

Plenary 1:

Pros & Contra Debate - AAL solutions from suppliers, buyers and users perceived as added value

A few words about myself:

My mother suffered from dementia, I have accompanied her for 7 years at home and 13 years in nursing homes, that means 20 years at the end of the day.

I have learned that it makes a big difference whether I know what symptoms cause dementia or whether my own mother suffers from dementia and my own life is affected by it.

In addition to my everyday household life with husband, 3 children and my own professional activities, I took over responsibility for organizing my mother's life 24 hours a day, 365 days a year.

In addition to physical exertion, the mental-emotional challenge was great. I had a lot of things going on in my own heart.

After the death of my mother, I decided to do what I can for the rest of my life. **We**, the citizens, should reflect and discuss what **we** need to take care of our relatives and to live **our own** lives in a self-determined way.

What can digital support do?

AAL can facilitate networking with professional and volunteer services, government agencies and insurance companies, neighbours, friends and family members.

Communication systems network technical assistance services and support the exchange of information with insurance companies and authorities.

The management of everyday activities is supported.

In the digital age, the concept of family has to be redefined: who belongs to it?

My children - Your children - Our children?

A traditional father - mother - child - family with a marriage certificate, in which a father works and a mother cares for children and care are no longer the only forms of living together.

It is normal to want live in the own house even if you have a need for support.

To make this possible, it is necessary to build a support ring around the needy.

Digital support is part of it.

We don't usually live in the same cities anymore.

Women are well educated, they want to work, they often have to work. How can they take care of the patients in their families?

Please do not underestimate the complexity and multi-dimensionality of the topic. It is not just an elderly person whose life we are talking about, it is a person whose education has been completed and who has a lived life in her luggage.

This person has not waited for us to think and act for them and to talk and research about them.

We need intelligent technologies and digital solutions that connect people in need of support with supporting structures and services.

The challenge is also to provide professional help, volunteer and digital support to make it possible to provide family care.

People in need of support who we can be today, tomorrow or the day after tomorrow would like to speak for themselves, want to be taken seriously and participate in decision-making processes.

We need solutions that please us, solutions that help us in our daily life.

Where are there problems with technical digital solutions?

Artificial animals or humanoid robots understandably cannot replace human attention and empathy.

There may be ethical problems with the use of data, there is a risk of uncontrollable transfer or further use of data without the consent of the person in need of support.

Who actually owns the data collected? Can they be reused?

Digital networking without digital legislation and regulation is not unproblematic.

What should/can be done in the future?

Here's my "Vision Hit List":

- Offers must be demand-oriented, not age is decisive!
- From a large "Universal Design" product range, everyone gets what they need individually.
- AAL offers must be available nationwide.
- The use should be individual and self-determined.
- Self-learning systems should be developed
- As far as possible, personnel services can be provided by automated systems.
- Digital literacy and innovation should be systematically promoted
- Politics, business, science, science, local authorities, administrations, users and relatives meet at cross-interface round-tables and jointly develop sustainable digital support services.
- This can also be done within the framework of "hackatons".
- AAL offers are linked to "Smart City" concepts
- The creation of a digital legal and organisational framework for the coordination and networking of actors and legal instruments

And last but not least: AAL offers must be affordable for everyone!

Let me conclude with four brief basic observations:

1st

The need for support has nothing to do with age: I can be or become in need of support at any time.

This concerns all of us here in this room as well as our relatives.

You can be or become a caring family member as a child as well as an adult, we can all be in this life situation for the rest of our lives or get into it.

2nd

Demographic change is one of the major challenges in all industrialised countries.

Only together and with the help of intelligent technology will we be able to cope with it.

3rd

Demographic change can reach every single one of us beyond our professional activities.

It is therefore our task to decide together what our common future should and will look like.

4th

In my opinion, AAL offers should bring joy and quality of life, they must not only be "useful"! Digital support is gladly accepted and used if it really relieves the burden on everyday life, is fun and creates positive emotions.

And as it was said yesterday, let us be aware that a new generation of "old people" and also a new generation of informal carers, of family carers is coming!