

DIGITAL HEALTH FINLAND

AGETECH FINLAND

Finnish agetech expertise and services

9/2026

Ministry of Social Affairs and Health FINLAND

Finland is a country of digital health

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5.65M

Population

- One of the Nordic welfare states
- Facing an aging population, workforce shortages and economic pressure, Finland has responded by advancing digital health and embracing technology as a strategic enabler

6.4%

Aging

- 6.4% of Finns are aged 80 or older (2025)
- The share is projected to reach 8% by 2030 and almost 10% by 2040

100%

Digital health infrastructure

- 100% electronic medical records digitally accessible via the Kanta service
- Enabling legislation, also for secondary use of health data
- Governmental commitment to digitalisation and AI

€2.79B

Export-driven health tech ecosystem

- Health technology exports totalled €2.79 billion (2025)
- Strong research capabilities, vibrant startup culture and testbed operations supporting innovations


The quiet revolution of Finnish elderly care.
Growing old safely, with dignity, and by staying connected to others.

In Finland,
things tend to happen quietly.

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No need for big words or bold claims – just steady work and practical results. That's how change takes root here. And when it comes to elderly care, **a quiet but meaningful shift is already underway.**

Faced with a rapidly aging population, Finland spent a decade incrementally reforming and integrating its health and social care system. In 2023, a major reform transferred responsibility for health and social services from municipalities to 21 new wellbeing services counties and the City of Helsinki. The counties are self-governing but funded by the state – ensuring that even sparsely populated rural areas get equal access to services. This coordinated approach, combined with **high trust in technology** and a **robust digital and data infrastructure,** allows Finnish eldercare to efficiently deliver innovative "aging in place" services.

The result is a **quiet revolution**: Finland's seniors benefit from **practical digital solutions** embedded in everyday care. Now, Finland is ready to share these proven models – from AI-assisted home care to integrated data infrastructure – with international partners, as an example of how a small country's pragmatic, **coordinated strategy** can deliver big impact in digital eldercare.

That's Finland's way.
And now, we're ready to share it.

Agetech in Finland: from the societal to the individual level

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1. Governmental and Societal

National enablers underpin Finland's digital care capacity. **Legislation ensures technology neutrality, data rights, and equal access.** Robust infrastructure includes national health registries and **the Kanta system**, which stores and shares health and social care data.

Government-led frameworks such as the **KATI** programme (2020–2023, national elderly care and agetech architecture), **RAI (Resident Assessment Instrument)**, **Digi-HTA** (evidence-based assessment of digital health technologies) and **enabling legislation promote consistent quality and implementation.**

2. Organizational and Regional

Wellbeing Services Counties organize health and social services regionally, with remote care coordination centers and data-driven planning. For instance, regions develop **population-based predictive analytics** to forecast care demand and allocate resources.

Digital platforms enable information flow between hospitals, clinics, and home care. Leadership and governance models ensure that technology adoption aligns with care quality goals, while state funding is allocated to each county based on need, taking into account factors such as population structure and geography.

3. Care Practices and Services

Integrated care models bridge home and healthcare settings – **a "Digital First" approach** offering remote homecare through telehealth, automated medication systems, sensor solutions, and remote rehabilitation.

Coordination units manage and align agetech as part of homecare services, ensuring they are used effectively across the region. For professionals, AI-enhanced tools like automated note-taking, fall alerts and solutions predicting health risks improve efficiency and safety at home and in residential care.

4. User and Individual

At the personal level, older adults and informal caregivers use digital health and assistive technologies directly, **empowering seniors to live independently longer** while improving safety and health monitoring at home.

Publicly funded care units assess needs, offering home adaptations, medication support, telehealth, assistive tech, and coordinated in-home services to all eligible seniors. Individual digital competence is increasingly assessed as part of the care needs assessment to support the choice of personal agetech solutions. **Digital literacy is widespread,** supporting trust in digital care services and smooth technology uptake.

