International Longevity Centre UK

Planning tomorrow today

Technology and Ageing

A UK Perspective

David Sinclair, International Longevity Centre – UK @ilcuk @sinclairda

The International Longevity Centre-UK is an independent, non-partisan think-tank dedicated to addressing issues of longevity, ageing and population change.

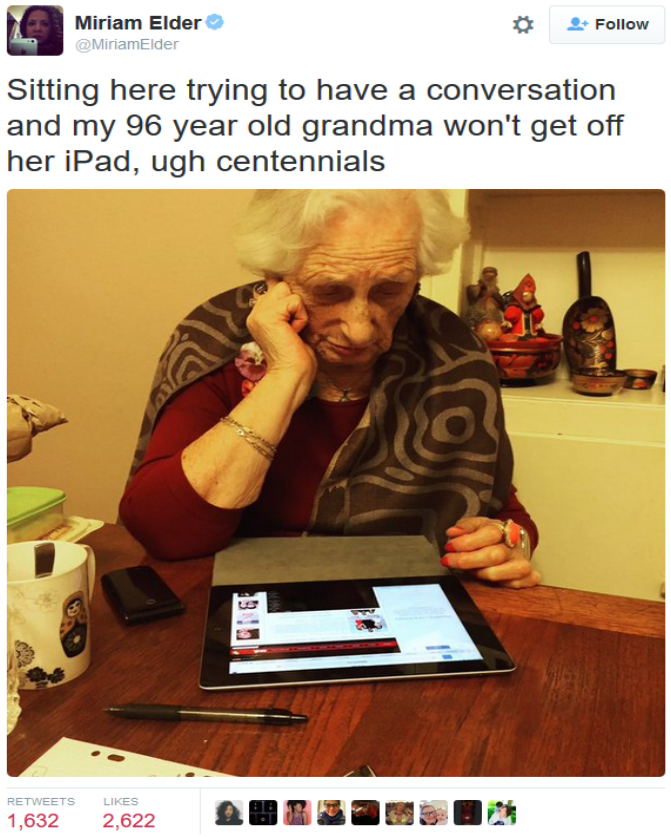
- Technology is important in an ageing society
- The UK has seen some innovation
- But despite the promise of technology, progress is too slow
- The future might be bright…
- But only if…

Technology is important in an ageing society

There should be a big and growing market

The over 65s in the UK currently spend around £2.2 billion per week on goods and services

They are likely to be spending over £6 billion per week (£312 billion per annum) by 2037



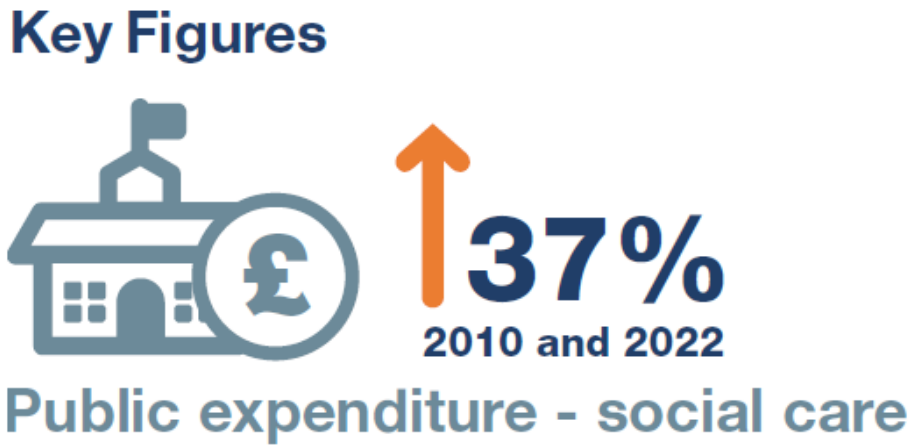
The (US) marketplace for technology to assist aging adults in the Longevity Economy is expected to grow sharply from $2 billion today to more than $30 billion in the next few years

Laurie Orlov(2016)

www.Ageinplacetech.com

Technology has the potential to cut the "costs" of ageing

Population ageing will result in health spending rising from 6.2% of GDP in 2018-19 to 8.0% of GDP in 2063-64 (1).



The estimated "cost of ageing" assumes productivity will increase

- The OBR forecasts on health spending assume productivity in the healthcare sector rises at a rate of 2.2% per annum.
- But productivity in the health sector only rose by around 1% per annum on average between 1979 and 2010.
- If this slower rate of progress was maintained the OBR project that health spending in 2063-64 would need to be 5.0 % of GDP higher.

New technology can help us get around

Among the over 80s under 55% report finding it easy to travel to a hospital, a bank or a post office (1)

1.45
million over 65s travel difficulties

Technology can help keep us engaged

Depression affects 22% of men and 28% of women aged 65 or over. This would be just over 2 million people aged 65+ in England5.

Key Figures

10.8
million people aged 65 or over in the UK

3.8
million live alone (36%)

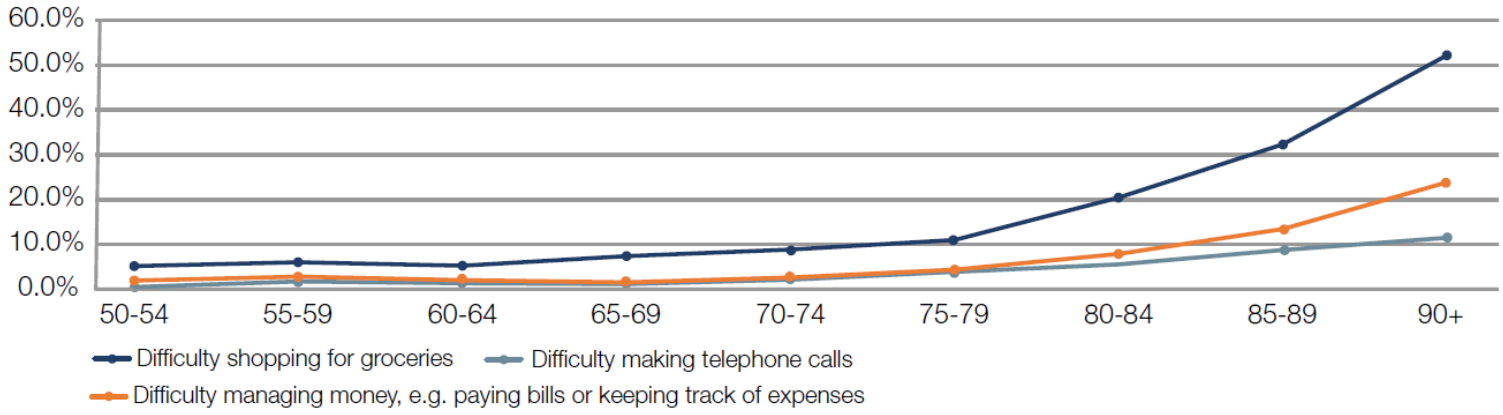
New technology can help us live independently at home

- One in three people aged over 65, and half of those aged over 80, fall at least once a year.
- The combined cost of hospitalisation and social care for hip fractures (most of which are due to falls) is £2 billion a year or £6 million a day.

