



HEALTH WELLNESS • SOLUTIONS

Healthcare Trends for Seniors

Virtual care

The COVID-19 pandemic accelerated the use of virtual care and remote patient monitoring technologies. Video and voice technology can connect patients and families with senior care providers, reducing the need for in-person visits.

Telehealth

Many seniors are using telehealth to receive therapy and other mental health services.

Artificial intelligence (AI)

AI is being used in a variety of ways in elderly care, including smart devices, fall detection, home health monitoring, and virtual components.

Digital health technologies

Interconnected devices and virtual care delivery modules allow caregivers to remotely manage and track older adults.

Wearable technology and remote monitoring

Smart wearables, such as smartwatches, allow patients, doctors, and health experts to monitor a patient's health status remotely.

Blockchain

Blockchain technology allows healthcare providers to share medical data safely.

Patient engagement

Patients are taking a more active role in their own health care and being more selective in their providers.

Health equity

Health differences among older people are often the result of social determinants, such as socioeconomic conditions, living and working conditions, and education.



Top 5 Trends in Senior Care

Seniors represent 16.9% of the U.S population and projections show that one in five Americans will be 65 or older by 2030.

The Senior Population is Getting Older

The percentage of Americans over the age of 65 is significant, and by the year 2050, one in five older adults will be over the age of 85.

Digital Disruptions in Senior Care

Older adults may be less facile with some types of technology. Telehealth became an important solution during the pandemic.

One in Four Older Americans Have Experienced Mental Health Issues

During the pandemic, seniors (like their counterparts in other demographic groups) reported mental health issues such as depression, anxiety or substance abuse. These problems have been on the rise during the pandemic.

Hospital-at-Home Is Gaining Traction

The pandemic sidelined some healthcare trends and fast-tracked others. Hospital-at-home is clearly in the second category.

There Has Been and Will Be a Significant Decline in the Number of Family Caregivers

Seniors being cared for at home by family members will become less of an option over time. As the number of people over the age of 80 is expected to increase by 79% by 2030 as the first of the baby boomers reach that age, the number of adults between the ages of 45 and 64 will increase by just 1%.

<https://www.healthstream.com/resource/blog/top-five-trends-in-senior-care>