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AgeTech Insights



Full Report

Building Communities for Healthy Aging:

The Role of Mobility, Transportation, and Technology

Why Mobility Matters

Older persons already make up more than **20%** of Canada's population and nearly **30%** of Japan's. As that share keeps growing, so does the need for transportation, technology, and communities designed to support them. Without action, mobility challenges risk contributing to poorer health outcomes, increased dementia risk, and growing healthcare and economic costs.

But mobility isn't just about getting from A to B. **It's what determines access to healthcare, physical activity, social connection, and community participation.** These are all important contributors to healthy aging and cognitive health.

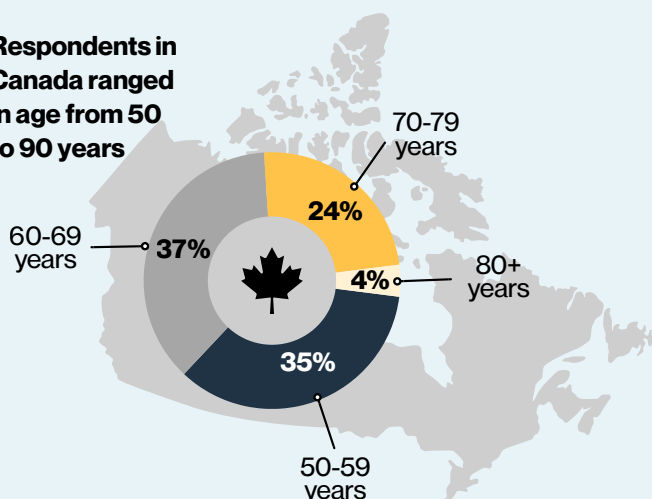
Get mobility right, and you're not just solving a transportation problem — you're investing in healthy aging and cognitive health at a **population scale**, with the potential to reduce pressure on healthcare systems and support healthier, more independent communities.

+ Who Did We Survey?

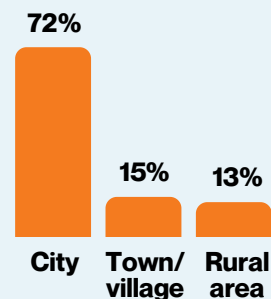
LEGEND: ■ Canada ■ Japan

We surveyed 2,329 older persons from Canada and Japan, with respondents representing diverse geographic regions across both countries and a range of urban, suburban, and rural communities.

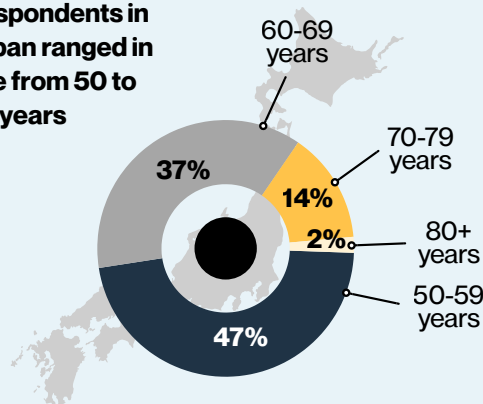
Respondents in Canada ranged in age from 50 to 90 years



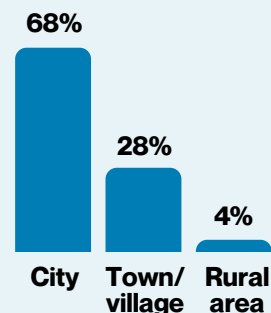
Where in Canada did they live?



Respondents in Japan ranged in age from 50 to 86 years



Where in Japan did they live?



About AgeTech Insights



A market intelligence series grounded in lived experience



Equips end users, entrepreneurs, investors, ecosystem leaders, and policymakers to make evidence-informed decisions



Generates actionable insights that shape innovation design, adoption, investment, and policy



Ensures older persons remain central to how agetech priorities are identified, developed, and advanced

1. Mobility is fundamental to healthy aging

79% of Canadian respondents and **69% of Japanese** respondents **drive regularly or occasionally**.

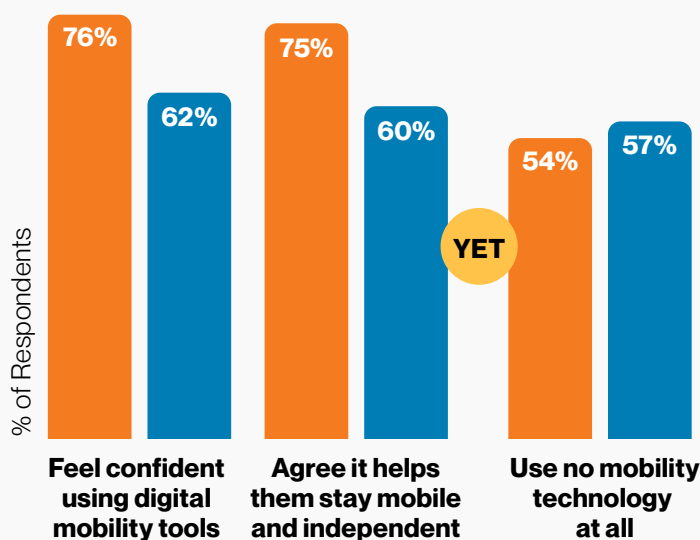
But once they stop driving, Canadians struggle far more to keep up with daily errands (45%)



The support former drivers want most: more frequent public transportation (28% in Canada, 34% in Japan).

3. Adoption is low, but opportunity is high

Despite **confidence in the benefits of digital mobility tools**, **more than half of respondents in both countries use none**, highlighting a clear opportunity to prioritize adoption.



2. Aging in place depends on community

95% of Canadian and **94% of Japanese** respondents reported **easy access to grocery stores**, with similarly high access to pharmacies and healthcare. But when it comes to **perceived community supports**, the countries diverge:

Neighbourhood supports for aging in place



Ease of getting around the city



4. Mobility technologies must be designed with older persons in mind

Agreed that mobility technologies are designed with older persons in mind

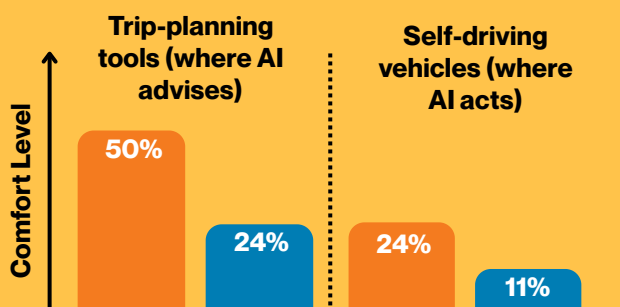


Navigating busy or crowded spaces was the most common challenge in both countries, with **transfers** and **understanding routes or schedules** also significant.

What matters most to respondents when using transportation technologies and services isn't cost or reliability — it's **ease of use** (54% in Canada, 61% in Japan).

Trust will shape the adoption of AI-enabled mobility solutions

Older adults aren't just assessing AI — they're weighing **how much control** they're comfortable handing over.



Comfort nearly halves once AI moves from advising to acting — hinting that **trust** may depend less on AI itself, and more on what a specific tool is allowed to do.

What would build more trust?

Respondents reported:

- access to a real person
- clearer instructions
- simpler interfaces

This report is a collaborative effort between CABHI and:



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