http://www.flickr.com/photos/un_photo/5832685007/sizes/z/in/photostream/

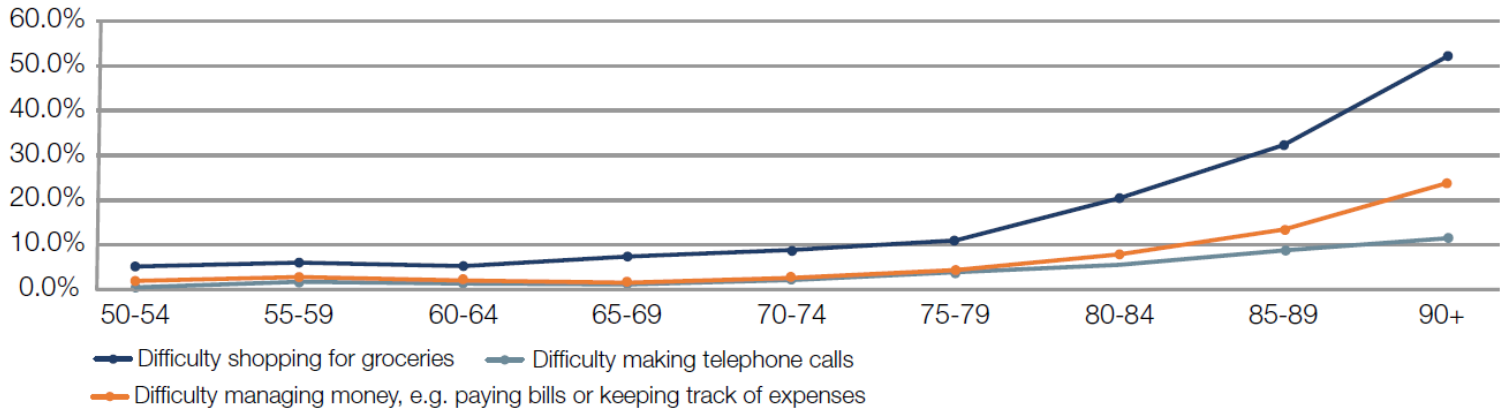
Technology can help us with our daily activities

Table 1: Difficulty completing key tasks



Source: English Longitudinal Study of Ageing Wave 6

Table 1: Difficulty completing key tasks



Source: English Longitudinal Study of Ageing Wave 6

- But innovations have often made the world more difficult rather than simpler
- Most of the need comes at 75+ (ie the market isn't big enough to deliver innovations)

The UK has seen some innovation

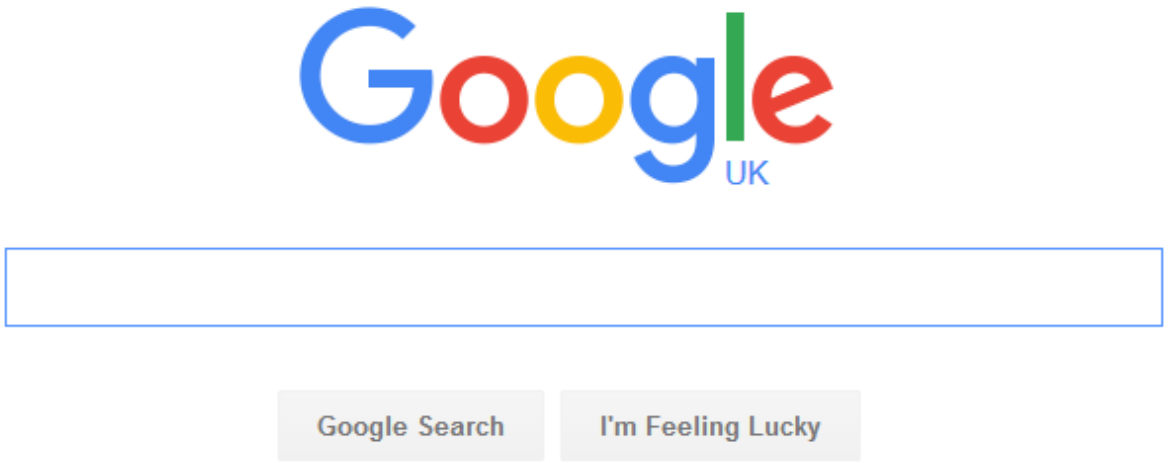
The role for new technologies

- 140 years ago– first two way phone call made
- In 2000 – ½ world had never owned a phone
- By 2007 ½ the world had a mobile phone
- It took 75 years for telephones to reach 50 million users
- It took 4 years for the internet to reach 50 million

And the mainstream is beginning to understand ageing

- OXO Good Grips tin openers
- BT's big button telephones
- Amazon's investment in "frustration free packaging"

