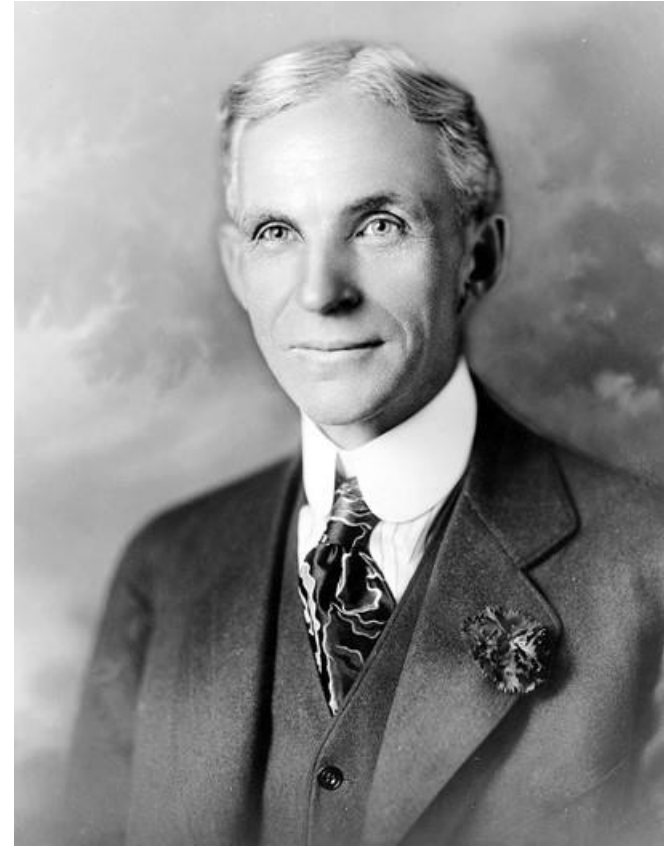


5 Ways Technology Will Change How You Age



**Anyone who stops learning is old,
whether at twenty or eighty.
Anyone who keeps learning stays
young. The greatest thing in life is
to keep your mind young.**

—Henry Ford





- Multidisciplinary research program that works with business, government, and non-government organizations
- Seeks to understand longevity challenges and opportunities
- Invents solutions enabling people to do more throughout their lives
- Aims to improve quality of life for older people and those who care for them



Inventing a New Future

Life-Changing Tech

Try It



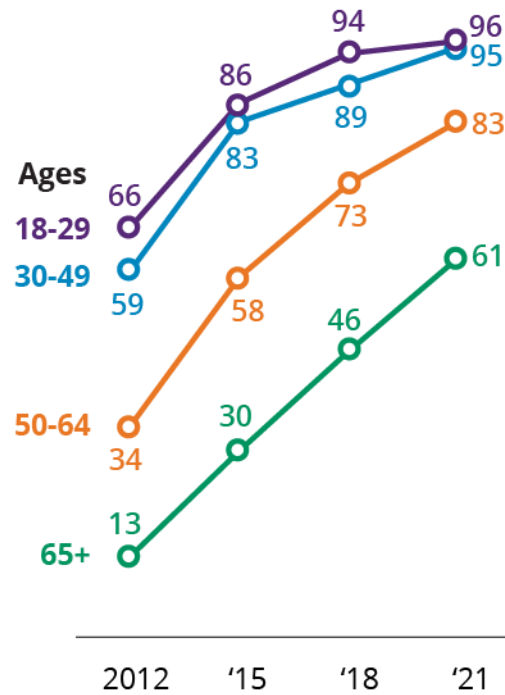


Inventing a New Future

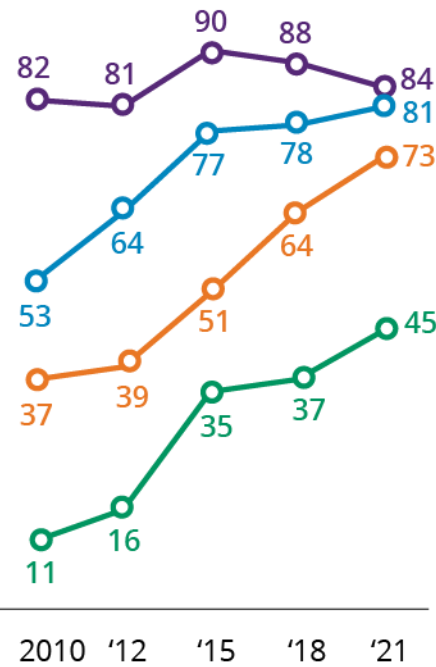
Older Adults Are Using Technology

% of US adults who say they...

