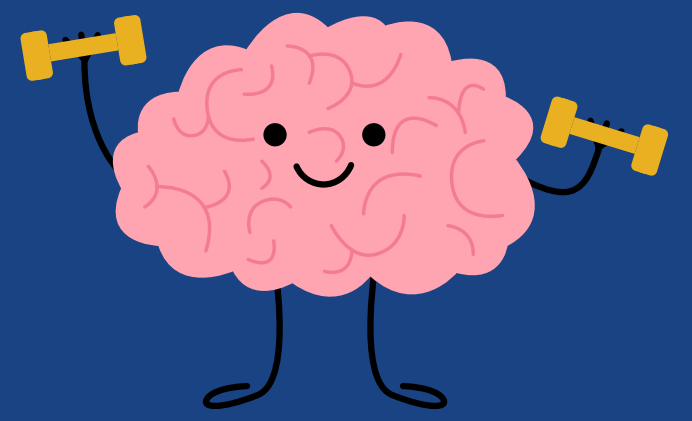




HEALTHY AGING PRACTICES



What is Healthy Aging?

Healthy aging means maintaining physical, mental, and social well-being as you age. This includes staying independent, feeling like yourself, and preventing problems before they arise.

Artificial intelligence (AI) can offer helpful support with everyday tasks, routines, and overall well-being.

1

Nutrition & Meal Planning

As we age, our nutritional needs change. Some apps have built-in AI tools that

- Help plan balanced meals
- Adapt recipes to dietary restrictions
- Order groceries

Helpful Apps



Whisk



PC Express

2

Helpful Apps



Duolingo



Elevate



Lumosity



Puzzle Page

Cognitive Health

Staying mentally active protects against cognitive decline. These apps adapt to your level and support memory, attention, and problem-solving.



3

Sleep Hygiene

Sleep impacts mood, cognitive function and memory, energy levels, and immune health.



Sleep Cycle

Sleep hygiene involves habits and an environment that promote restful sleep, such as: Keeping a regular bedtime, wake time and limiting screen time before bed.



Calm



AI-supported apps can help by personalizing meditations, soundscapes, etc. to help you sleep.

4

Mobility & Daily Independence

AI technology can support daily routines and reduce the need for outside assistance.



Examples

- AI-assisted fall detection devices
- Voice-controlled lights, doors, appliances
- AI-based reminders for medication or appointments

5

Emotional Wellness

Chronic stress affects our heart, memory, sleep, immune system. AI tools for mindfulness & relaxation can assist with stress reduction.



Headspace



Reflectly

6

Social Connection



- Ask your AI assistant:
 - "Are there community events near me?"
- Join online groups that match your interests
- Use voice assistants to call family or friends hands-free