Even google gets it



Technology is facilitating flexible working

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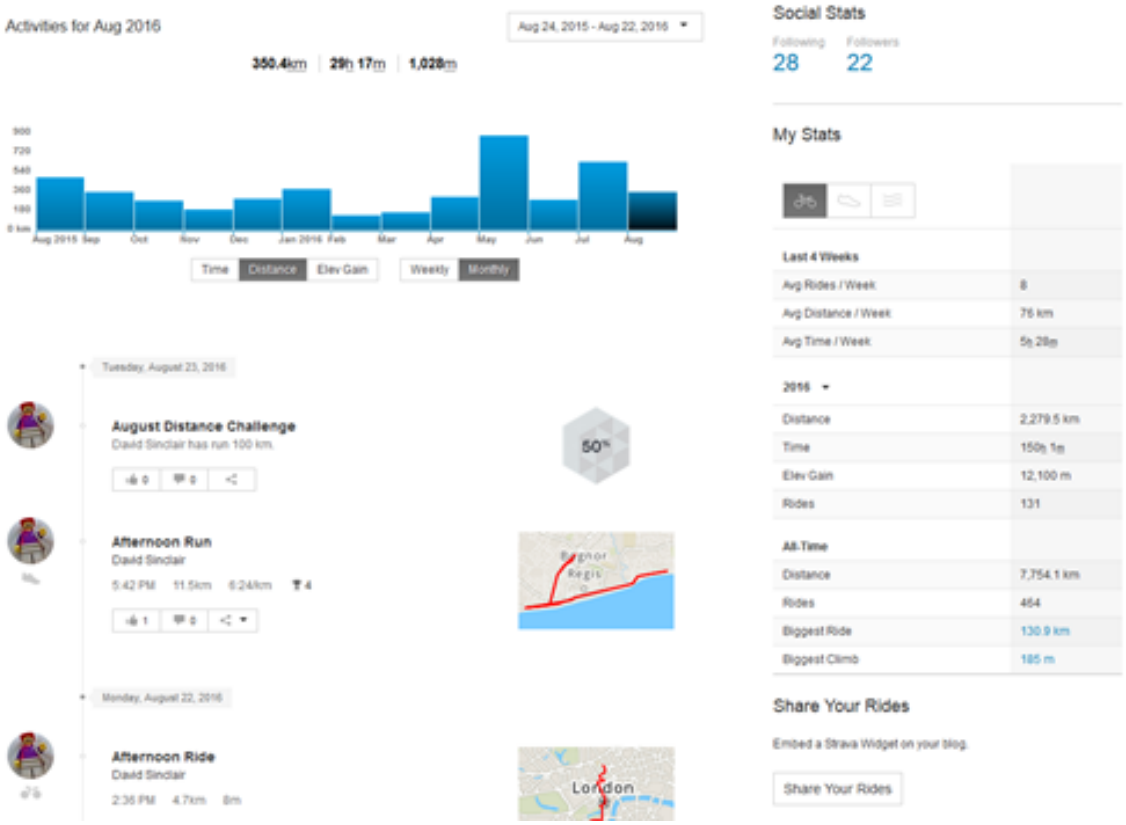
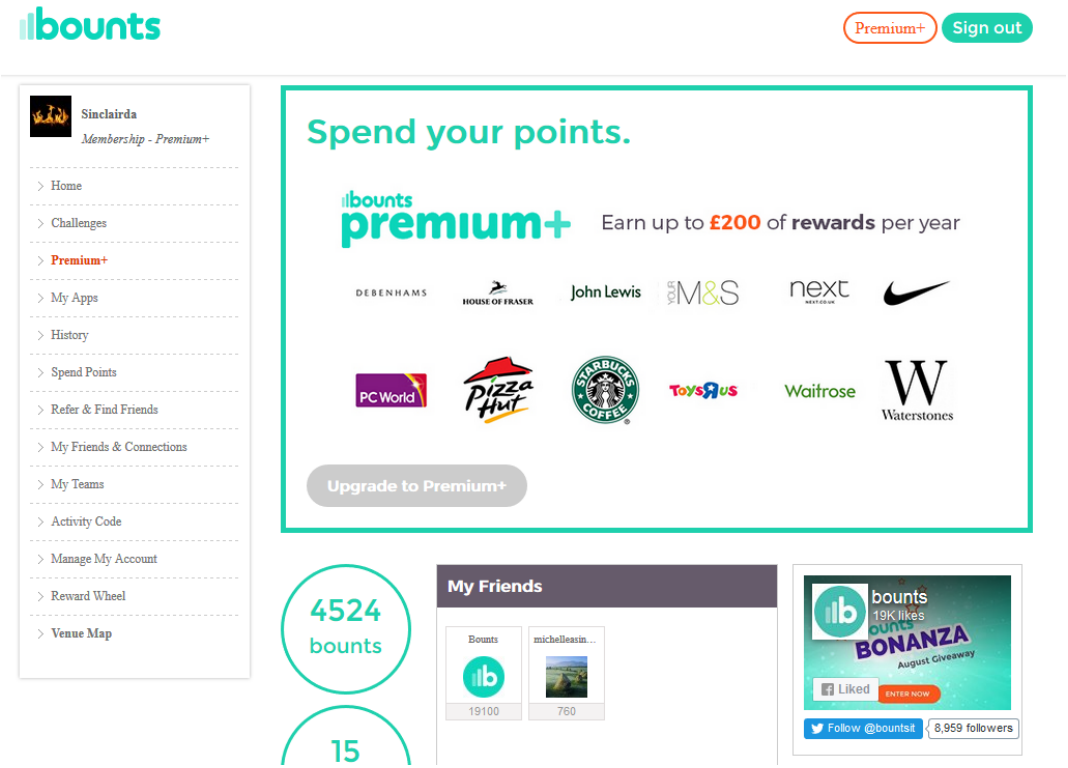
We like competing with our friends

The recent growth of relatively affordable wearable monitoring technology offers huge greater potential to support healthy ageing.

Competition with friends might encourage us to be healthier

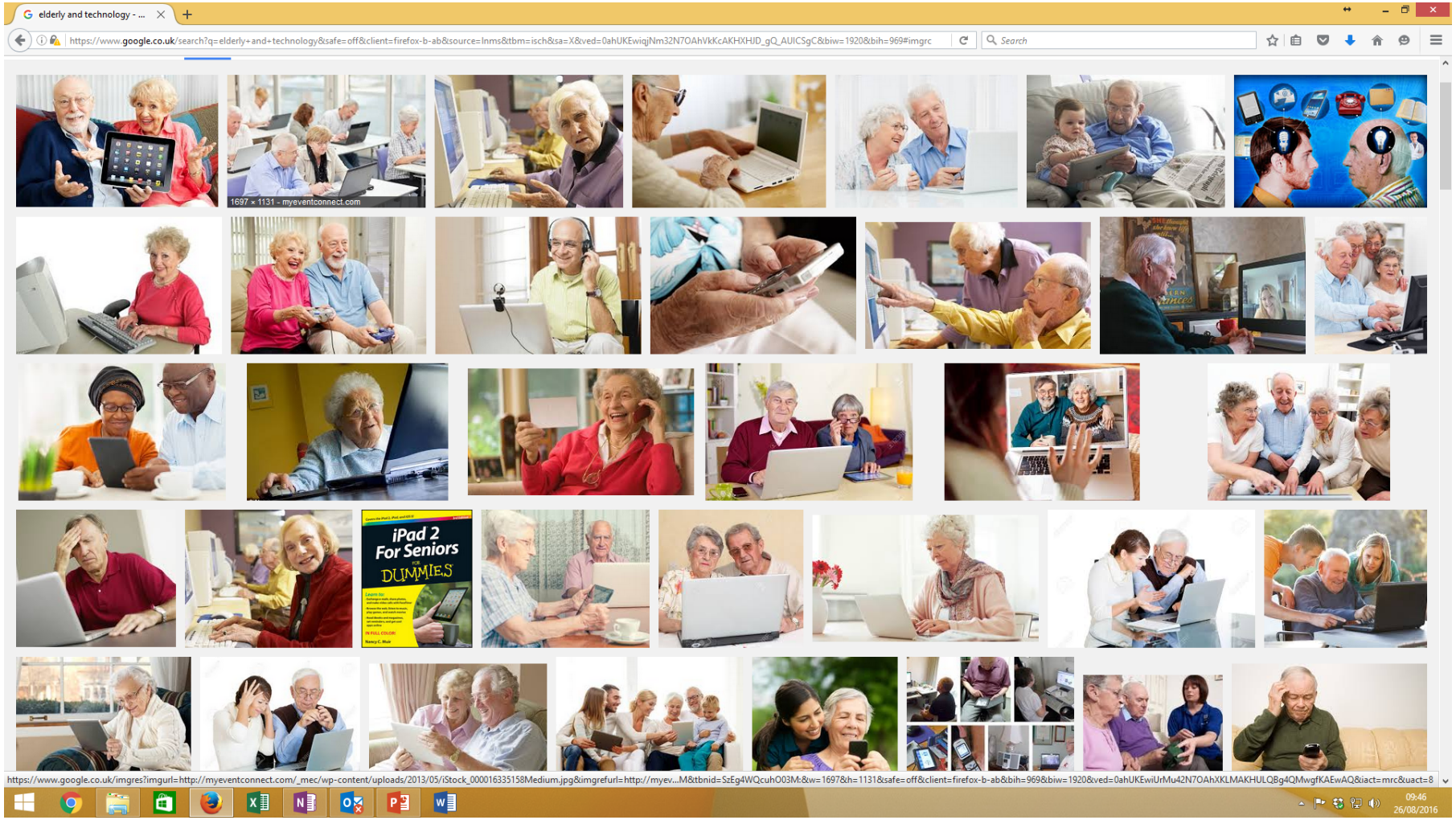


As might financial rewards



But despite the promise of technology, progress is too slow

When I asked google about “technology and elderly”



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We are just getting health online

- Nearly 6.5m patients are enabled for online appointment booking and ordering of repeat prescriptions
- 3m patients registered for online access to GP Records
- in 2013/14:
  - 2.4m prescriptions ordered online
  - 1.1m GP appointments booked online
  - over 2.5m patients are enabled to use online access to records (3)

But it has taken us 20 years

1997: Government said they would "*harness the enormous potential benefits of IT to support the drive for quality and efficiency in the NHS by: making patient records electronically available when they're needed using the NHSnet and the Internet to bring patients quicker test results, on-line booking of appointments and up-to-date specialist advice…developing telemedicine to ensure specialist skills are available to all parts of the country*".