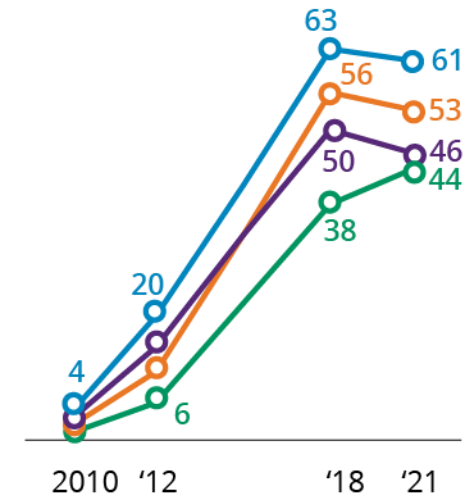
Own a smartphone



Use social media



Own a tablet computer



Source: *Share of those 65 and older who are tech users has grown in the past decade*, Pew Research Center, 1/13/22. Note: Those who did not give an answer are not shown. Survey conducted 1/25/21–2/8/21

Top Apps in the US

As of July 9, 2022

1. YouTube
2. Facebook
3. Chrome Browser
4. Google
5. Gmail
6. Samsung TouchWiz Home
7. Facebook Messenger
8. TikTok
9. Instagram
10. Google Play Store

Source: Top Overall Apps by Active Users across All Phones in the United States as of May 7, 2022, data.ai, 7/9/22

Avg. Number of Apps Installed on Cell Phones

40

(67 for Millennials)

89%

of smartphone users' time is spent on just 18 apps

Source: 55+ Jaw Dropping App Usage Statistics in 2020, TechJury, 6/27/20. Most recent data available.

The Internet of Things

It's the concept of connecting any device that can connect to the Internet (and/or to each other)





Life-Changing Tech



**Who will
change my
light bulbs?**



**How will I
get an ice
cream cone?**



**Who will
I have
lunch with?**



1. Staying on the job

- Retirement was once a clear line between working and not working
- A rapidly-changing workforce demand
- Technology is offering new options and flexibility

Many Baby Boomers Plan to Keep Working

% of Baby Boomer workers
who plan to work past age 65
or don't plan to retire

65%

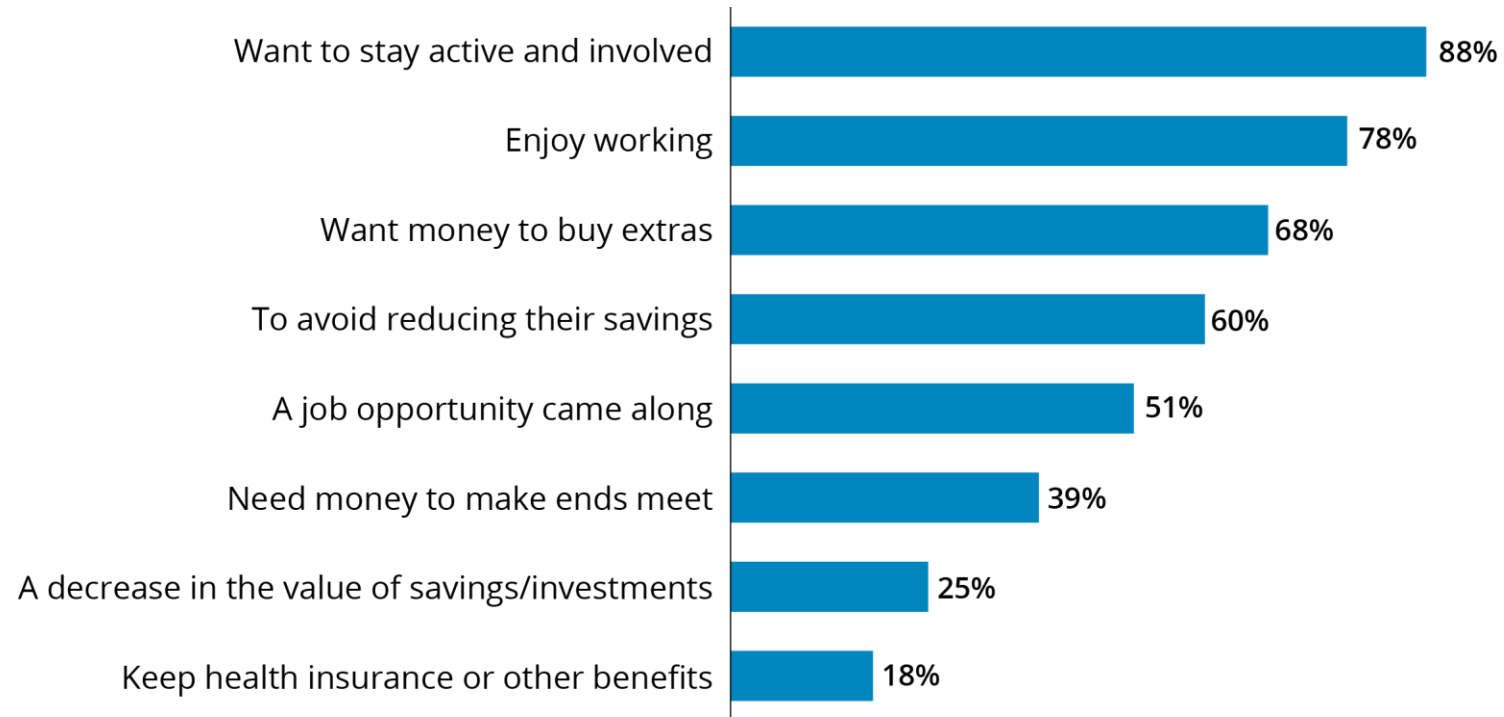
Of Retirees Working for Pay in Retirement

