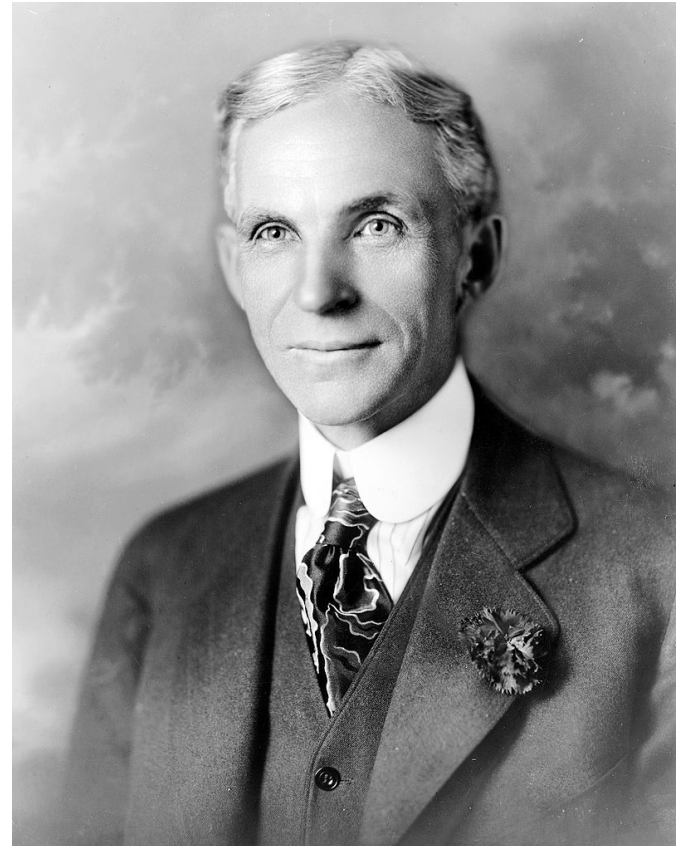




5 Ways Technology Will Change How You Age

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

—Henry Ford





- Based within MIT's School of Engineering's Engineering Systems Division
- Challenges and opportunities of longevity
- Consumer behavior and decision making
- Trends in demographics, technology, and lifestyles



