

ALBERTai: Bringing Data-Driven Clarity to the Future of Aging in Place

Dr. Thomas Gill & David S. DuPlay

In the evolving landscape of elder care, families face deeply personal questions about safety, independence, and the best living arrangements for their loved ones. The scale of this challenge is growing rapidly. According to the United Nations, the number of people aged 70 and older is projected to more than double globally - from approximately 550 million in 2022 to nearly 1.5 billion by 2050 - making the question of how to support aging adults one of the defining social issues of our time (*World Social Report 2023*, United Nations Department of Economic and Social Affairs). At the center of this conversation is ALBERTai, a platform positioned to bring clarity to one of the most emotionally charged decisions families must navigate: whether an aging parent can continue to live at home safely.

The core offering, known as the **ALBERTai Aging-In-Place Score**[®], is presented as a simple, interpretable metric designed to tell a life-changing story about an elder's well-being. The premise rests on the understanding that aging rarely comes with a manual, leaving families to decipher signals that may indicate a need for change. Compounding this challenge is a quiet but devastating epidemic: loneliness and social isolation among older adults.

The U.S. Surgeon General's 2023 Advisory on the Healing Effects of Social Connection reported that approximately **one in three adults over the age of 45 suffers from chronic loneliness**, and research published by the National Academies of Sciences, Engineering, and Medicine found that **more than one-third of adults aged 45 and older feel lonely**, with those over 60 at particular risk for the health consequences of prolonged isolation—including increased risk of dementia, heart disease, and premature death (*Social Isolation and Loneliness in Older Adults*, National Academies Press, 2020).

By converting complex caregiving dynamics into a tangible score, ALBERTai aims to empower families to have informed conversations and make timely, well-founded decisions before these silent risks escalate.

Underpinning the service are three guiding capabilities: **predictive intelligence**, **comprehensive monitoring**, and **actionable guidance**. Predictive intelligence suggests that the system analyzes data to forecast potential risks or shifts in an elderly person's condition, offering a forward-looking lens rather than merely reacting to events.

Comprehensive monitoring implies ongoing observation of daily routines, health indicators, and safety metrics within the home environment, providing a more complete picture of how an aging individual is coping over time. Actionable guidance completes the trio by delivering concrete recommendations and next steps that families can implement to improve safety, comfort, and independence for their loved ones. Taken together, these elements form a holistic approach to aging in place, transforming anxiety into measurable, trackable insights.

The urgency of these capabilities becomes even clearer when one considers the mounting burden placed on family caregivers. According to AARP's *Caregiving in the U.S. 2020* report, conducted in partnership with the National Alliance for Caregiving, approximately **53 million Americans** provide unpaid care to an adult or child with special needs—with the majority caring for an aging relative. Of

those caring for someone 50 or older, **nearly 1 in 4 caregivers** report that caregiving has made their own health worse, and the estimated **economic value of unpaid caregiving exceeds \$470 billion annually** (*Caregiving in the U.S. 2020*, AARP and National Alliance for Caregiving). Globally, the World Health Organization estimates that informal caregivers provide **70–90% of all care** received by older adults in most countries, often at great personal and financial cost (*WHO Global Report on Ageing and Health*, 2015). These figures underscore why scalable, technology-enabled solutions are not simply convenient—they are essential.

A central promise of this approach is to bring clarity to difficult family conversations. The Aging-In-Place Score acts as a bridge between concern and action, offering a concrete reference point as families weigh options such as in-home care, assisted living, or other supportive arrangements. Privacy and security considerations are a key part of the value proposition, with assurances about data protection and responsible handling of sensitive health and personal information. In a market where trust is foundational, families deserve confidence that monitoring and analysis occur within robust privacy safeguards.

The broader ecosystem surrounding ALBERTai includes recognition from established outlets in technology, health, and aging. Such endorsements contribute to a sense of credibility and a signal of thought leadership at the intersection of artificial intelligence, home monitoring, and elder care. These associations help position the platform as part of a growing conversation about how technology can support compassionate caregiving without compromising dignity or independence.

For readers seeking practical engagement, contact channels are provided to explore feasibility, demonstrations, or consultations. Whether a family is seeking to understand how the Aging-In-Place Score could illuminate a particular caregiving scenario or is simply curious about how predictive analytics and home monitoring can inform decision-making, these avenues offer a way to initiate a personalized conversation. The goal is to translate curiosity into actionable steps - whether that means arranging a formal assessment, learning about in-home support options, or identifying the right level of care to preserve safety and autonomy.

Ultimately, the narrative centers on **empowerment through data-driven clarity**. The ALBERTai Aging-In-Place Score[®] is framed as a gateway to more informed discussions, enabling families to approach some of life's most intimate decisions with a structured, objective metric. In doing so, it seeks to uphold the values of safety, dignity, and independence for aging loved ones while recognizing the emotional weight that accompanies such choices.

As the global population of older adults continues to surge, as loneliness quietly diminishes quality of life for millions, and as caregivers struggle under the weight of unsupported responsibility, tools like ALBERTai that translate complex caregiving realities into clear, actionable insights are not just timely - they are transformative.

For those curious about how advanced AI, continuous monitoring, predictive analytics, and practical guidance can shape the future of aging at home, ALBERTai offers a compelling glimpse into a more informed, compassionate path forward. If readers wish to explore further, clear avenues exist to learn more, connect with the team, and determine whether a free **ALBERTai Aging-In-Place Score[®]** could illuminate the path ahead.

About the Authors:

Dr. Thomas Gill

Dr. Thomas Gill is a physician at Yale who specializes in caring for older adults and studying how to help people stay healthy and independent as they age. For more than 30 years, his research has focused on understanding why older individuals develop difficulties with everyday activities—and, importantly, how to prevent or delay those changes.

He leads major research programs at Yale that follow people over time and test new approaches to maintain strength, mobility, and quality of life. His work has helped shape how doctors and scientists think about aging, disability, and independence.

Dr. Gill has published extensively and received many honors for his contributions. At Yale, he also directs key programs devoted to aging research and the health of older adults. Dr. Gill has led and contributed to groundbreaking epidemiologic research, clinical trials and other aging initiatives. His work has been widely recognized with prestigious awards and leadership roles across Yale and the broader aging research community.

David S. DuPlay, Co-Founder & CEO Unity Global Care:

Dave brings a uniquely informed perspective to the conversation around aging, technology, and compassionate care. A patient advocate, entrepreneur, and seasoned healthcare strategist with more than 30 years of experience working alongside medical professionals, research organizations, and patient communities across virtually every disease area, Dave has dedicated his career to aligning the goals of all healthcare stakeholders in service of better patient outcomes. As Chairman of Vital Options International - a global health foundation founded in 1983 and committed to health education, advocacy, and financial assistance for patients in minority and underserved communities worldwide - Dave understands firsthand the human stakes embedded in every healthcare decision.

A recognized author and speaker on the challenges facing vulnerable populations, Dave is a passionate believer that technology, when thoughtfully applied, has the power to close gaps in care, amplify the voices of those too often left behind, and preserve the dignity of aging individuals and the families who love them. It is through this lens that Dave Co-Founded Unity Global Care to bring the ALBERTai eco-system to families and providers - not merely as tools of convenience, but as meaningful instruments of empowerment for some of the most emotionally complex moments families will ever face.

Sources Cited

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