% of retirees who choose
to work to stay active and
involved

88%

Source: 2022 Retirement Confidence Survey Fact Sheet, EBRI/Greenwald Retirement Confidence Survey, 2022

Reasons for Working in Retirement, Among Retirees Who Do



Source: 2022 RCS FACT SHEET #2 Expectations About Retirement, EBRI/Greenwald Retirement Confidence Survey, 2022.

Technology Has Enabled People to Have More Flexible Income

Percentage of respondents in each generation who said they had a gig job

50% Gen Z

30% GenX

44% Millennials

26% Boomers

Source: *Freelance participation in the United States as of 2020, by generation, Statista, 1/21/22*

Why Gig Jobs May Be Attractive to Aging Adults



Uber Lyft



Wahve Fiverr



Airbnb VRBO

- Not locked into full-time work
- Offers a way to stay active and connected
- For those with Medicare, no need for employer-provided healthcare
- Flexibility to work when they want
- May be able to work from home

Volunteer Opportunities

VOLUNTEER Causes

Causes · Programs · Virtual Volunteering · Current AARP Volunteers

Volunteer For a Cause You're Passionate About

Health Care & Wellness

Help older adults navigate the challenges of aging to enjoy a more active, vibrant and healthy lifestyle at any stage of life

Caregiving Support

Assist family caregivers at any stage of their caregiving journey by sharing helpful information, tools and resources

Fraud Prevention

Empower older adults to spot and avoid scams so they can protect themselves and their families from financial harm

Fun and Fullfillment

Help others enjoy life to the fullest by building

Age-Friendly Communities

Support efforts to build better, stronger communities

Childhood Literacy

Improve children's reading skills, make

- AARP
- Meals on Wheels
- Points of Light
- VolunteerMatch

Keeping Skills Sharp

MOOCs

(Massive Open Online Courses)



Additional Ways to Learn and Build Skills

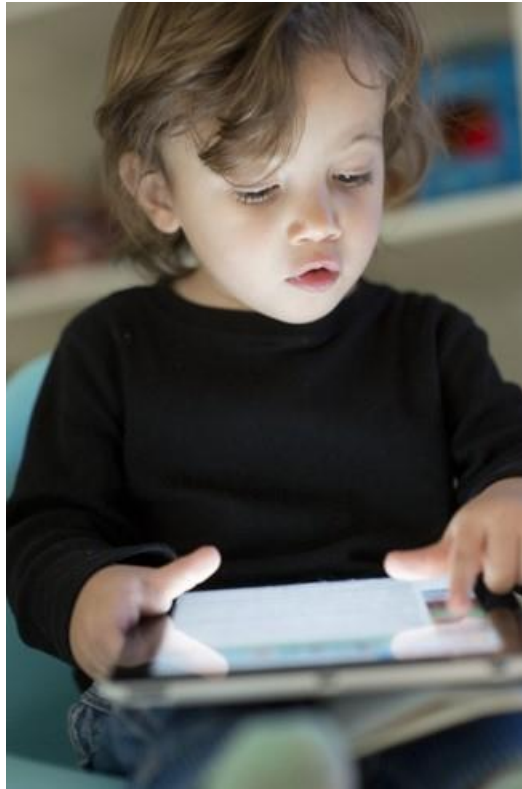
- Coursera
- EdX
- Khan Academy
- One Day University
- Udacity
- YouTube
- Podcasts
- MITx MicroMasters
- TedTalks
- Osher Lifelong Learning Institute
- LinkedIn Learning