Inventing a New Future

Life-Changing Tech

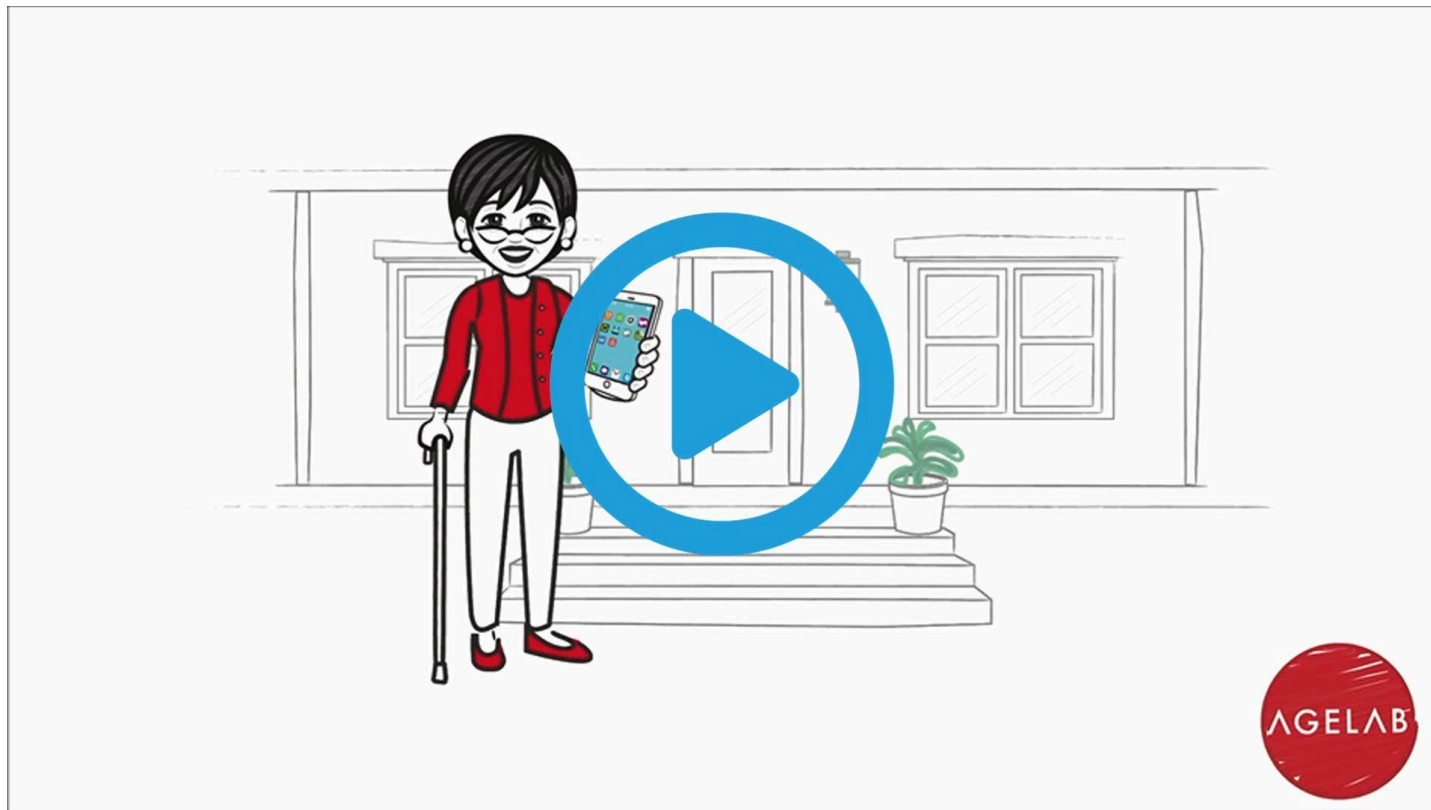
Try It





Inventing a New Future

Life on Demand: A Possible Tomorrow



Source: MIT AgeLab, 10/15

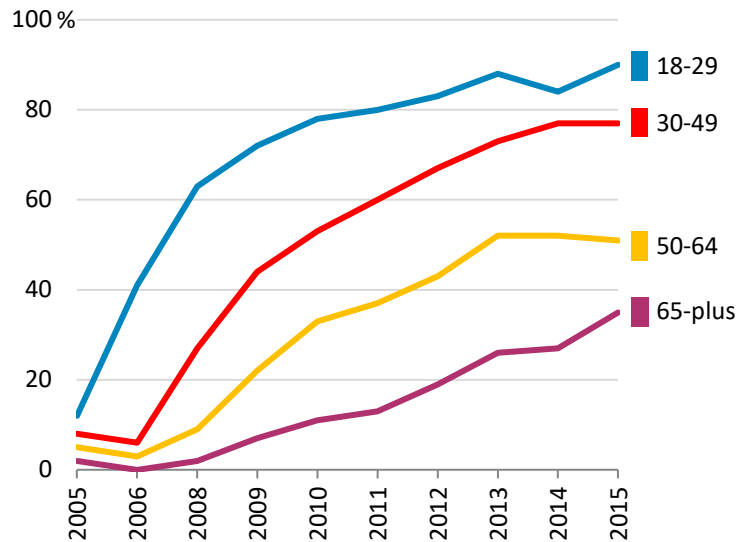


Boomers Expect More From Their Future

Older Adults Are Using Technology

Not Cutting Edge

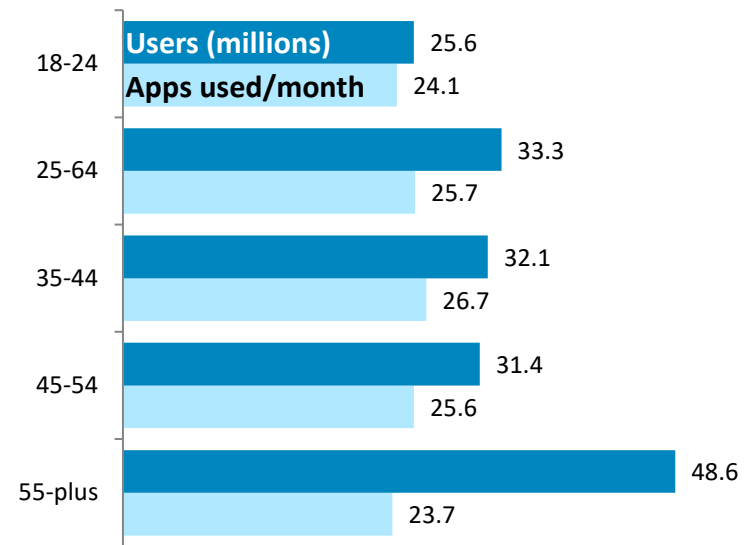
Older adults can be slower than others to embrace technology. For example, the percentage of all Americans who use social-networking sites by age:



Source: Social Media Usage: 2005-2015, Pew Research Center, 10/8/15. Most recent data available used.

But Not Hopeless

Average mobile app usage by age among smartphone users, second quarter of 2015



Source: How Technology Will Transform Retirement, 11/29/15. Most recent data available used.

The Internet of Things (IoT)

