

AgingWell
CARE THAT
EVOLVES AS WE DO

Aging in the Digital World

MODERATOR

Kevin Hart

PANELISTS

Katherine Kim

Aneliza Del Pinal

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KAISER PERMANENTE®



Aging in the Digital World - Panelists



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Human-Centered Digital Health and AI: Focus on Chronic Disease and Healthy Aging

Oct 7, 2025

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Senior Scientist for Health, University of California Berkeley, CITRIS

CEO & Founder, Health Tequity

Outline

1. CITRIS Overview
2. Focus on AI and Aging
3. Health Tequity Example of Digital Health and AI

CITRIS: Center for Information Technology Research in the Interest of Society



UC Campuses



Berkeley
UNIVERSITY OF CALIFORNIA

UC DAVIS

UC MERCED

UC SANTA CRUZ

Research Initiatives



CITRIS Aviation



CITRIS Climate



CITRIS Health



CITRIS Policy Lab



People and Robots:
AI/Automation



EDGE in Tech:
DEIB

Cross-cutting themes

Innovation Ecosystem



CITRIS Foundry
Startup Incubator

CITRIS
Innovation Hub

Workforce
Innovation Program

Student
Innovators

Visiting
Innovators



CITRIS Seed Funding Program



CITRIS Industry
Partnership Program



Interdisciplinary
labs, maker spaces
& testbeds

CITRIS Health Pathways for Innovation in U.S. and Internationally



- Novel applications/start-ups/enterprise solutions
- Actionable, Replicable, Scalable, Sustainable

- CITRIS Testbeds: Health systems and continuum
- Foundry Incubator/Accelerator
- Partners and end users

- CITRIS Initiatives: Health, Robotics, Policy
- CITRIS Facilities: Invention Lab, Nano Lab, Data Science
- Early-stage work funded by CITRIS Seed Program

- CITRIS Initiatives: Collaborations of technologists/clinicians
- CITRIS Faculty/Researchers/Students
- Health care provider/policy collaborators
- International Collaborations: Germany, Denmark, Phillipines, Mexico, China