Agetech services aligned with older people's intrinsic capacity

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Active seniors

Emphasizes autonomy, preventive care and social activity

Individuals with high intrinsic capacity

- **Digital self-care tools:** Support for managing chronic diseases, reminders, and health tracking
- **Predictive & preventive care models:** Identifying early risks like falls or changes in alertness
- **Community & social support:** Initiatives involving neighbors, family, and local activities to strengthen belonging and participation
- **Wellbeing & independence tools:** Support for maintaining health, relationships, and lifestyle

Elderly supported at home

Includes light-touch care, remote services and family support

- **Digital-first home care:** Remote visits, medication dispensing, safety sensors, and automation
- **Home-based care coordination:** Services brought to the home to meet emerging or light care needs
- **Assistive technologies in housing:** Smart tools that help professionals and caregivers provide support efficiently
- **Rehabilitation at home:** Remote or AI-assisted rehab programs to restore mobility and function

People with high care needs

Includes 24/7 care, nursing support, and safety monitoring

Individuals with significant loss of capacity

- **Integrated home care models:** Advanced digital models like virtual hospitals or mobile nursing units
- **24/7 digital monitoring and response systems:** Sensor-based safety, urgent care alerts, and continuous support
- **Tailored professional support:** Services designed around complex and ongoing care requirements

Agetech example companies

HUR For Lifelong Strength, EMFIT, OIVA HEALTH, everon, efima, Tamro, 9Solutions Helping to care, GILLIE.AI FOR HEALTHCARE, Vivago, onniTV, ADDSECURE, versovision, evondos, HOIVITA, Wenla, Avaintec, memoera, Suvanto, meditas, MariCare, AXITARE

Find more: Wenla.fi Health ar Welfare Technology Directory

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AGETECH IN USE

Agetech solutions in use in 2020 and 2023

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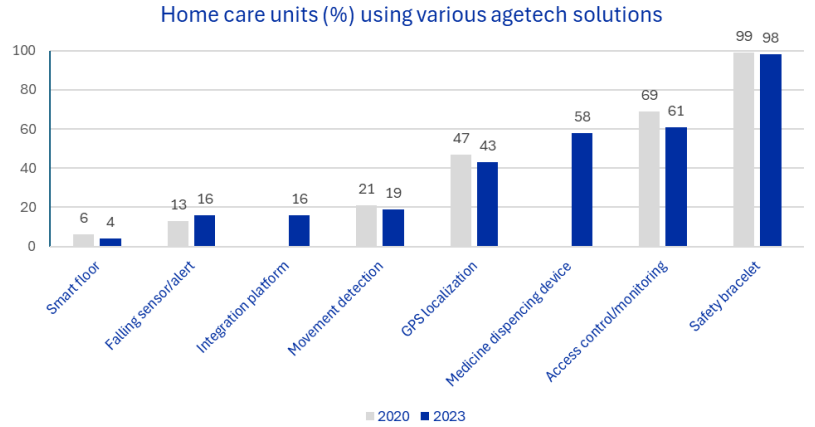

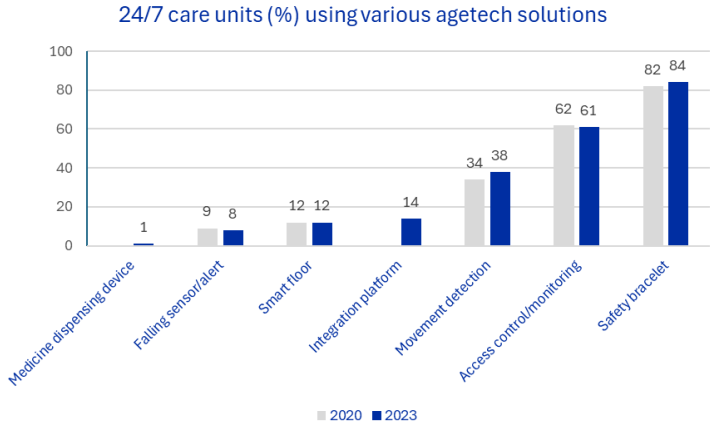

- The data is based on a national follow-up survey* sent to all units of home care and 24/7 care for older adults in Finland
- Automated medicine dispensing devices have become common in home care within a few years (not included in the 2020 survey)
- Remote home care visits have more than tripled since 2019: in 2025 they accounted for 6.9% of all home care visits nationally, totalling 2.76 million visits (THL, Avohilmo register).

* Kehusmaa, S., Honkanen, S., & Saukkonen, P. (Eds.). (2024). Kehittyvät iäkkäiden palvelut Suomessa. Vanhuspalvelujen tila -seurannan tuloksia 2023. THL Raportti 5/2024. Terveyden ja hyvinvoinnin laitos. https://www.julkari.fi/bitstream/handle/10024/150082/URN_ISBN_978-952-408-324-9.pdf?sequence=1&isAllowed=y

Real-world use of agetech in care services

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Digital-first care model in wellbeing services counties

- Automates medicine dispensing
- Enables virtual homecare visits
- Sends alerts via sensors to caregivers

AI-assisted care notes in nursing homes

- Uses speech recognition for notes
- Cuts documentation time by more than half
- Supports caregiver focus on patient care

AI-powered predictions based on RAI data

- Identifies fall and pain risks
- Detects early decline in function
- Supports timely preventive care

IoT & AI platforms for risk alerts & services

- Sends alerts on health risks
- Recommends personalized services
- Supports holistic care approach

Sensor-based monitoring in homecare settings

- Tracks homecare client safety
- Engages family caregivers
- Sends real-time alerts if needed

Examples

Päijät-Hämeen hyvinvointialue

Etelä-Savon hyvinvointialue ELOISA

Kanta-Hämeen hyvinvointialue

ETELÄ-KARJALAN hyvinvointialue

efima

Attendo

RehabScreen

Kanta-Hämeen hyvinvointialue

Etelä-Savon hyvinvointialue ELOISA

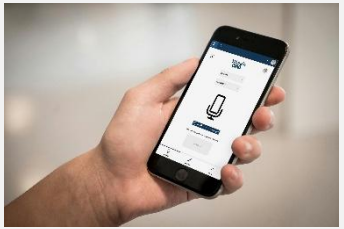
GILLIE.AI FOR HEALTHCARE

Koivupirtin säätiö sr

HOIVITA

REFERENCE CASE:

AI-assisted care notes in residential care



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Challenge

- Health and social services is Finland's largest employment sector: about 459,000 people worked in the sector in 2024.
- Demand for services keeps growing as the population ages, while the working-age population does not.
- In 24/7 residential care for older people, nurses spend **46–48 minutes** on documentation per day (Finnish Institute for Health and Welfare, 2023)
- The amount of documentation is still increasing and according to professionals, one third is redundant

Solution

- Attendo and Efima developed an AI assistant that enables real-time documentation of client information **from free-form speech to structured documentation**
- The RPA-based AI assistant utilizes Microsoft Azure speech recognition technology, OpenAI language models, and additional AI components developed by Efima
- The AI assistant enables richer and faster note-taking and allows more time for meaningful interactions with clients

Benefit

Based on the pilot in Attendo residential care:

- Time spent on note-taking fell from 45 to **20 minutes per shift**, corresponding to about 6% of working time – savings are expected to grow in permanent use
- The AI assistant reduces the amount of information that the nurse needs to keep in memory (until the end of the shift), alleviating cognitive load and stress

Source: study by the Finnish Institute of Occupational Health (2025)

Attendo efima

Artificial intelligence frees up more time for care work – Attendo, Efima, and Microsoft collaborate on new solutions

REFERENCE CASE:

Technology for Home Care in South Karelia Wellbeing Services County

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Virtual homecare visits

- Delivers scheduled video calls between home care nurses and clients, enabling services such as medication reminders, wellbeing checks, guided rehabilitation exercises, and recreational and cultural activities
- **Reduces the need for in-person visits** while maintaining regular contact and care quality
- **Improves cost-efficiency and sustainability** by lowering travel needs for care staff and reducing emissions, while also helping combat loneliness through virtual social programs

