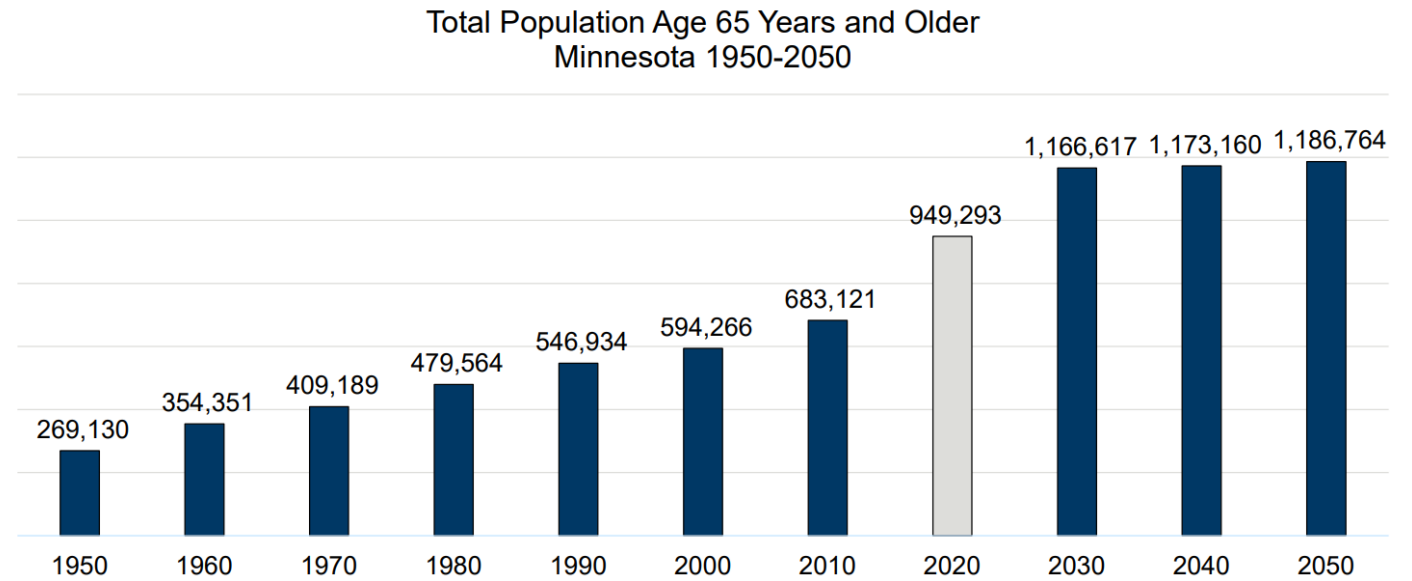
Call to Action: Technology for Aging is a must

# Aging Population Status United States

- People age 65+ has grown from 35 million in 2000 to 55 million in 2020.
- (2023) Survey of 2,000 adults 55+ to learn how they use assistive technologies in their homes and ways they plan to use these devices to help them age in place.
  - 93% agreed that aging in place – “the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level,” was an important goal.
  - Same survey with 1500 adults 55+ in 2024: 95% in 2024 vs. 93% in 2023 say aging in place an important goal.
- 96% of those using medical alert system said it brought some relief or assurance and 97% of users’ children said it brought them relief.
- 88% assert that assistive or health-related technologies improve their quality of life. Technologies that made it easiest to age in place were medical or health-related mobile apps (45%), service-related apps like grocery delivery apps (43%), wearable medical or health-related trackers (33%), and assistive smart home technologies (30%).
- 62% of respondents said cost-of-living increases were making it more difficult for them to age in place.
  - In 2020, the median income of older people was \$26,668. 5 million people 65+ live below the poverty level, and another 2.6 million are “near-poor.”