↻ Variable

Societal Impact

**CITRIS Health
Technology Transfer**

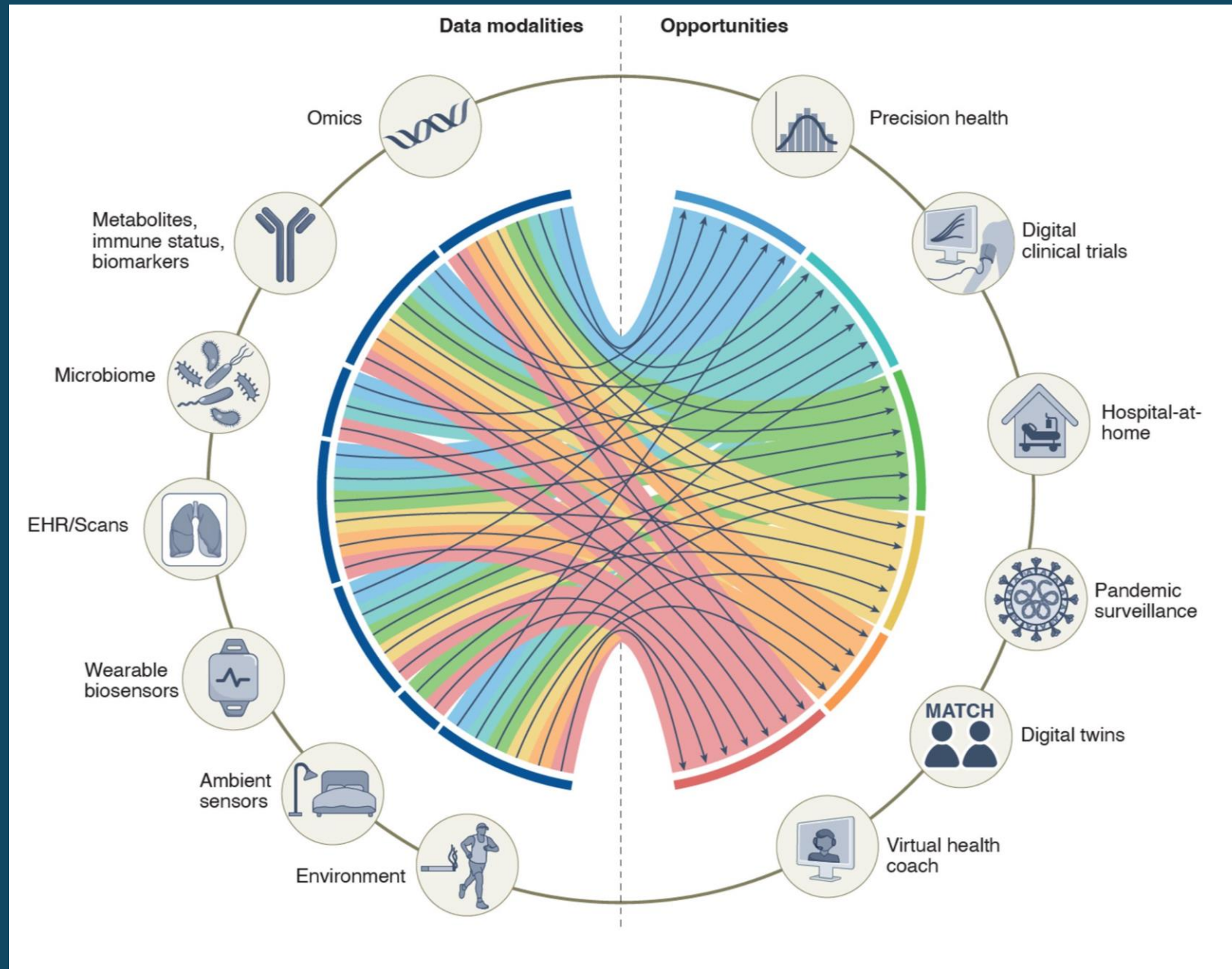
CITRIS Innovation Resources

CITRIS Research Ecosystem

Human-Centered Digital Health & AI

- Human-centered technologies focus on Humans' purposes, values, and desired properties of humans.
- Human-centered design practices are applied to build relevant, useful, usable, and trustworthy solutions.
- Multimodal data and tools enable human-centered AI
- AI tools need to be embedded into clinical workflows and administrative processes to achieve purposes.

Stefan Schmager, Ilias O. Pappas & Polyxeni Vassilakopoulou (2025)



Advanced Digital Health & AI Applications in Aging



Health & Wellbeing

Personalized Care	Mental Health Support	Predictive Health Analytics	Emergency Response	Rehabilitation
Wellness Monitoring	Assistance with Daily Activities	Medication Management	Fall Prevention	Remote Interaction

Safety & Security

Detecting Elder Abuse	Financial Fraud Detection	AI-Enabled Home Monitoring
Wandering Tracking	Digital Security	Creating Safety Alerts

Emotional Support & Connection

Emotional Companions	Mood Therapy and Support	Therapy Chatbots	Virtual Reality Relocation
Emotional Awareness	AI Assisted Communication	Connecting with Loved Ones	Cultivating Positivity

Daily Living

Assistive Technology for Smartphone Usage	Online Mobility Services	Smart Home Technology
Digital Literacy	Voice Assistants for Daily Tasks	Personal Care Routine

Slide adapted from Lindeman D, Used with permission

Activating effective chronic care coordination and healthy aging in rural and under-resourced communities

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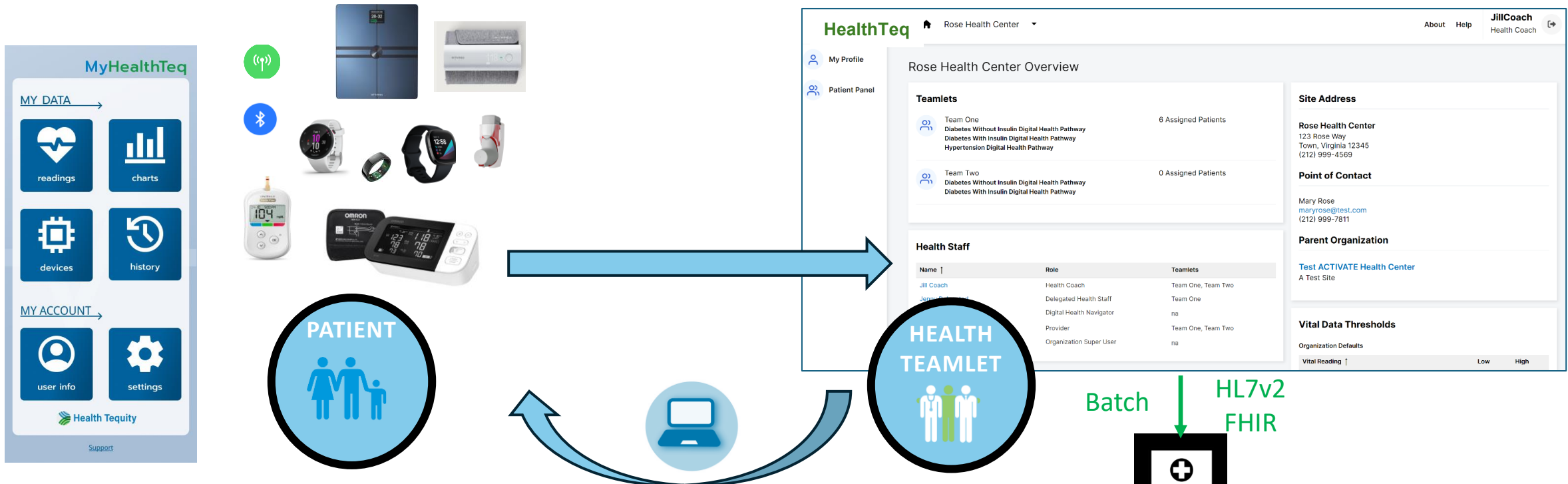
Human-Centered Challenge