The network of physical objects—devices, vehicles, buildings and other items—embedded with electronics, software, sensors, and network connectivity that enables these objects to collect and exchange data.*



*Source: International Telecommunication Union, 2015.
Most recent data available used.

Life-Changing Tech





**Who will
change my
light bulbs?**



**How will I
get an ice
cream cone?**



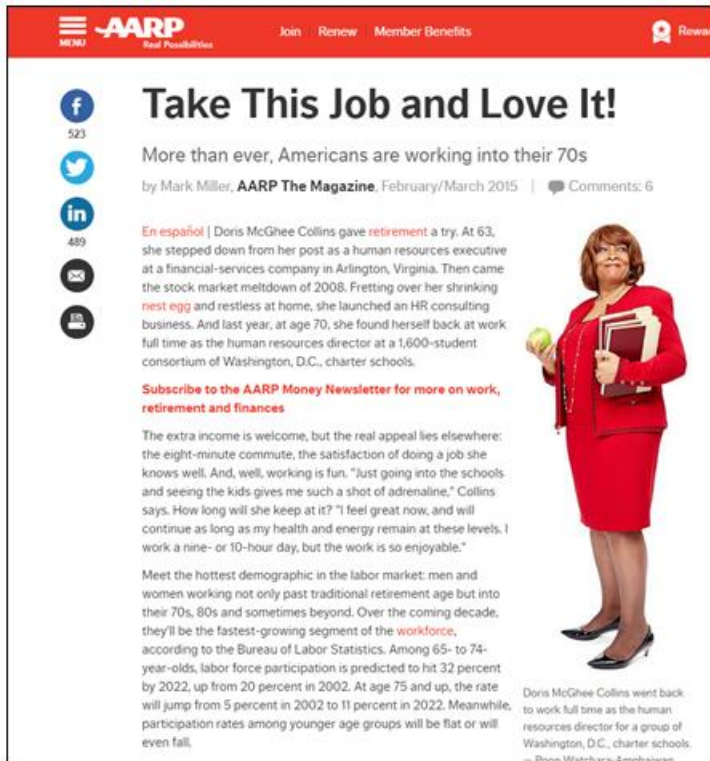
**Who will
I have
lunch with?**



1. Staying on the job

- Retirement was once a clear line between working and not working
- Rapidly changing workforce that demands new skills
- Technology is offering new options and flexibility

Staying on the Job



65% of Baby Boomer workers plan to work past age 65 or do not plan to retire*

65%

34% plan to work for enjoyment*

34%

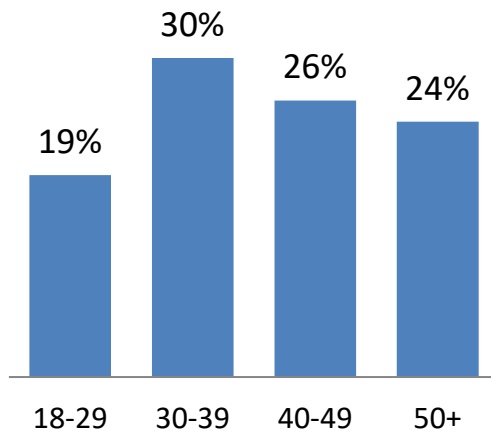
*Source: Transamerica Center for Retirement Studies, Ready or Not: Baby Boomers Are Revolutionizing Retirement, 12/18/14. Most recent data available used.