# Problem: Aging Population in Minnesota

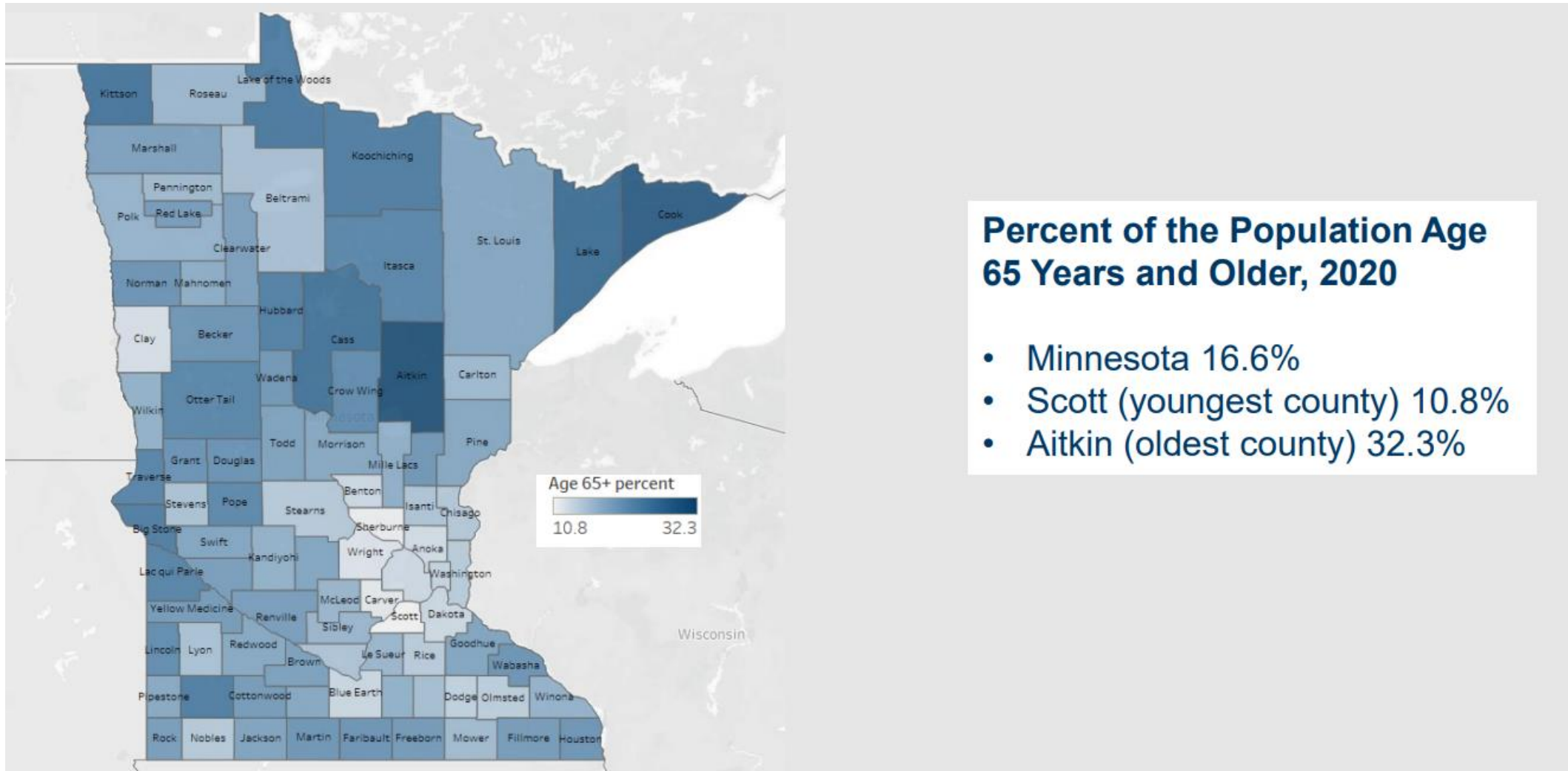
Significant workforce shortages from 2010-2030; while disability, LTSS, and health related impacts will be largest 2021-2050.



Sources: U.S. Census Bureau and MN State Demographic Center Projections

# Rural Minnesota Aging Faster than Metro

(yet 49% older adults live in 7-county metro)



# Opportunities for the Aging Population

## “Access”

(Not about computers and internet – it is about social inclusion and equity)

- New problem of social isolation impacting aging
- Create public health utility for all groups/individuals (not based on payor)

## People Supports

- Aging populations don't ONLY need tech, but also wrap around supports
- Technology with people

## Technology Literacy

- Help individuals use technology to do what THEY want to do, address underlying social factors
- Tech savvy vs Tech adopter vs Tech avoider

## “Awareness” Hub

- Services, assistive technology, wearables, camera, telehealth, fitness trackers, medical alerts, GrandPad, RPM monitoring, GPS enablement, etc.
- Knowledge is power.

# ACTION NEEDED: Technology Access for Aging Population

**The population will continue to age and use technology to help them age in place!**

- Need policies put into place today to meet current needs and prepare for the future demands, AND technology must be incorporated.
  - Assistive Technology should not be considered an added expense, rather a value creation to enhance independence, improve access, and empower individuals
  - Technology in the home setting is the right place at the right time.
- Create inclusive approach to technology access for vulnerable, high-cost individuals
- Workforce shortage and aging needs are counterintuitive
  - Must incorporate technology with services to enable person, create access, allow innovation, and leverage data. (This enables both workforce and aging).
- Health management should be proactive and not reactive.
  - Rely on relationships and technology to create healthier communities.

Home Medications Events Library Messages Health Status

# Create Impact, Together!

**Healthscore** (Last 90 Days)

73  
Very Good

My Vitals	86
My Medication Adherence	76
My Device Data	55
My Weight	73

**Next Medication**

08:00 PM  
Mon, Nov 13, 2023

**Next Event**

Video Consultation

03:25 PM  
Mon, Nov 13, 2023

**Messages**

You have 1 new message

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10 things you need to know about autism  
Autism Spectrum Disorder

Diabetes: What is it?

Fix Forward Head  
How to Fix Forward Hea...

STOP Overwhelming Emotions  
Best Exercise to Tone the Vag...

Exercise  
How to stre...



# References:

- Naru, Lauren and Beimesche, Erica. *U.S. News & World Report Aging in Place With Assistive Tech Survey*. May 22, 2024
- Brower, Susan. *Demographic Overview of Minnesota's Older Adults Legislative Task Force on Aging*. August 24, 2023