2. Staying Connected to Friends & Family

- Physical health vs. social life
- Risk of isolation after retirement
- Friends, family, and regular social interactions keep people vital



Apps and Devices That Help Us Stay Connected



- Facebook
- Zoom
- FaceTime
- Skype
- Instagram
- Snapchat
- WhatsApp
- OurTime
- Stitch

3. Staying Mobile

- Being able to get around is crucial to quality of life as we age
- Reduced mobility to go where you want leads to declines in both mental and physical well-being



"Older Americans who have stopped driving are almost two times more likely to suffer from depression and nearly five times as likely to enter a long-term care facility compared to those who remain behind the wheel."

Michael Green - AAA spokesman

Vehicle Technologies That Can Make Driving Safer for Aging Drivers



Adaptive Cruise Control



Blind-Spot Alert



Cross-Traffic Alerts



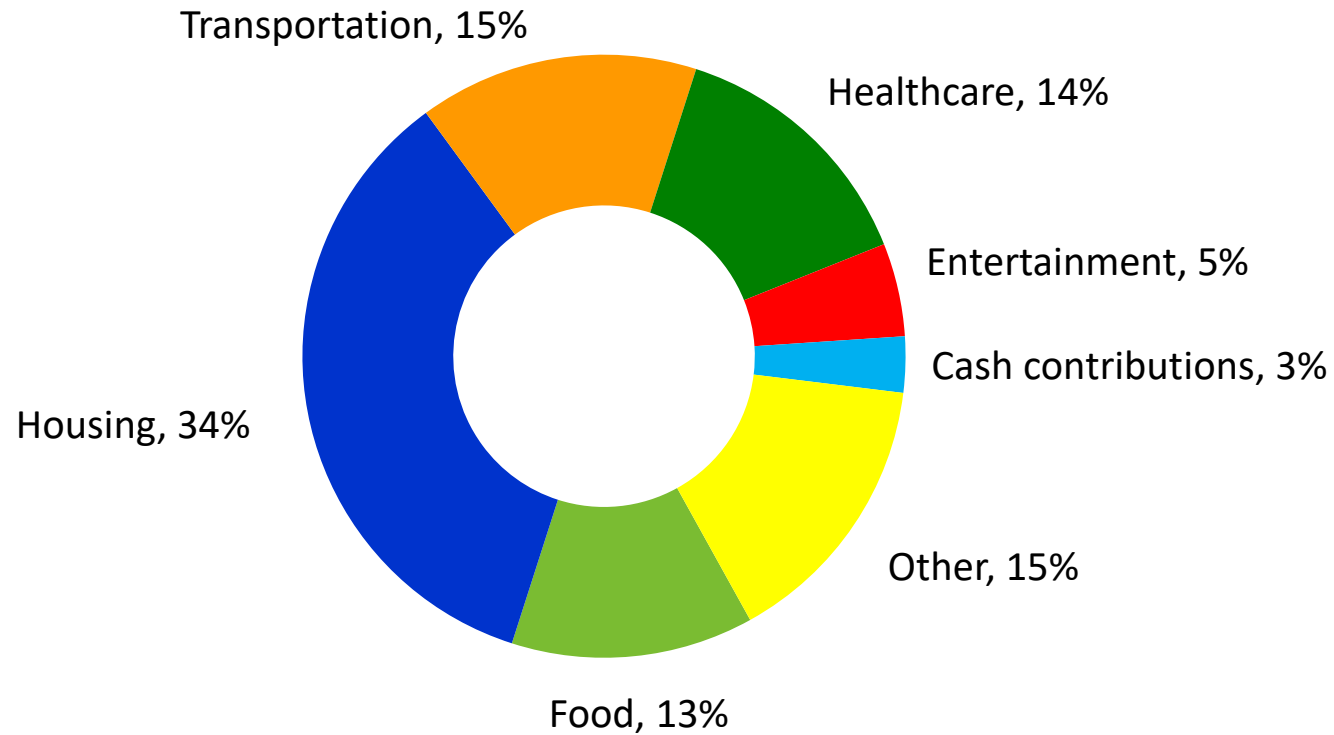
Forward Collision Warning/Avoidance



Lane-Departure Warning

Average Annual Expenditures by Age

65 years and older



Source: Bureau of Labor Statistics Consumer Expenditure Survey, 12/20. Most recent data available.

