

Facts About Older Adults and Technology:

Mitigating the Impact of Isolation and Improving Healthcare Access Through Tech

Isolation and Access to Telemedicine Among Older Adults

- 28% of older adults in the U.S. (13.8 million) live alone. [U.S. Dept of Health & Human Services](#)
- Even before COVID-19, people age 60+ spent more than half their day alone. [Gray New World](#)
- Older adults reporting social isolation or loneliness show poorer cognitive function four years later. [National Institute of Health Library](#)
- More than one-third of adults over age 65 face difficulties using telemedicine to see their doctors. Thirty-eight percent of older Americans – that’s 13 million people—are not ready for video visits. [University of California San Francisco](#).

Barriers to Technology Use

- Three-quarters of Americans age 65 and older say they need others to show them how to use new electronic devices. [Pew Research Center](#)
- One-third of older adults are not confident in their ability to learn about and properly use electronic devices. [Pew Research Center](#)
- Older adults with disabilities are impeded by technology that is not designed with their special needs in mind. Nearly two-thirds of adults 70 and over have hearing loss, 13.5% age 65 and older have impaired vision and 14% of those age 71 and older have dementia. [Kaiser Family Foundation](#)
- Older adults are concerned about their online safety and privacy. Fewer than 25% of seniors trust online retailers, the federal government and telecom service providers, among other online entities. Nearly 20 percent have low confidence in their online safety. [AARP Research](#)
- Seniors with a physical disability are less likely than those who do not to utilize digital assets such as the internet, smartphones or tablets. [Pew Research Center](#)

Benefits of Technology Use

- COVID-19 has accelerated technology adoption among older adults. The use of telemedicine among seniors increased 300% during the pandemic. [Rock Health Aging in Place Report](#).
- Seniors who communicate via video chat were half as likely to report depressive symptoms as their peers who used email, social networks and instant messaging. [National Health & Retirement Study & VA Portland](#)
- Training older adults in the use of social media improved cognitive capacity, increased a sense of self-competence and could have an overall impact on mental health and well-being. [Leading Age](#)
- 23% of older adults are using technology for lifelong learning, including taking online classes and viewing or reading how-to tutorials. [AARP Research](#)
- By the year 2030, Americans age 50 and older will spend upwards of \$84 billion a year on technology products. [AARP Research](#)
- Once older adults become capable and confident of going online, 75% of them do so daily and more than half go online multiple times a day. [Pew Research Center](#)