



AI and Aging Well

How artificial intelligence is changing life for seniors and the people who care for them

D Dub | The AI Cowboy

Why this matters right now

63M

Americans are family caregivers, about 1 in 4 adults

+45%

growth in family caregivers since 2015, nearly 20 million more

44%

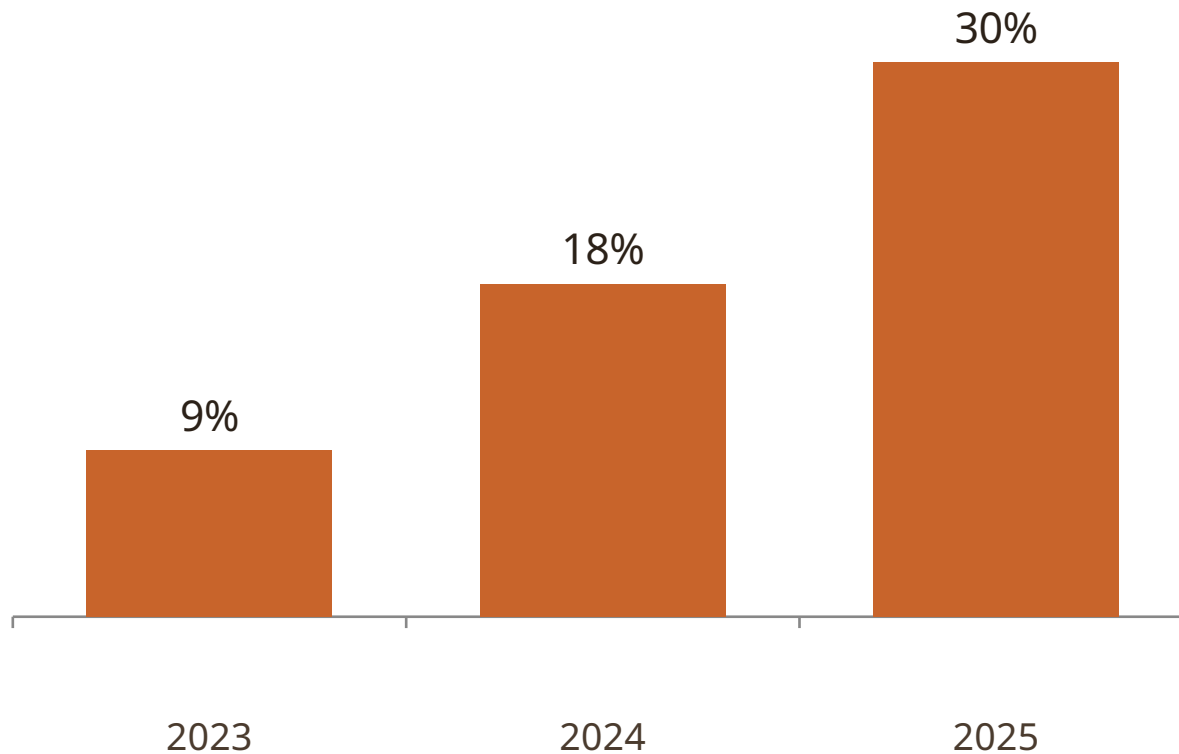
of caregivers provide high-intensity care



And the need is growing: the oldest baby boomers reach age 80 in 2026.

Seniors are already using AI

Generative AI use, adults 50+ (%)



8 in 10

adults 50+ have used some form of AI, mostly at a beginner level

51%

use or are interested in voice assistants

43%

use or are interested in AI health-monitoring devices

Benefit 1: Better health support



AI is already in the exam room

81% of physicians now use AI at work, mostly for notes, research summaries and discharge instructions (AMA, 2026).



Seniors are asking AI health questions

41% of AI users age 50+ have asked an AI tool a health question (AARP AI & Health series, 2026).



Everyday devices are becoming medical aids

In Sept 2024 the FDA authorized the first over-the-counter hearing aid software, for Apple AirPods Pro, for mild-to-moderate hearing loss.

Benefit 2: Safer at home and in senior living



Published pilot study

80%

fewer emergency department visits (and 75% fewer EMS visits) after AI video fall detection for residents living with dementia

American Journal of Managed Care

What operators are reporting in 2026

48%

fewer falls, 54% fewer hospitalizations over 10 months (Solera Senior Living with Inspiren)

76%

lower fall rate over six months (Sagora Senior Living with Teton)

Company-reported results, not peer-reviewed. Promising, but ask for the data.

Benefit 3: A companion against loneliness



ElliQ is a tabletop AI companion that starts conversations, remembers what you tell it, and reminds you about medications and exercise.

95%

reduction in loneliness reported by the New York State Office for the Aging program

92%

of users find the companion useful (2026 program data)

3,500+

older New Yorkers applied in 2025 alone; the state extended the program in Oct 2026

Benefit 4: A new helper for caregivers

Caregivers are leaning in

21% use AI several times a week or daily for health info (vs. 12% of patients)

77% would try AI health monitoring for a loved one

22% of family caregivers have had formal training, so the knowledge gap is real



Practical uses today

- Translate medical jargon from test reports into plain English
- Research symptoms and medication side effects before calling the doctor
- Build daily schedules and checklists for a loved one
- Compare home-safety gadgets and services

The dark side: AI-powered scams

\$7.75B

lost by Americans 60+ to online fraud in 2025,
up 59% in one year

- \$38,500 average loss per senior victim
- 3,100+ senior complaints mentioned AI, with \$352M+ lost
- Voice cloning powers fake “grandchild in trouble” calls

Protect your family



Set a family code word

The FBI recommends one for any emergency money request.



Hang up and call back

Use a number you already know, never the one that called you.



Get help fast

Elder Fraud Hotline: 833-FRAUD-11 (833-372-8311)

Using AI wisely: trust, but verify

69%

of adults 50+ are not comfortable sharing personal health info with an AI tool

68%

worry AI may reduce human interaction

9 in 10

say patients have a right to know when AI is used in their care



Start small

One task: a reminder, a recipe, a letter



Check with a pro

Run health answers past your doctor



Guard your info

Skip SSNs, account numbers, passwords



Keep people first

AI supports care; it does not replace it

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