The Cost of Staying Mobile



Vs.

Uber

Lyft

Driving cost per year

Medium Sedan
\$10,538

Electric Vehicle
\$10,262

?

Source: AAA, Your Driving Costs, Statistic is based on driving 15,000 miles per year, 2021

Apps That Increase Access



Groceries

- Whole Foods on Amazon
- Instacart
- Shipt
- Walmart Grocery



Rides

- Lyft
- Uber
- Curb



Meal Kits

- HelloFresh
- Sunbasket
- HomeChef



Restaurant Delivery

- DoorDash
- Grubhub
- Postmates
- Uber Eats

Tech-Driven Transportation



Volvo self-driving truck



Joby Aviation



Tesla Dojo
AI supercomputer

Go Anywhere



Google Earth



Metaverse



4. My Home Is My Castle

- Taking care of a home can be challenging for retirees
- Tech can help with chores, but also transforms the home into helper, companion, and caregiver



A La Carte TV

- Netflix
- Disney+
- Hulu
- Prime Video
- Peacock
- HBO Max
- Discovery+
- Paramount+
- YouTube TV
- Sling
- Tubi
- Apple TV



Guess the Device



Apps/Sites to Help Around the Home

- Angi
- Delivery
- HomeAdvisor
- Handy
- Porch
- Pro.com
- TaskRabbit
- Thumbtack

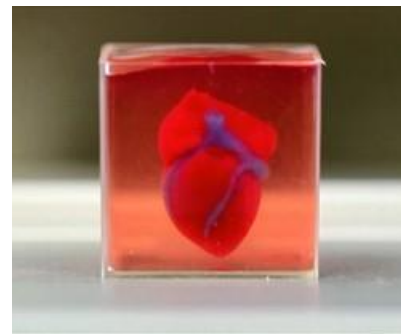
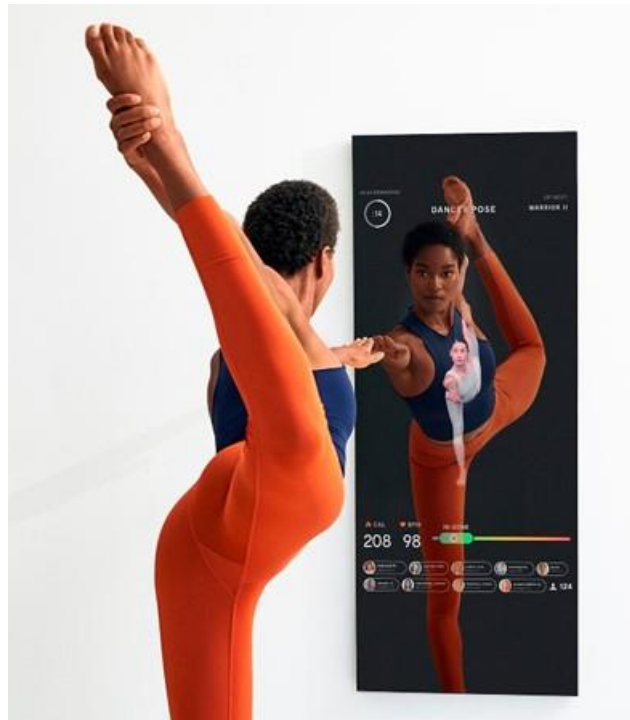


5. Machines That Monitor Health

- Retirees deal with multiple chronic conditions even as their ability to manage those conditions diminishes
- Keeps family members informed
- Monitor physical data