Hospitals, health systems, community and rural clinics need to know how to prioritize care coordination and chronic disease interventions that improve outcomes for the right patients, cost-effectively, and at the optimal time.

Individuals need a way to prioritize what they will do to self-manage and effectively conduct those activities.

But every person's characteristics and circumstances are different. Developing a clear, actionable, and evidence-based strategy at scale is a major challenge.

ACTIVATE research project: digital care coordination and RPM platform co-designed with community health centers to improve continuity of care and outcomes in diabetes and hypertension



myHealthTeq
Participant App

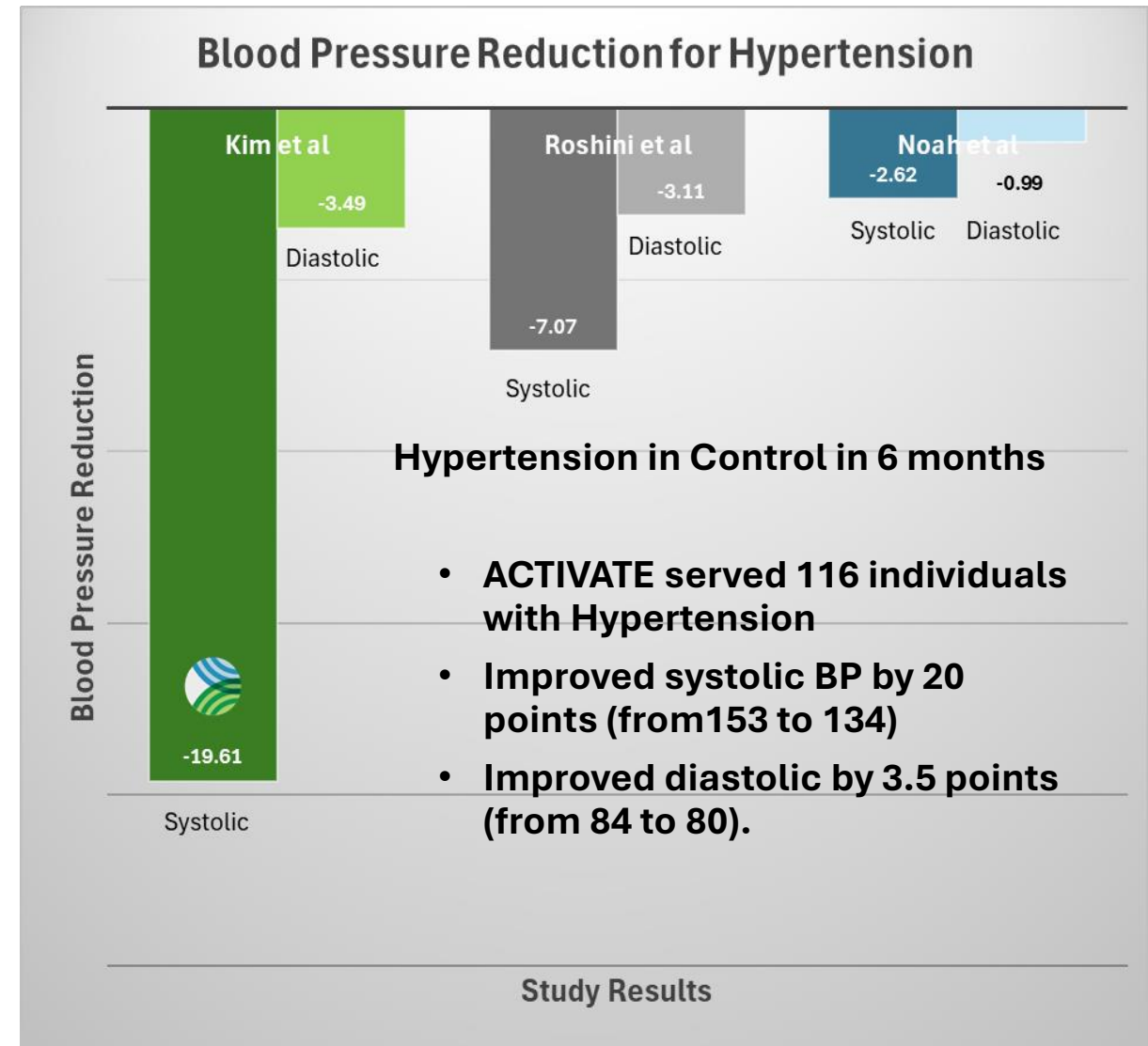
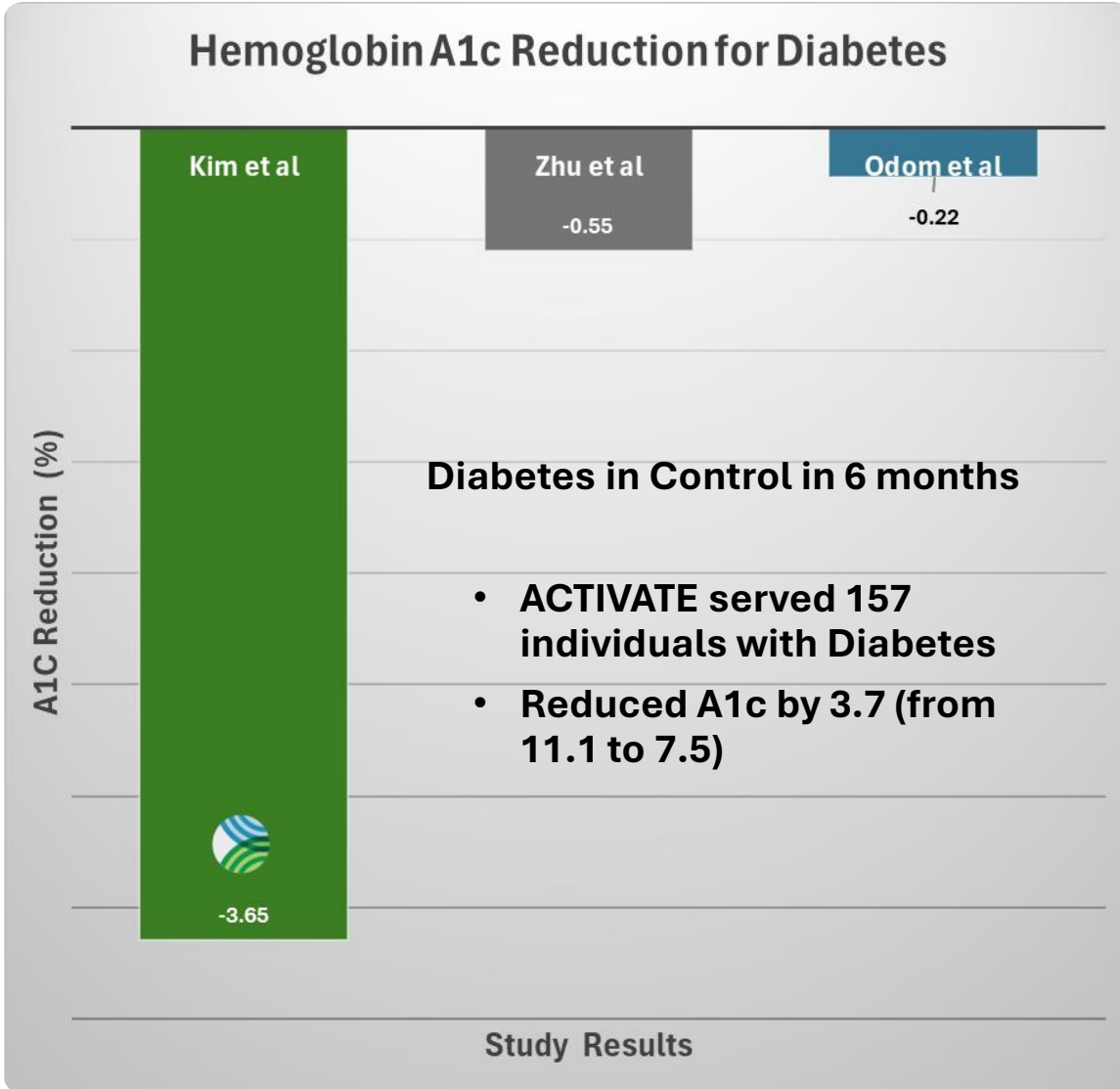
Connects Any Remote
Patient Monitoring
Devices