Yet it hasn't stopped people talking about it

"Technology has the capacity to transform the way we offer services and the support that is available to help people with dementia stay in their own homes." (DH, 2005)

Yet it hasn't stopped people talking about it

"We need to seize the full potential of the advanced application of science and technology to help deliver better later lives." (Department for Work and Pensions, 2005)

Yet it hasn't stopped people talking about it

"New service models and technology have an important role in enabling older people to remain in their own homes and avoid unnecessary moves into residential care or hospital" (The Wanless social care review, 2006)

Yet it hasn't stopped people talking about it

Using technology to enable delivery of high-quality support will be a vital element of the future care and support system. (Department of Health, 2009)

http://www.flickr.com/photos/mtsullivan/with/5524654470/

Yet it hasn't stopped people talking about it

"New technology opens up new horizons for care. From community alarms to sophisticated communication systems, telecare can help people stay in their own homes and live independently for longer….[we discuss] its potential to save resources as well as promote independence." (Department of Health, 2009)

Yet it hasn't stopped people talking about it

"Technologies, including telecare and telehealth, also have the potential to save money and improve the quality of care that older people experience, as well as prevent accidents and crises." (House of Lords, 2013)

Yet it hasn't stopped people talking about it

"Technology can improve connectivity, address health, work and care challenges, and help people unlock the potential benefits of living longer."
DH 2014
"Personalised Health and Care"

Mother, 65, is pregnant with quads after 13 kids

by NICOLE LE MARIE

A GRAN aged 65 – who already has 13 children – is to become the oldest ever to give birth to quadruplets.
Annegret Raunigk is expecting to be mum to 17 children after receiving artificial insemination, in which she was given both donated sperm and eggs.
The schoolteacher from Berlin, Germany, first became famous when she had a daughter, Leila, at the age of 55.
Ms Raunigk, who is in the 21st week of her pregnancy, said she was shocked when a scan showed she was carrying four babies.
The English and Russian teacher, who is due to retire this year, dismissed suggestions of an abortion, as she was 'still quite fit' and capable of looking after them. 'I don't think I will have any problems,' said Ms Raunigk, who will be featured in a TV documentary.
She defended her decision to get pregnant, saying: 'I think one needs to decide for oneself and not listen too much to the opinions of others.'
Her 13 children are by five different fathers and the oldest is now 44.
The oldest woman on record to have quads is Merryl Fudel, who was 55 when she gave birth.

Four die as wildfires rage through villages

UR people have died in wildfires in Russia's Khakassia republic, it announced yesterday. Another 73 people were injured as the started by farmers in the Siberian grasslands and fanned by inds, swept through 20 villages, destroying 118 homes.

Apps, Apps everywhere

Dementia
Appy talk

How memory apps can help people with dementia tap into their past

New apps that help people with dementia to reminisce about their earlier lives have the potential to transform their care and their quality of life

Anna Bawden

Tuesday 23 August 2016 13.59 BST

Shares 336 Comments 25

Save for later

It wasn't until ca
way to cope with his

10 of the best apps for older people

From virtual pets to pill reminders, a round up of useful smartphone apps

Vodafone Foundation Smart Accessibility Awards

Friday, 23 September 2011

The Vodafone Foundation Smart Accessibility Awards is a new contest to promote the development of IT applications designed to improve the lives of those with disabilities and people that are older, to help them get more actively involved in society.

vodafone

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Apps, Apps, everywhere

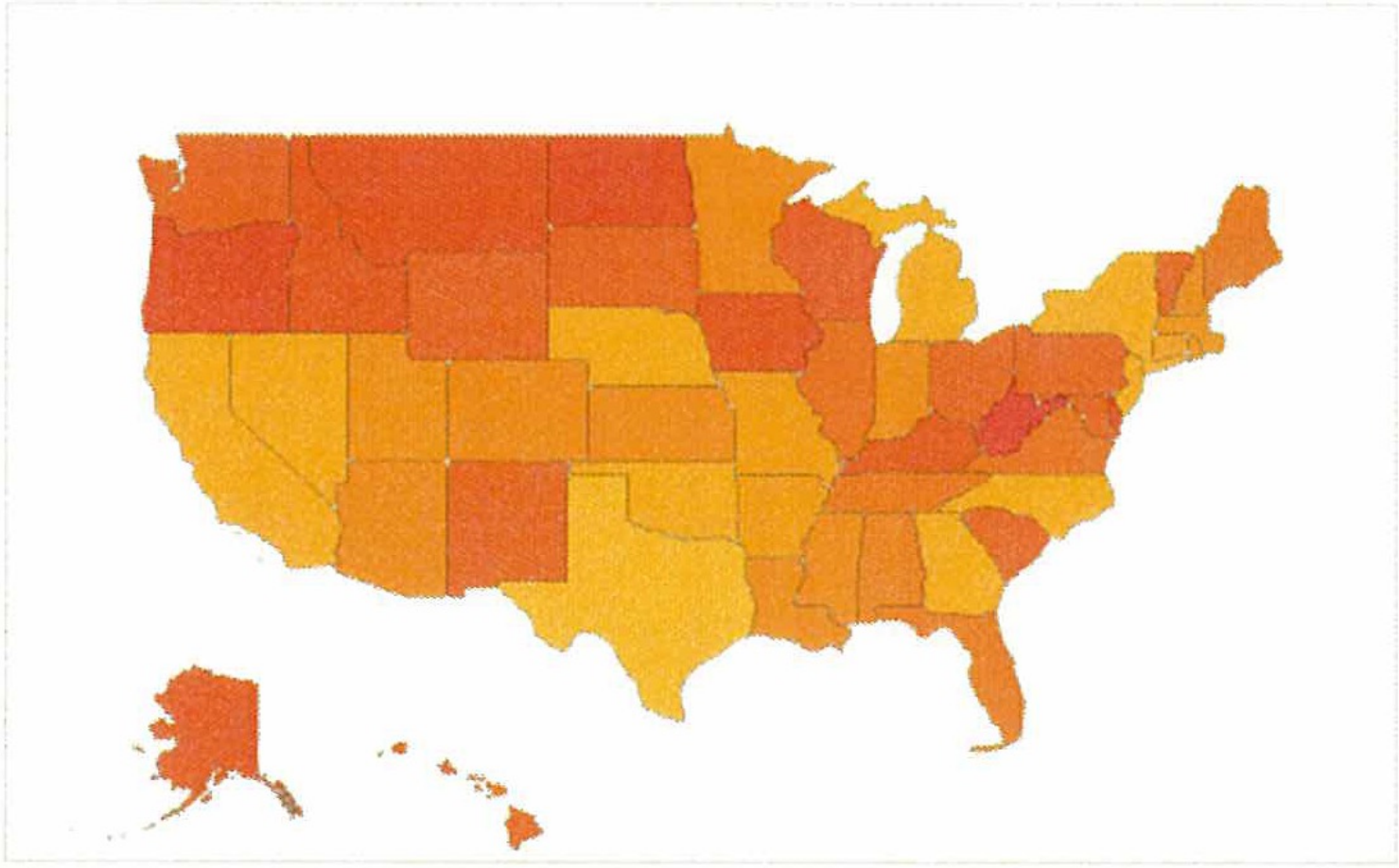
In August 2011, the UK Health Minister, Andrew Lansley called on health professionals, patients and app designers to “suggest ideas for health-related smartphone apps and information maps”.

