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Subject: [Blog] Improving the Lives of Older Americans Through Science and Technology

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Improving the Lives of Older Americans Through Science and Technology

By John P. Holdren and Cecilia Muñoz

As the Obama Administration prepares to host the 2015 White House Conference on Aging, we have been engaging with older Americans, caregivers, families, researchers, leaders in the field of aging, and other stakeholders across the country to hear about their most important issues. These individual conversations have helped us identify some common themes, including:

- Ensuring that older Americans are financially prepared for retirement
- Maintaining individuals' health as they age
- Identifying services and supports that can help older adults live independently in their communities as they age and finding ways to support the caregivers who help them
- Protecting older Americans from financial exploitation, abuse, and neglect

Advances in science and technology hold much promise for helping older Americans remain healthy and prepare for their future across all of these themes. For example, technology may help older Americans to exercise, take medication on time, eat healthy meals, and connect with family and friends. It can also make it easier for them to travel, find volunteer/employment opportunities, prevent financial exploitation, and live independently in their homes. Advances in the neurosciences of memory and cognition may lead to engaging games and smartphone apps that could prevent or slow cognitive decline. Recognizing the promise and potential of advances in this domain, the President's Council of Advisors on Science and Technology (PCAST) is studying how technology can help people live at home while they age. [\[More\]](#)

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