Telehealth or In-Person
Care and Health
Coaching

Electronic Health
Record System

HealthTeq
Clinician Portal

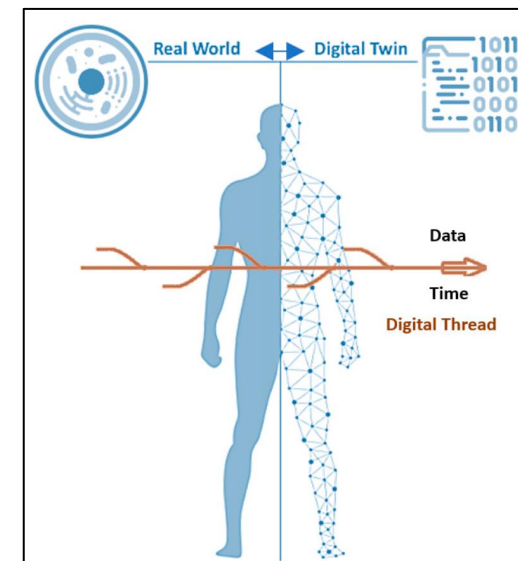
ACTIVATE: Real-World Outcomes from Use of Platform and Health Coaching



Answering Precision Health Questions with HealthTeq AI Digital Twins

Seeks to answer the questions

1. Can we achieve improvements in chronic illness outcomes from possible Interventions
 - Ability to **simulate and test** scenarios
 - Using multi-modal real-life data (wearables, RPM, person-reported) and clinical data **across settings of care**
2. Which patients might benefit most and from which intervention components?
 - Ability to plan **personalized care** for individual
3. How confident are we in the predictions
 - **Provider engagement** with trustworthy insights
 - **Patient engagement** with access to own data