Apps, Apps everywhere

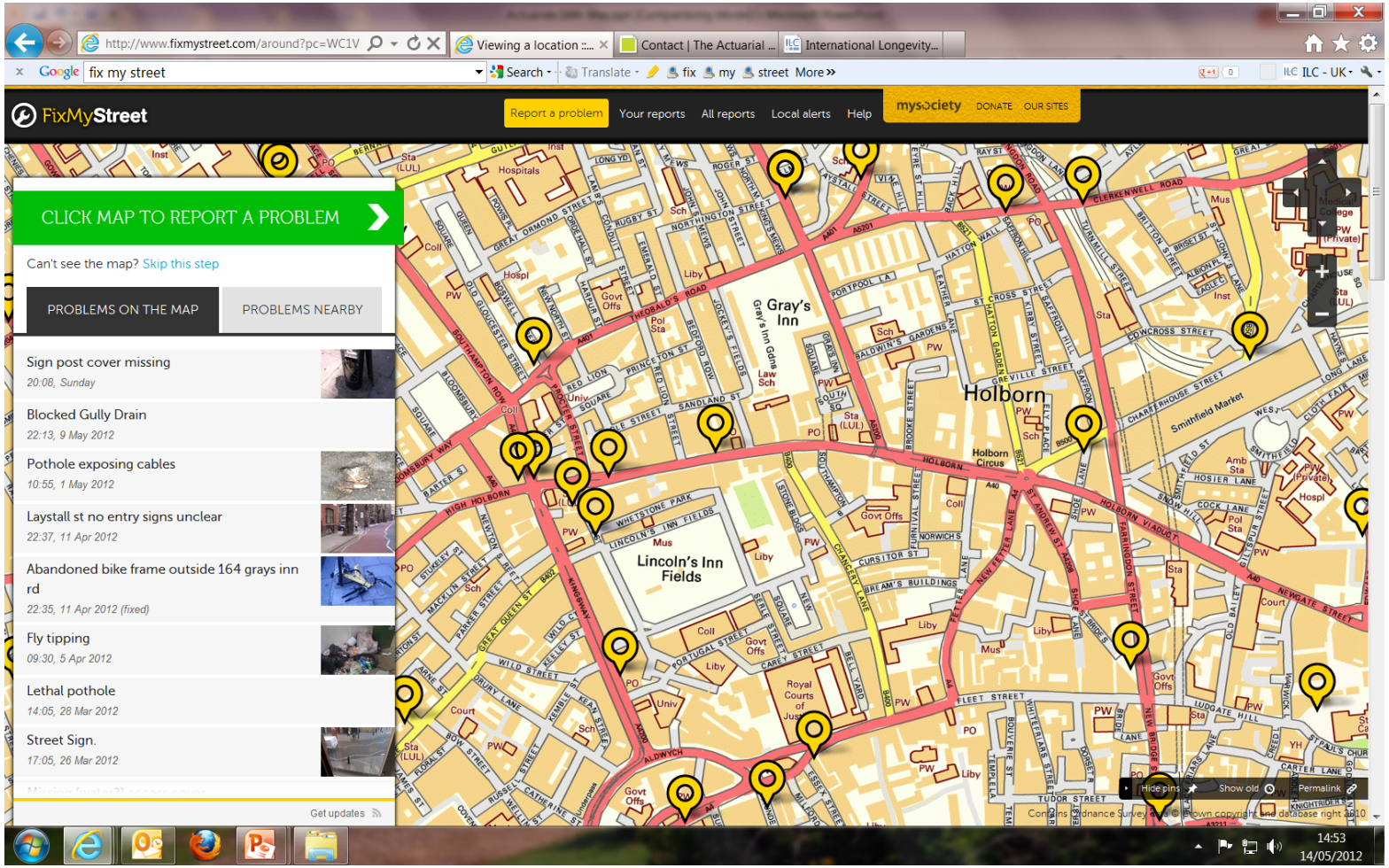
But there were already thousands of health related apps available on online marketplaces

The future might be bright…

More of this sort of thing?



And this? My Society/Fixmystreet.com



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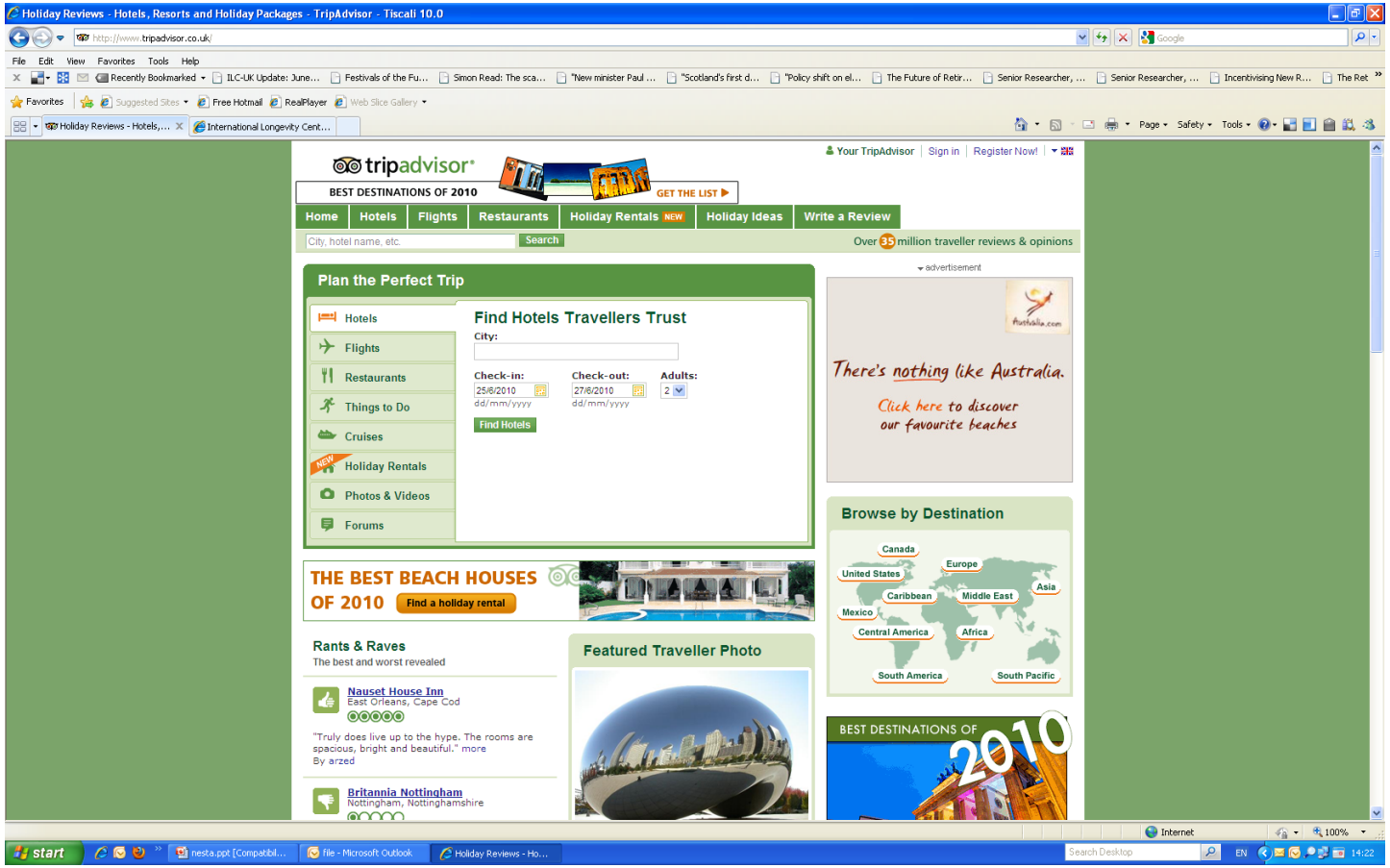
And this? Tripadvisor for Care Homes