Apps that Offer Flexible Jobs

UBER



Age spread across the spectrum



1 million

Users over age 60*

- Over ½ of hosts over 40*
- 10% of hosts older than 60*

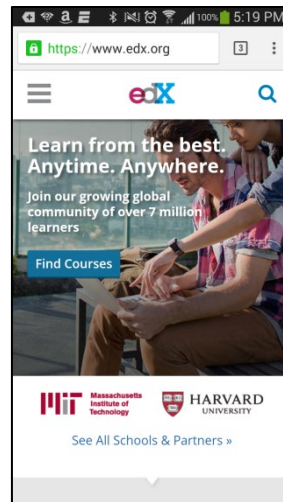
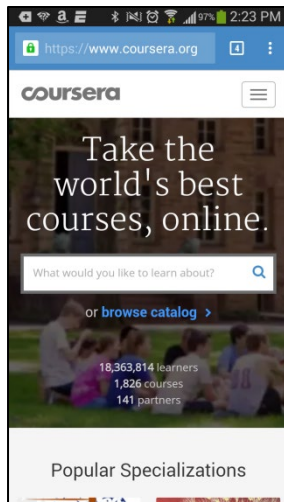
“We hear from our passengers that some of our retirees are the most popular drivers.”*

Source: Entrepreneur, 1/15. Most recent data available used.

*Source: *The on-demand economy: Changing the way we live as we age*, The Washington Post, 12/14/15. Most recent data available used.

Keeping Skills Sharp

MOOCs (*Massive Open Online Courses*)



- Coursera
- EdX
- Khan Academy
- Lynda.com
- One Day University
- Udacity

ROAD SCHOLAR

Adventures in Lifelong Learning

The Bernard Osher Foundation



ELEVATE

2. Staying Connected to Friends & Family

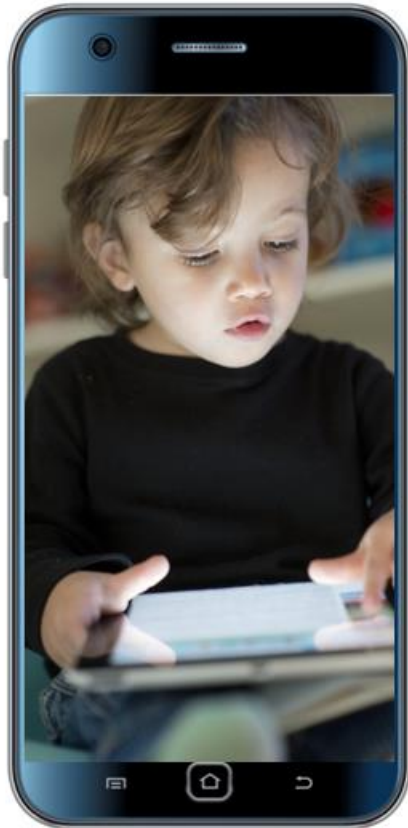
- Physical health vs. social life
- Risk of isolation after retirement as friends & family scatter. Loss of spouse
- Friends, family and regular social interactions keep people vital



Connected Living



Apps that Help Us Stay Connected



Facebook



Facebook Messenger



What's App



Snapchat



Instagram



3. Staying Mobile

- Being able to get around is a crucial ingredient to a quality life in old age
- Reduced mobility to go where you want leads to declines in both mental and physical well-being



"Older Americans who have stopped driving are almost two times more likely to suffer from depression and nearly five times as likely to enter a long-term care facility compared to those who remain behind the wheel."

