

Bridging Generations: How Technology is Transforming Aging and Care

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As global demographics undergo a shift towards an aging population, societies confront both a challenge and an opportunity: how to extend healthy lifespans while minimizing the years spent in illness or dependency. This keynote addresses the transformative potential of technology, not as a replacement for human care, but as a bridge connecting generations. Utilizing frameworks such as Gartner's Hype Cycle, it explores the maturity and adoption curves of current innovations in digital health, AI-driven monitoring, and assistive technologies.

Particular emphasis is placed on the "sandwich generation" -adults simultaneously supporting aging parents and children- whose unique position positions them as key adopters and advocates for integrated care technologies. From wearable biometrics and predictive analytics to social connectivity platforms, these tools promise not only to enhance clinical outcomes but also to foster empathy, autonomy, and inclusion across life stages. The keynote posits that the future of elderly care will transition from reactive treatment to proactive prevention, utilizing continuous data streams to anticipate decline, personalize interventions, and extend both lifespan and health-span. By aligning technological progress with human-centered design and intergenerational empathy, we can reimagine aging as a connected, empowered, and dignified experience.

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