MAY 2025

EXECUTIVE SUMMARY

The Future of Connected Care:
Enabling Healthy Longevity and Aging at Home

The majority of older adults want to age at home—**75 percent of people over 50** express this preference. But increasing demand for ongoing care at home due to rising chronic disease rates, direct care workforce shortages, and fewer family caregivers create gaps in support.

At the same time, the expanding use of telehealth, remote monitoring, and digital health technologies is transforming where and how older adults get the support and care they need. The rollout of digital health and home technology solutions is surging as the delivery of care continues to shift toward the home, with **350,000 mobile health applications**, nearly **3,000 AgeTech companies**, and **18.8 billion Internet of Things devices** deployed globally.

> ### Connected care in the home:
>
> - brings together concepts from several related areas—**digitally enabled health care**, AgeTech, and smart homes—linking activity inside the home with care outside of the home through data sharing and tools for monitoring, communication, and intervention
>
> - spans the entire continuum of stages and fluctuating health statuses that older adults experience
>
> - leverages a variety of technology tools, from sensors and wearables to health apps and robot companions

These are positive indicators that a connected care in the home ecosystem is emerging and can serve the **58 million and growing** population of older adults in the US. However, with only about half of **adults aged 55+ using assistive or health-related technology** to help them age in place and integrated, comprehensive solutions still in development, further action is needed to realize the full promise of connected care for healthy longevity and aging at home.

Responding to these conditions, the Milken Institute Future of Aging launched the Future of Connected Care in the Home initiative. Through 50 expert interviews, a 25-person roundtable, and an extensive literature review, we examined the interconnected people, products, processes, and systems in the connected care landscape to identify opportunities for progress. Six recommendations stem from this research and offer a blueprint for advancing connected care in the home for older adults and family caregivers.

Recommendations

1. **Characterize wants, needs, and use cases:** Characterize use cases, set goals, and create a person-centered roadmap through participatory research and codesign with older adults and caregivers.

2. **Taxonomize connected care at home to link solutions:** Classify and bundle connected care tools by type, purpose, and function to optimize functionality, guide investment, and support adoption.

3. **Generate proof of concept, evidence, and validation:** Foster the expansion of pilot programs and test beds, leverage aging and health agencies for evidence generation, and engage a broad base of stakeholders to validate emerging connected care technologies.

4. **Develop sustainable payment models:** Bolster coverage and uptake of connected care in the home through Medicare and Medicaid and innovate novel payment mechanisms with private-sector partnerships.

5. **Build a digital front door to data and solutions:** Invest in digital infrastructure to enable seamless data aggregation, data sharing, and an integrated user experience.

6. **Increase awareness, access, and adoption:** Accelerate utilization by promoting longevity literacy, digital health education, and investment in home and community infrastructure.

Call to Action

Our recommendations focus on centering the needs and preferences of older adults, establishing the infrastructure and shared frameworks to validate and link connected care solutions, and enabling widespread adoption through improved access, integration, and financing.

Achieving these goals and outcomes will depend on a broad coalition of public- and private-sector stakeholders. The figure below presents a snapshot of key stakeholders and suggests their role in the future of connected care in the home for older adults.

Role of Key Stakeholders in the Connected Care at Home Ecosystem

Providers and Health Systems

Incorporate insights from the home into person-centered care through data integration and technology adoption, while serving as trusted navigators guiding older adults aging at home.

Technology Companies

Develop the integrated solutions, connective tissue, and digital front door elements to generate actionable insights and make connected care in the home a seamless experience.

Government Agencies

Support development of the lexicon and evidence base, align stakeholder incentives, and advance policy innovation in regulatory and payment models to increase trust, access, and utilization.

Older Adults and Caregivers

Partner in participatory codesign, research, and test beds to inform efforts centering wants and needs of older adults and caregivers.

Housing Builders and Providers

Integrate connected care across the spectrum of senior housing options and engage in developing health-ready homes supporting healthy longevity and aging at home.

Philanthropy and Investors

Encourage progression of the connected care at home ecosystem and evolution of scalable business models by incentivizing integration, bundling, and quantification of benefits.

Insurance Companies

Spearhead partnerships and payment models that demonstrate the value of connected care at home and increase access to impactful technology for older adults and family caregivers.

Other Ecosystem Partners

Participate in advancing connected care in the home through efforts relevant to research and advocacy for access, social acceptance, and longevity literacy.

Source: Milken Institute (2025)

For more information, read the full report: