

# **Inventing Longevity 3.0: Creating the New Future of Old Age**

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Where most improvements in longevity over the last 300 years can be traced to technology that has improved the delivery of better nutrition, sanitation, and healthcare, future improvements in quality of life will require more than technology. According to Coughlin's Longevity 3.0 thesis, the next societal challenge is far more complex than extending life – it is how to develop and strategically align innovative technology, entirely new social systems, and institutions to support lifelong independence, wellness, mobility, education, productivity and engagement. It is the coming convergence of the socio-technical that will create the new future of old age.