Michael Green - AAA spokesman



Center for
Mature Market
EXCELLENCE®



Life Tomorrow

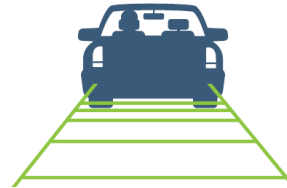
Vehicle Technology Adoption

Mature drivers ranked the technologies they are most willing to adopt:

1. Blind-spot warning systems



2. Back-up cameras



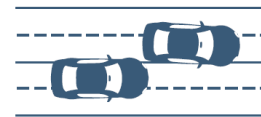
3. Smart headlights



4. Collision avoidance systems



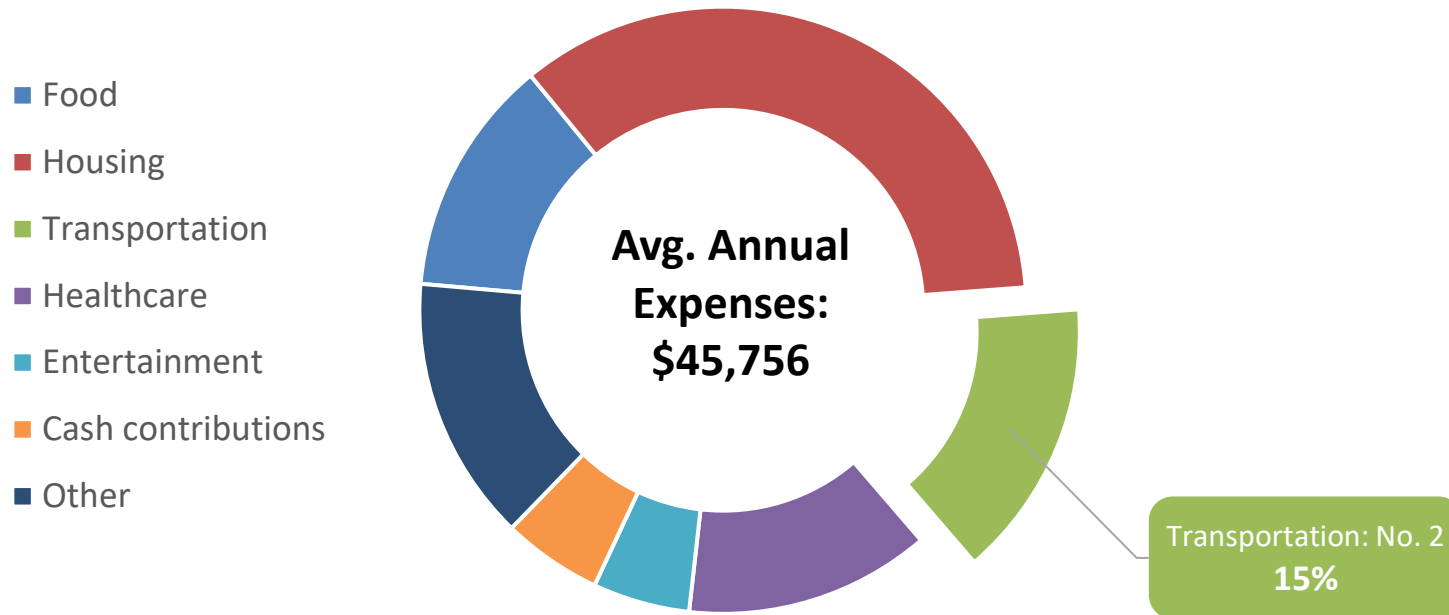
5. Lane departure warnings



Source: The Hartford Center for Mature Market Excellence & MIT AgeLab, 2015. Most recent data available used.

Average Annual Expenditures by Age

65 years and older – Avg. Income \$48,035



Source: Bureau of Labor Statistics Consumer Expenditure Survey, 2016

The Cost of Staying Mobile



Vs.