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Or more personalised care services? Ocado for care

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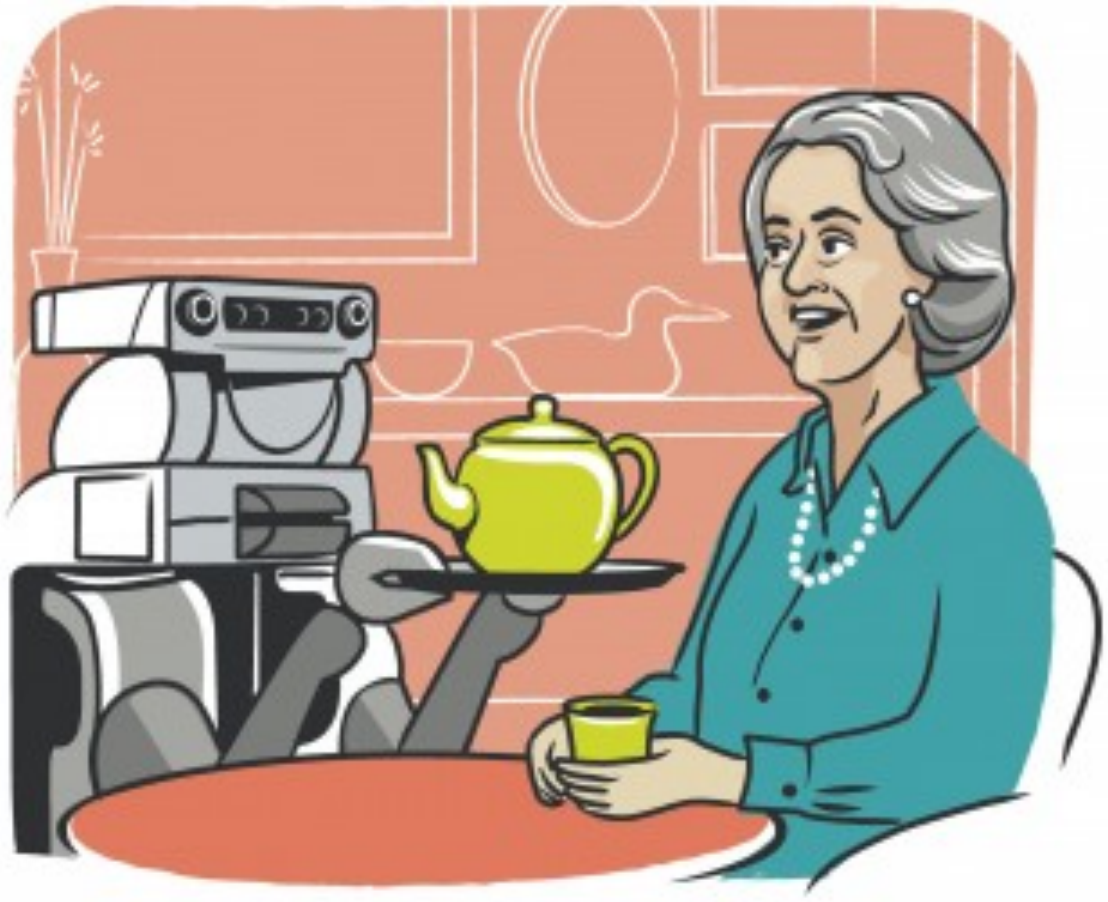
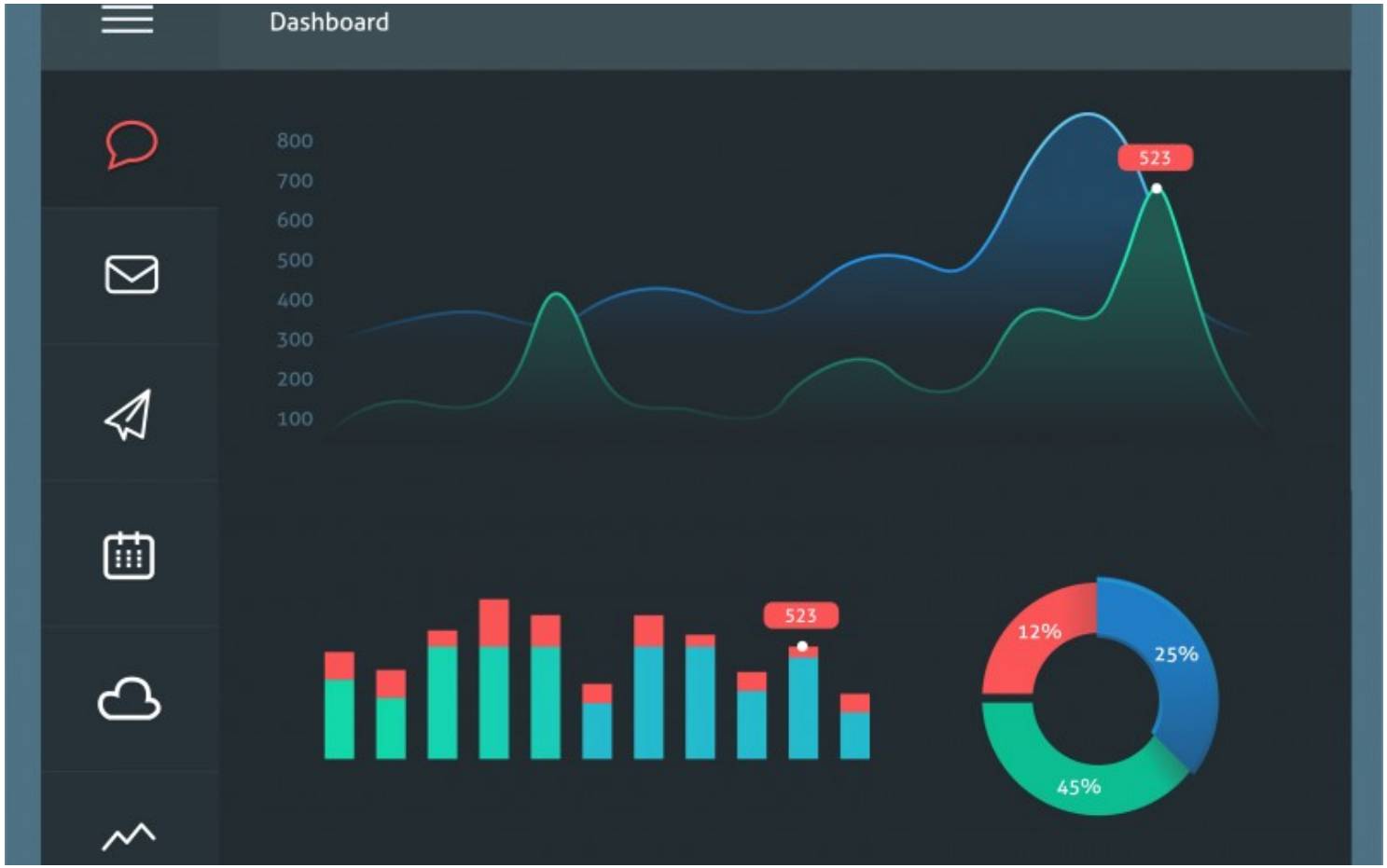
Probably not this