Automated medicine dispensing

- **Automatically dispenses pre-packed medications or prefilled medication cups** at the right time to ensure safe and accurate medication
- **Reduces the need for physical nurse visits**, improving efficiency in healthcare services
- **Enables remote monitoring and alerts for caregivers**, enhancing safety and reducing workload

ETELÄ-KARJALAN hyvinvointialue

Sensor-based monitoring and alerts to caregivers

- **Enables 24/7 emergency communication** through a wrist-worn button or automatic sensors (e.g. fall and door alarms, smoke detectors, and GPS watches)
- **Technologies support independent living and enhance safety at home**
- **Reduces the need for constant in-person monitoring**, allowing care resources to be used more efficiently while giving peace of mind to both clients and their families

IoT & AI platforms for risk alerts & services

- **Monitors clients in home care and nursing homes, using AI to detect early signs of health changes and predict care needs**
- **Improves medication safety** by identifying potential drug-related issues and deviations
- **Reduces emergency visits and hospital stays**, helping clients live at home longer while optimizing care resources

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AGETECH EXPERTISE AND OTHER RESOURCES

Agetech research organizations

- Centre of Excellence in Research on Ageing and Care (CoE AgeCare), University of Jyväskylä[1]
- LAB University of Applied Sciences (Lahti) – Digital Transformation in Health and Safety[2]
- LUT University (Lappeenranta and Lahti)[3]
- Metropolia University of Applied Sciences (Helsinki) – Center of Excellence in Ageing[4]
- Social Research Center for Welfare Technology, University of Eastern Finland[5]
- THL – Finnish Institute for Health and Welfare[6]

[1] https://www.jyu.fi/en/research/centres-of-excellence/centre-of-excellence-in-research-on-ageing-and-care
[2] https://lab.fi/en/RDI/research-groups/digital-transformation-health-and-safety
[3] https://www.lut.fi/en/research/focus-areas/business-and-society
[4] https://www.metropolia.fi/en/rdi/center-of-excellence-in-ageing
[5] https://sites.uef.fi/welfaretech/
[6] https://thl.fi/en/main-page



Agetech expertise and services

GeroNursing Centre (GNC)[1], University of Oulu

- Research, education and networks for both the successful aging of older adults and the well-being at work of health care professionals
- Education as online courses based on scientific research

LAB University of Applied Sciences[2]

- Gerontology education with agetech innovation and co-design approach

Nordic Healthcare Group (NHG)[3]

- Supporting agetech implementation through expertise in health and social care
- Coordinator of the Finnish Agetech Network with 250 members as a partner of the Ministry of Social Affairs and Health

VALLI Gerontechnology Centre[4]

- Agetech know-how, information sharing and networking

Wenla Health and Welfare Technology Directory[5]

- Search and browsing service for wellness and healthcare technologies on the market

[1] https://geronursing.fi/in-english/
[2] https://lab.fi/en
[3] https://nordichealthcaregroup.com/
[4] https://www.valli.fi/tyomuotomme/ikateknologiakeskus/in-english/
[5] https://wenla.fi (in Finnish)



Sites to visit (care providers)

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#	Site	Service	Description
A	**Attendo Vuoripirtti Espoo**	Nursing home with AI	Attendo Vuoripirtti is a home for the elderly located in Tillinmäki, Espoo. The care home offers round-the-clock care, short-term service housing to ease the daily life of family caregivers, and lighter service housing. Vuoripirtti and Efima have developed an AI application for care note-taking based on speech recognition technology and a language model. The application has significantly reduced documentation time and improved the quality of notes. Caregivers can dictate records in real time, even on their phones.
B	**Kustaan-kartano, Helsinki**	Nursing home with agetech	Kustaankartano provides a range of housing, care, and rehabilitation services, as well as engaging day activities, at the city's senior centres and service homes. It also provides places in private service housing. Long-term housing is provided to over 300 residents. Kustaankartano collaborates with Forum Virium Helsinki, the City of Helsinki's innovation company, and participates in agetech testing and pilots. Technologies are also in permanent use: smart floors, GPS location tracking, Oioi digital multisensory walls.
C	**South Karelia Wellbeing Services County**	Home care and remote home care	South Karelia Wellbeing Services County provides health services, family and social welfare services, and services for the elderly in the region. South Karelia Wellbeing Services County is one of Finland's 21 wellbeing services counties and covers nine municipalities. 94% of inhabitants aged 75 and over live at home. Home care is supported by a variety of technological aids, easy to use for the older adult. Remote home care is provided through virtual homecare visits, automated medicine dispensing devices and predictive AI preventing falls and health problems.



