

SMART HOMES

REDEFINING THE HOME FOR THE THIRD AGE



An ageing population is a global phenomenon and life expectancy is increasing. By 2050, more than two billion people, or one in five of us, will be aged 60 or over. During this period of life, known as the 'third age', most of us will still be fit and healthy, with little need for social care or support.

Third-agers will also have huge spending power. In the next couple of decades, experts

predict that adults aged 55+ will account for 63p of every pound spent in the UK.

For those designing, furnishing, and equipping the home of the future, this group presents a massive untapped market. While adapting houses for older-living has traditionally involved installing walk-in showers and work surfaces with adjustable heights, a more fundamental rethink about what

a house for the third age will look like is needed. Not only will dwellings need to be accessible and comfortable, they must also become enjoyable, life-affirming spaces for occupants to socialize, relax, exercise, and continue to work – in style.

With all this in mind, innovators across the globe are developing clever solutions to ensure that the 'Home 3.0' is fit for its third-age inhabitants...



For the past 25 years, Aritco has developed lifts for an infinite number of environments. With a keen interest in how people live and work, we have combined smart technology, stylish Swedish design, and cutting-edge security to create elegant lifts for the twenty-first century.

Follow our discussions, insights and more at aritco.com



friends go
SPRING WISE



Accessibility needs are often a barrier to 'aging in place' – defined as the ability to live in one's own home and community safely, independently, and comfortably. To tackle this, US startup [WheelPad](#) designs stylish, pre-fabricated accessible living spaces that can be attached to existing homes. These clever modular spaces are built onto a trailer chassis and can be wheeled into place in a matter of weeks.



Ready for a home workout? [A new project](#) will see wearable technology developed to help older women stay active and keep playing sport. The University of Exeter in the UK and sportswear manufacturer KYMIRA Sport will develop leggings and other clothes that track movements during exercise. Meanwhile, project partner CPI will develop smart footwear insoles to collect data on injury risk. Ultimately, it's hoped that wearable workout clothes such as these will provide population-level insights into injury types and optimum exercise regimes for women as they age.

Meanwhile, for homeowners who struggle with physical activities, the answer could come in the form of robots. US company [Labrador Systems](#) has developed assistive robots that can help with everything from making meals to doing laundry. The robots are unobtrusive, with customers able to match the finish of their helper to their home decor.



Robot not offering quite enough stimulation? Fair enough. Maintaining connections with family can help older people stay sharp as they age, according to the Global Council on Brain Health. To make it easier for grandparents to enjoy quality time with their grandchildren, US startup [Kinoo](#) has developed an inter-generational video and games platform. Paired with an app, a special controller helps old and young relatives learn, play, and bond – regardless of physical separation.



Of course, while the internet may be wonderful for staying connected, preventing isolation, and avoiding boredom – it can sometimes be complicated and fiddly to access multiple services through a range of different devices. Forty-two per cent of people over 75 [never use the web](#), in part due to this reason. To make it easy for third-agers to stay connected, French-based [Coussin Viktor](#) has developed a smart cushion that can be linked to various applications including your calendar, messaging, video calls, music, and photos. The cushion is decorative on one side, and only reveals its true capabilities when turned over.

Time to chill out? Studies show a link between sauna use and lower risk for age-related conditions, including cardiovascular disease, arthritis, and cognitive decline. [Health Mate's](#) stylish half-sauna enables users to read or chat while enjoying the beneficial infrared heat. Plus, the unit is portable, meaning it can be moved from one room to another, or out of the way to make space for guests.