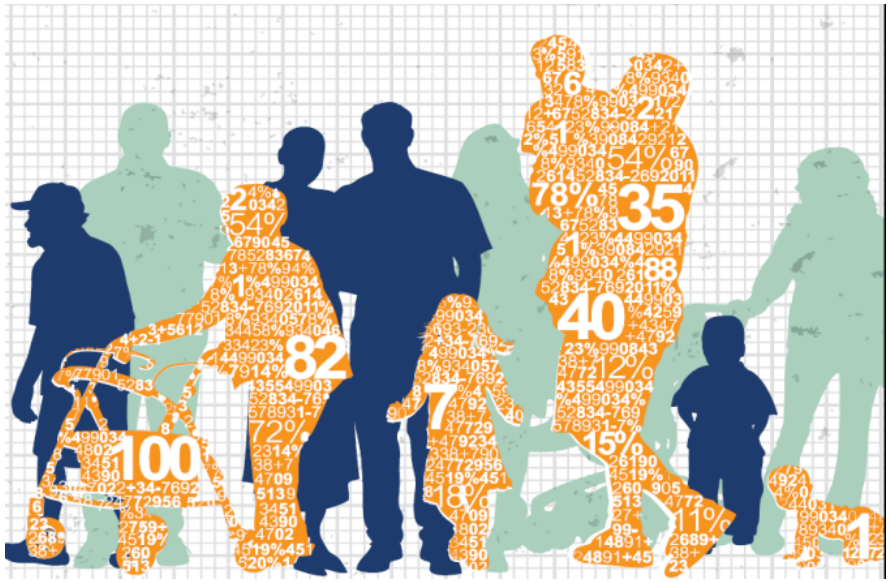
But more of this

It sounds boring but could be great – A pensions dashboard



The future is bright

- Wearable technologies
- 3D printing
- Cloud computing
- The Internet of Things
- Smart Cities
- Big Data

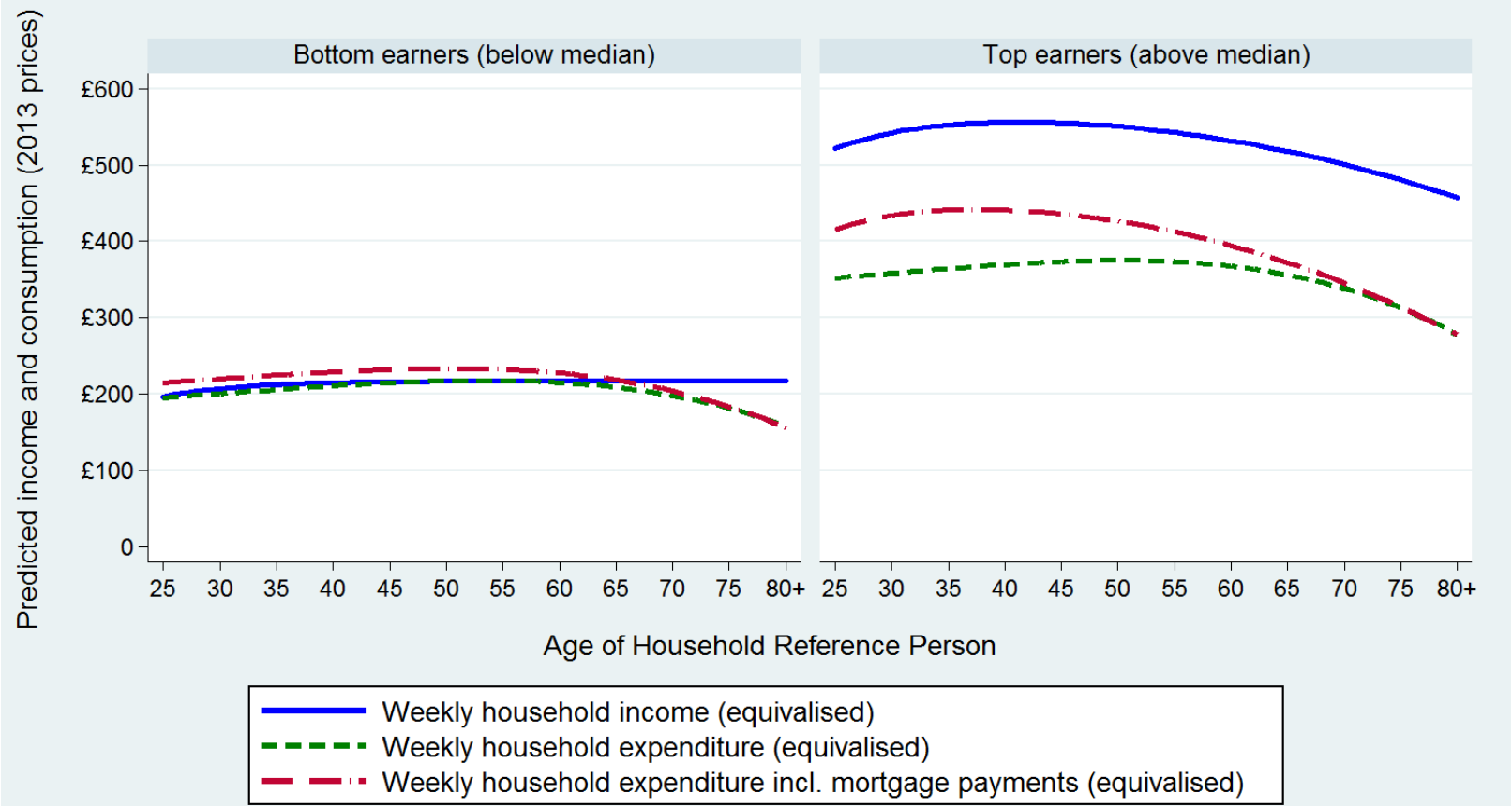


The sharing economy

http://www.birminghammail.co.uk/whats-on/food-drink-news/brum-chef-opens-indian-restaurant-7190927

But only if…

We get older people to spend their money



We need to better engage older people

Only 60% of retired people agreed that technology "makes things better"

Over half thought that technologies "fail when you need them most" (2)

We need to better engage older people

"But how much smaller do we want a phone?"