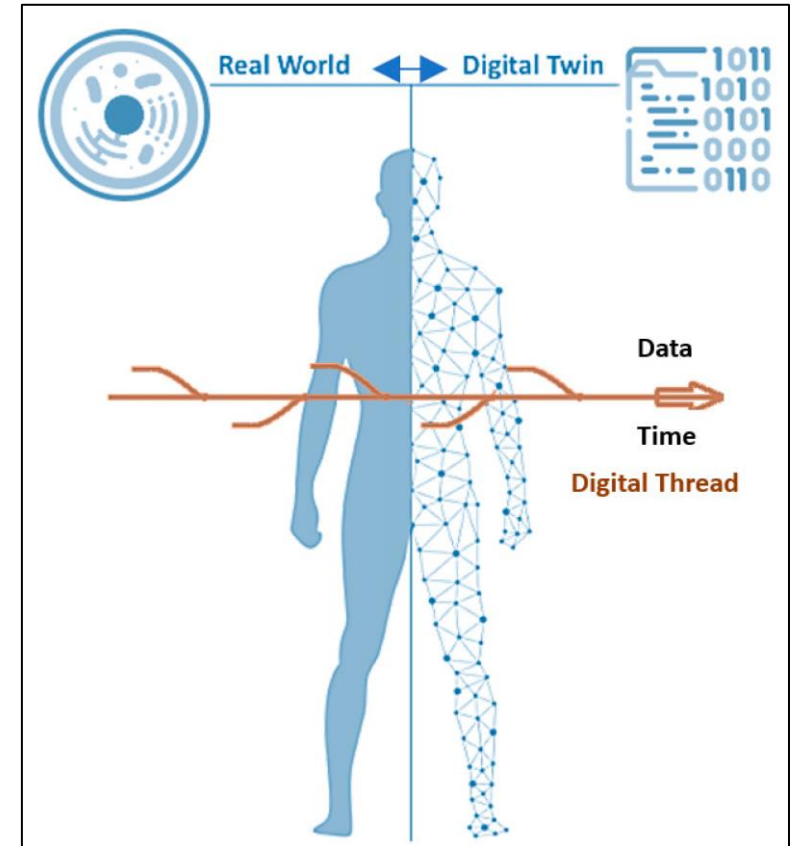
Menstrual Health



Promise of Digital Twin Approach

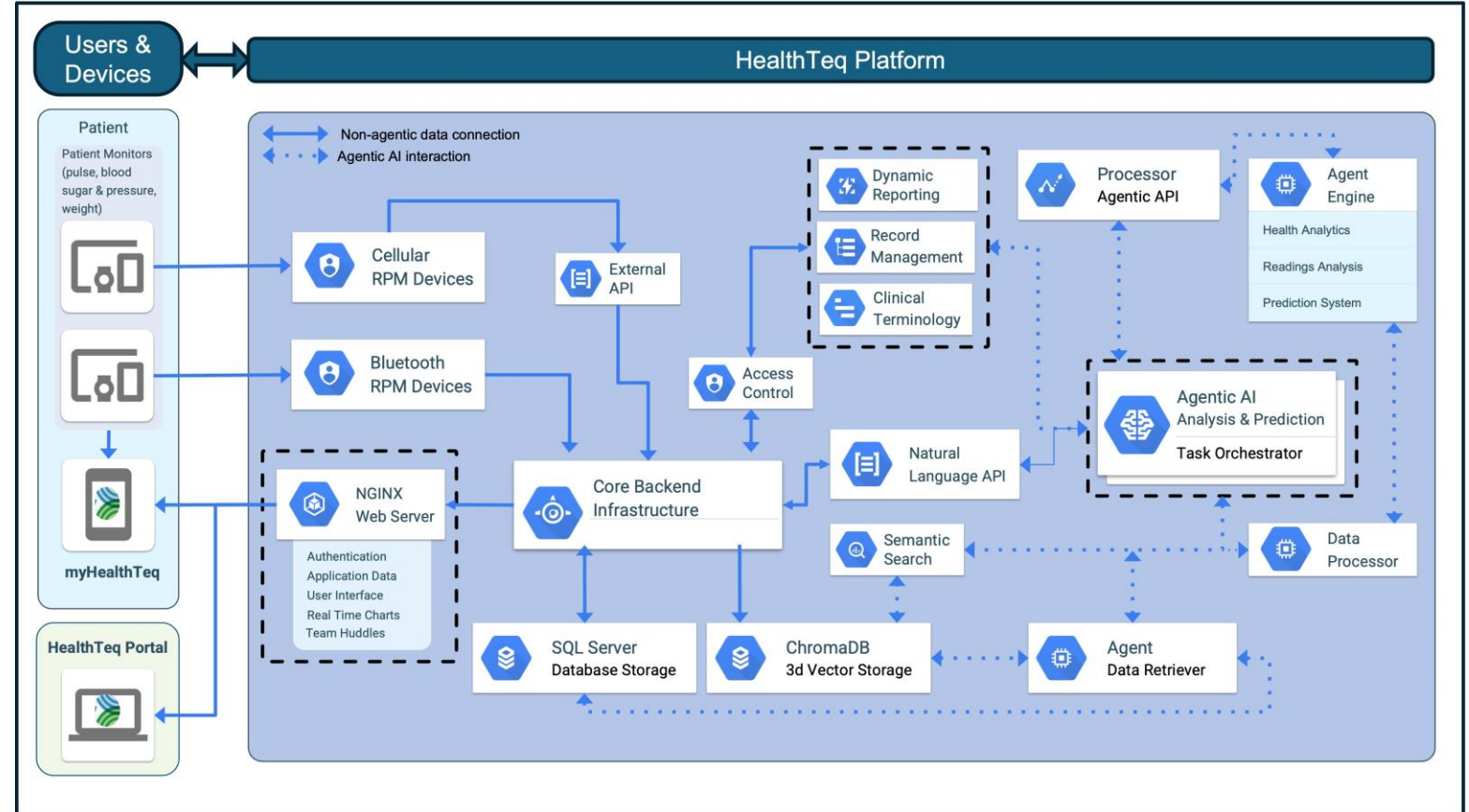
Digital Twin is a human-centered AI that virtually mimics a physical entity

- Virtual twin includes a mathematical (variables or relationships) or computational/mechanistic model (how things work)
- Dynamically updates the model with data from its physical twin
- Predicts the physical twin's structure, context, and/or behavior
- Relies on real-world data to generate real-world evidence
- Human-centered AI tool (aligned with needs, interests, and rights of humans)



HealthTeq AI Digital Twins, an operational system for trustworthy AI

- Initial generative DT models for healthy aging: diabetes, hypertension, and women's health
- Combining wearables, PROs, EHR, and claims data to develop time series Digital Twins
- Uses Agentic AI and β -Variational Auto Encoders for generating and updating trajectories
- Includes uncertainty quantification, causality estimation, and cascading agents audits to build trustworthiness in evolution of trajectories.
- Validating outcomes on MIMIC-IV, UK Biobank, and US AllofUs data