UBER

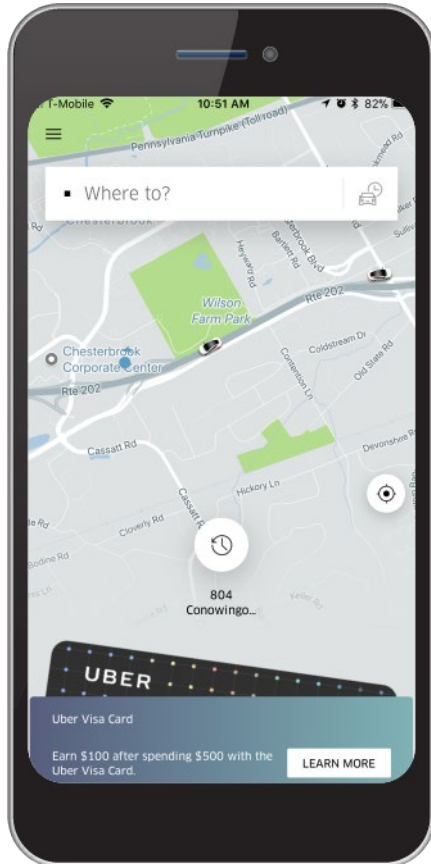
Large Sedan

\$10,879*

?

*Source: AAA, Your Driving Costs, Statistic is based on driving 15,000 miles per year, 2017.

Apps that Can Reduce the Need to Drive



UBER

Peapod®

amazon fresh.

Blue Apron



GRUBHUB

Instacart

YOU VISIT

lyft

PeachDish

Hello FRESH

Discovery VR



UBER EATS



RENDEVER

4. A House that Keeps Itself

- Taking care of a home can be challenging for retirees
- Tech can help with chores, but also transforms the home into helper, companion and caregiver





Apps to Help Around the Home

Angie's list.

delivery.com
Your neighborhood. Delivered.

HELLO **Alfred**

 *Thumbtack*

 **Home**Advisor

PRO
.com


TaskRabbit

 **Porch**

5. Machines that Monitor Health

- Retirees deal with multiple chronic conditions even as their ability to manage those conditions diminishes
- Keeps family members informed
- Monitor physical data





Health & Caregiving Apps



Pillboxie



MedCoach



Try It



How to Get Started

- Understand how apps can help you maintain your independence as you age
- Identify a few apps, sites, or devices you'd like to try
- Research reviews and costs
- Try them out

Inventing a New Future

Living longer and better

Life-Changing Tech

A new array of devices & services

Try It

Start with a few apps

Tomorrow's retirement living will be shaped by technology. While high-tech will provide incredible benefits, it will also bring new costs, both financial and social, that should be considered as a new part of retirement planning.

Dr. Joe Coughlin
Director MIT AgeLab

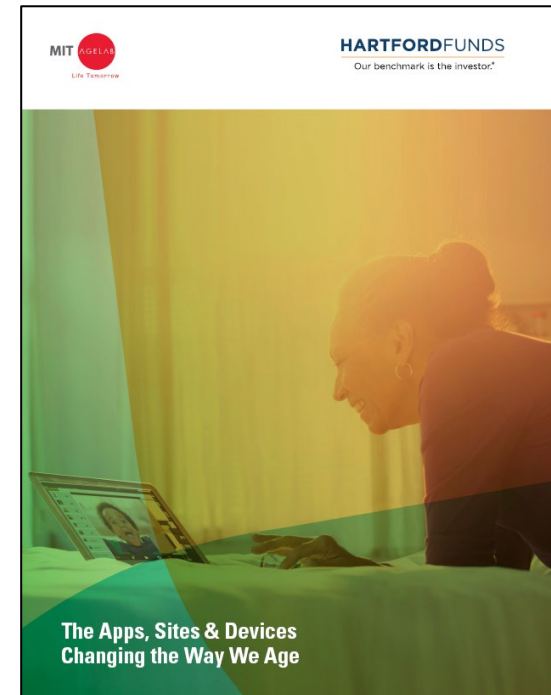


**The future ain't what it
used to be.**

– Yogi Berra.

Next Steps

- Do some research of apps, sites and devices using our workbook
- Try a few apps – Take an Uber ride. Make a video call.
- Talk to your advisor about how app solutions could fit into your retirement plan



Workbook

Hartford Mutual Funds may or may not be invested in the companies referenced herein; however, no particular endorsement of any product or service is being made.

Hartford Funds Distributors, LLC. Member FINRA.

The MIT AgeLab is not an affiliate or subsidiary of Hartford Funds.

All information and representations herein are as of 12/17, unless otherwise noted. SEM_Tech 0818 208096