Some/many do want new technology but: "I don't want to live in a smart-home – I'd rather be dead"

Of more than 25,000 people questioned in a 2012 survey of attitudes in the European Union, 60 per cent thought robots that care for children, the elderly and the disabled should be banned outright; and

86 per cent said they would be uncomfortable with one caring for their children or parents

We engage with the ethical issues

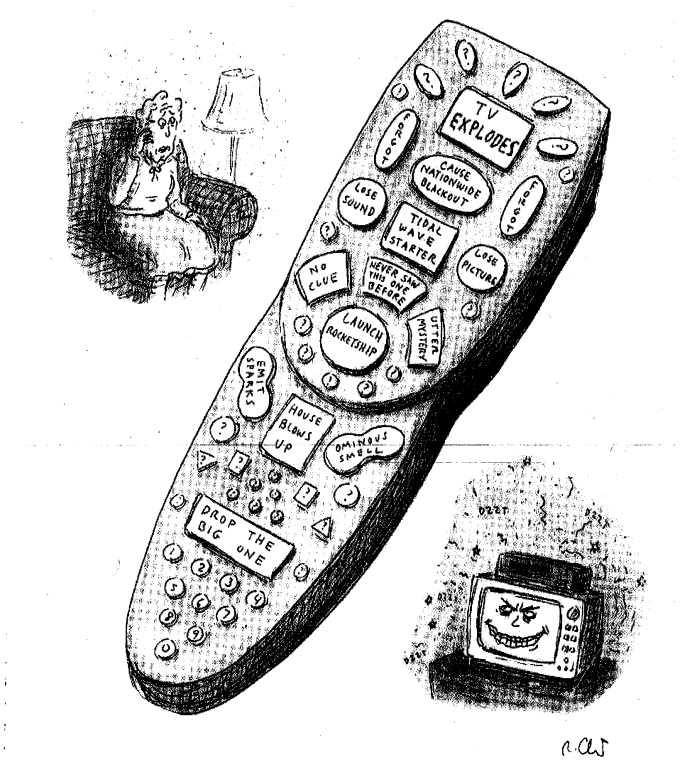
Moral and ethical debates – cant afford to ignore them

Must help older people choose technology when it is right for them (tagging/urine tests)

Privacy

And we need to

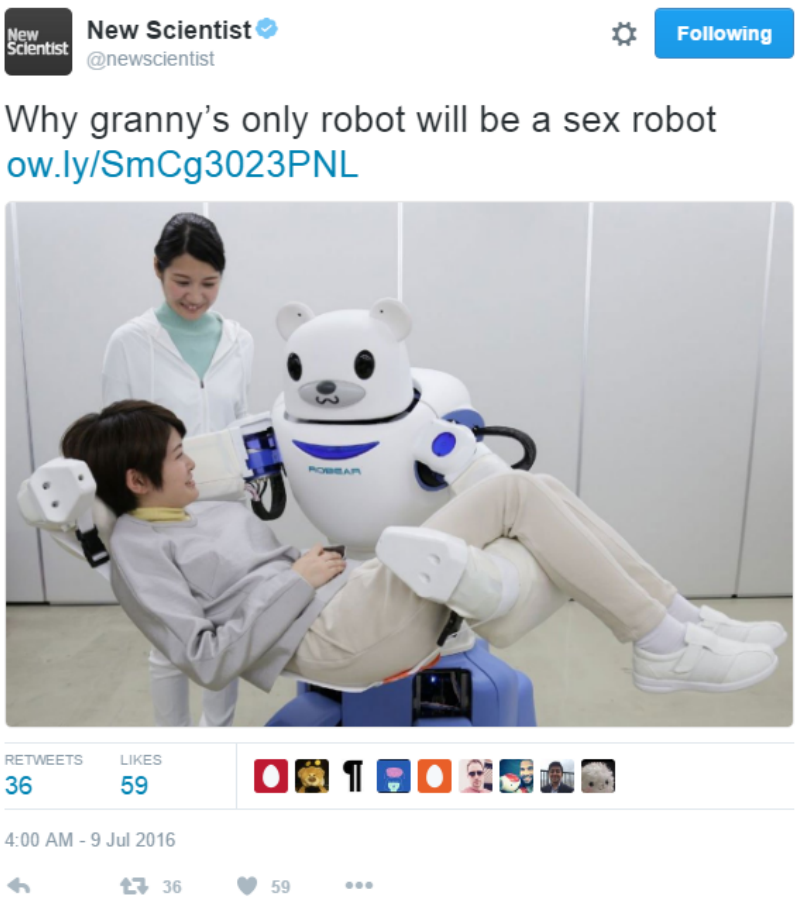
- Ensure social care is adequately funded
- Have stronger evidence that technology saves money
- Build a culture of private purchase f health products
- Design products better (inclusive design)
- Have regulation which protects consumers but does not stop innovation



We also need

- fewer glib promises about technology “solving the problems of ageing”.
- to tackle digital excursion
- to better engage with older people about what they want and need
- to encourage industry to better respond to the needs of the older consumer
- a proper public debate on data sharing, protection and ownership.

And finally



"Sexbots, though not yet exactly flying off shelves, have stoked enough cultural interest to inflame
a widely covered campaign to ban them. Meanwhile, care robots for the elderly remain stuck in sociocultural purgatory."

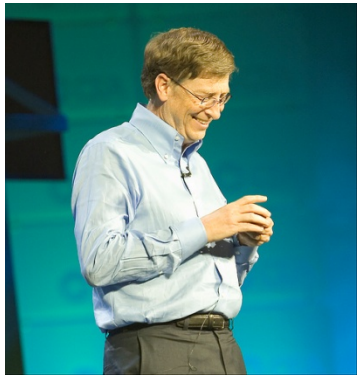
…*The Guardian:* being left with a carebot is just "another way of dying even more miserably".

Technology for technology's sake wont solve the problems

The first rule of any technology used in a business is that automation applied to an efficient operation will magnify the efficiency. The second is that automation applied to an inefficient operation will magnify the inefficiency.

Bill Gates

(Let's get the basics right first!)



David Sinclair

Director

International Longevity Centre - UK

Davidsinclair@ilcuk.org.uk

02073400440

Twitter: @ilcuk and @sinclairda

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