Conclusions

- Human-centered digital health and AI is critical for precision health.
- Clinicians and patients must co-design solutions for relevance and fit with how we provide healthcare and want to live and age.
- Solutions must address explainability and trustworthiness

Building Resiliency & Equity: Digital Inclusion

Wednesday, October 7th, 2025

Presenters:

Aneliza Del Pinal, Chief Executive Officer

Elizabeth Rodriguez, MSHCA, Senior Director of Operations



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

Agenda

- Laying the foundation
- Scaling & Strengthening
- Sustain Impact & Beyond
- What's Next
- Q&A



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS



Laying the Foundation

Area Agency on Aging, Core functions

- **Advocacy** :At State and National Levels for the resources and policies that will help support individual choice
- **Planning**: Identify unmet needs of older adults, adults with disabilities and their caregivers.
- **Services**: develop systems of care to ensure an array of services is available at neighborhood level



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS



Laying the Foundation

Direct Services & Partnerships



Nutrition



Caregiving



Health



Supportive Services



Workforce Development



Advocacy



Isolation & Inclusion



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

Laying the Foundation

Direct Services & Partnerships



16

Partnerships with Diverse Network of Grantees



\$10M +

Investment made from July 01, 2024 – June 30, 2025



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

Laying the foundation

STATE & LOCAL

2018



PLEDGE

San Jose is the 1st city nationwide to pledge to close the digital divide.

Sourcewise COVID-19 Survey 2020 & 2021 collect 4,292 responses

C4A White Paper, Digital Divide Amongst Older Adults, 2020

2020



CA Governor issues Executive Order to Improve Broadband

2021



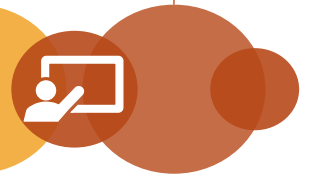
GOOGLE HOME SMART SPEAKER

9 CBO Partnerships

1,376 Google Home Speakers distributed in Santa Clara County

CONNECTIONS, HEALTH, AGING, TECHNOLOGY (CHAT)