Health Tech Innovation



Health & Caregiving Apps



Telehealth

- Amwell
- Teladoc
- Dr on Demand



Medication

- PillPack
- Medisafe
- MangoHealth



Fitness

- Fitbit
- Apple Health App
- Garmin Connect



Caregiving

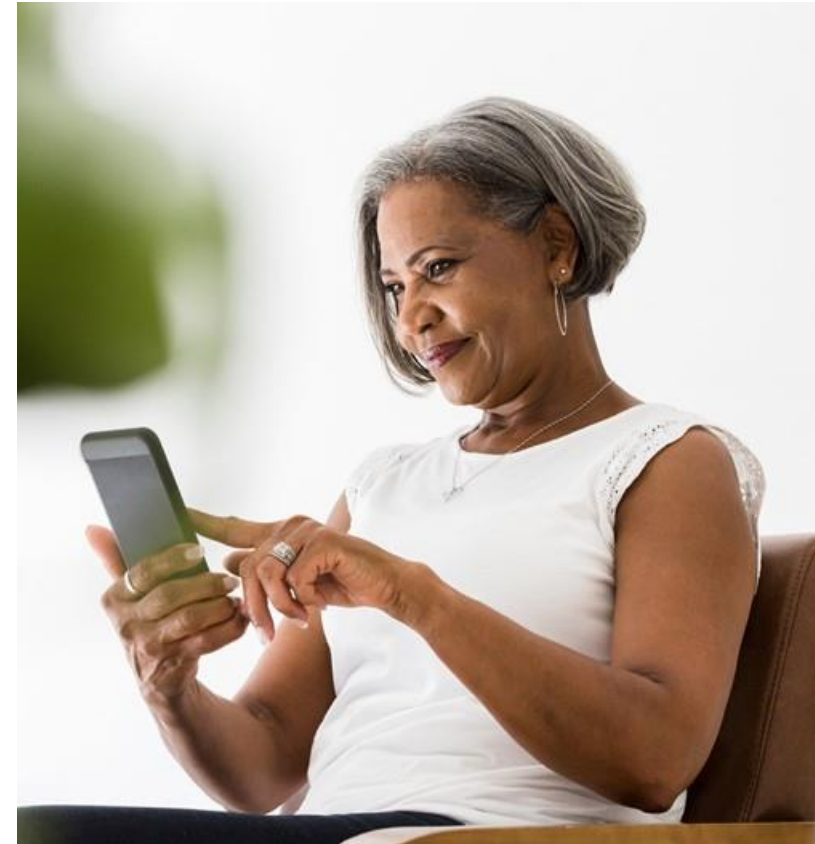
- Honor
- CaringBridge



Try It

How to Get Started

- Identify a few apps, sites, or devices you'd like to try
- Research reviews and costs
- Try them out



Inventing a New Future

Living longer and better

Life-Changing Tech

A new array of devices & services

Try It

Start with a few apps



Tomorrow's retirement living will be shaped by technology. While high-tech will provide incredible benefits, it will also bring new costs, both financial and social, that should be considered as a new part of retirement planning.

Dr. Joe Coughlin
Director MIT AgeLab



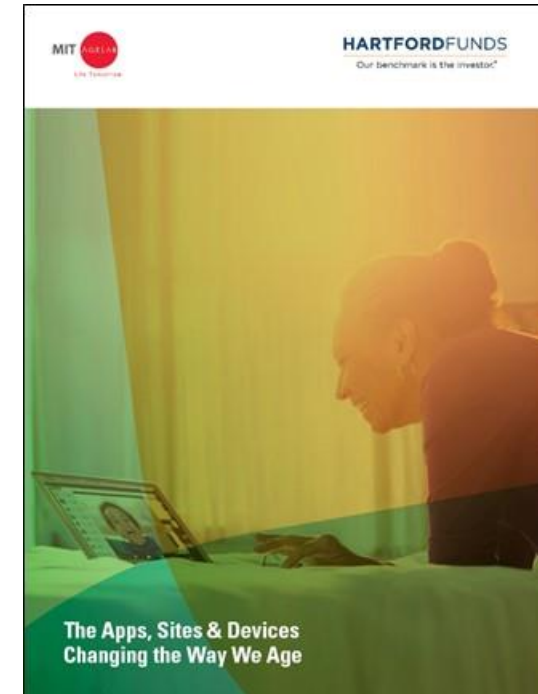
**The future ain't
what it used to be.**

– Yogi Berra.



Next Steps

- Do some research of apps, sites, and devices using our workbook
- Ask family and friends what apps, sites and devices they find useful
- Talk to your financial professional about how life-improving technology could fit into your retirement plan



Workbook MAI063

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