2023



DIGITAL CONNECTIONS

327 Devices Distributed

426 Hours of CTN Training

215 iPad Distributed

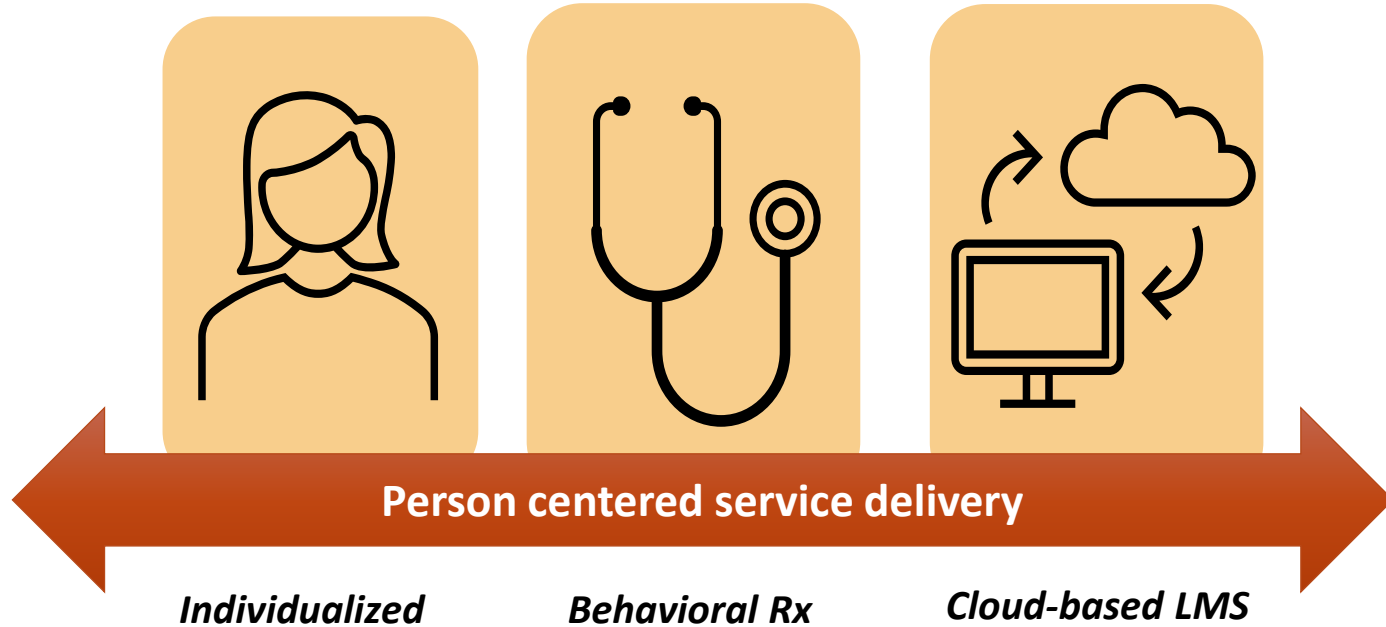
224 Hours of Training

2022



Scaling & Strengthening

My Plan



Individualized

Behavioral Rx

Cloud-based LMS

Person centered service delivery

Caregiver Outcomes after 6 months

- Depression ↓ 32%
- Isolation ↓ 60%

Care Receiver Outcomes after 6 months

- Food insecurity ↓ 9%
- Falls ↓ 40%

Scaling & Strengthening

Connections, Health, Aging, Technology (CHAT)



215 of Tablets for Older Adults



80+ Age Range Highest Utilizers (29%)



64% of Participants Lived Alone



27% Primary Language not English

“Technology has been difficult to figure out if I need or want, let alone how to use it once you purchase. I struggled in the beginning , but now I can go to the park, find a bench and enjoy a picnic while looking up Greek history and learning about Cleopatra.

I may be a senior, but this iPad that I received from Sourcewise has helped me stay in touch with life’s hustle and bustle.””

Kathleen Rutherford, CHAT Participant

Scaling & Strengthening

Digital Link, Access Center



Total # Served

- **113 Total Unique Participants**

Engagement

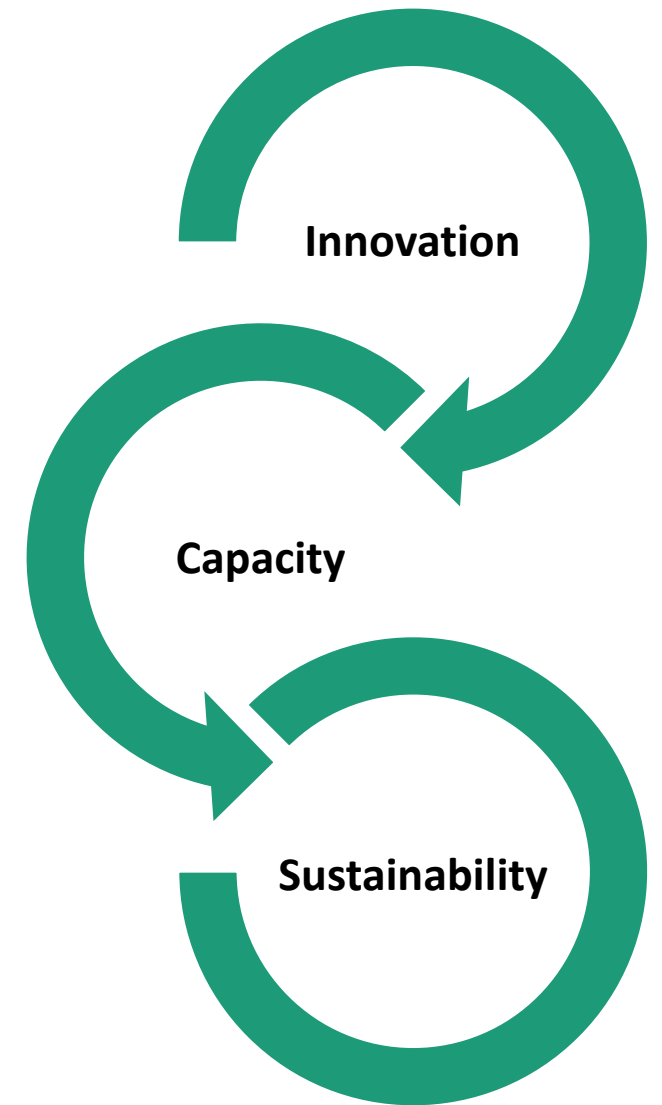
- **215 Group Trainings**
- **547 1:1 sessions**

Languages Served by %

- **English (54%)**
- **Vietnamese (39%)**
- **Spanish (20%)**

Sustain Impact & Beyond

- ❑ Develop solutions via cross sector collaboration and a co-designed approach
- ❑ Expand geographic reach through tech hub designation, mobile tech units and Digital Ambassadors
- ❑ Grow diversified funding base through strategic partnerships



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

What's Next

- ❑ Next iteration of MyPlan to include Memory & Thinking
- ❑ Mid-Term Community Needs Assessment to understand needs around AI
- ❑ Continue to promote local and state policies and access to digital equity programs

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