Testbeds for agetech – also for international partners

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#	Testbed	Operator	Description
A	**Pohde WellbeingLab**	Wellbeing services county of North Ostrobothnia	Pohde WellbeingLab (OuluHealth Labs) enables developing solutions and innovating with real end-users in authentic environments – homes, social and healthcare centres and hospitals.
B	**Satakunta Testbed, Funteeraamo Showroom**	Satakunta University of Applied Sciences, Prizztech Oy	Satakunta Testbed provides tailored research and development services for companies and supports healthcare providers to find and test suitable technologies. It maintains Wenla.fi, an open directory of technologies and digital solutions for social and health care and wellbeing, and has experience of innovating with older people. Funteeraamo showroom introduces various health and wellbeing technologies, applications and digital contents with easy access, advice and borrowing service.
C	**SeAMK Wellbeing Labs**	Seinäjoki University of Applied Sciences	SeAMK Wellbeing Labs is the development and learning environment for health care and social work at Seinäjoki University of Applied Sciences (SeAMK).
D	**Testbed Helsinki, Health Proof Helsinki**	City of Helsinki, Forum Virium Helsinki, Metropolia Proof Health, HUS Helsinki University Hospital	Testbed Helsinki provides the whole City of Helsinki as a testbed for new innovations. Companies and RDI actors can develop and experiment with products or services in an authentic city environment. Key focus areas: EdTech, Smart Traffic, Built Environment, Circular Economy and Health & Wellbeing. Health Proof Helsinki provides a unified service package in the fields of health technology and medical technology: early-stage preclinical testing environments and expertise (Metropolia Proof Health), research and testing environments and expertise in primary health care and social work (City of Helsinki), and research environments and expertise in specialist care and diagnostics (HUS Helsinki University Hospital).
E	**Sote Virtual Lab**	Tampere University of Applied Sciences	In the Virtual Lab for Social and Health Care, RDI actors can develop, test and put forward ideas on tomorrow's digital and intelligent technologies related to basic health care, safe and well-performing home environment, remote care and rehabilitation, telemedicine, and mobile healthcare services.
F	**LAB WellTech**	LAB University of Applied Sciences, Lahti and Lappeenranta	The LAB WellTech RDI service is part of the LAB Faculty of Health Care and Social Services, dedicated to supporting and enhancing wellbeing in society. LAB WellTech provides RDI expert services and a partner network for businesses, wellbeing services counties, and other organizations. Campus premises include Home Lab, Care Simulation Rooms and Co-Design Lab with up-to-date technology and equipment for elderly care R&D.



A. https://ouluhealth.fi/pohde-wellbeinglab/
B. https://www.satakuntatestbed.fi/en/; https://satakunnanhyvinvointialue.fi/palvelut/ikaantyneet/kotona-asumisen-tukipalvelut/funteeraamo/ (in Finnish)
C. https://wellbeinglabs.seamk.fi/en/
D. https://testbed.hel.fi/en/health-and-wellbeing/; https://www.healthproofhelsinki.fi/
E. https://sites.tuni.fi/vlabforhealth/
F. https://www.labwelltech.fi/eng/

Agetech research and reports

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- Ecosystem model with citizens' needs in focus (Päijät-Häme Wellbeing Services County). In: Nordic Welfare Centre (2022). *Integrated Healthcare and Care through distance spanning solutions – for increased service accessibility.* https://nordicwelfare.org/pub/Integrated_Healthcare_and_Care_through_distance_spanning_solutions_v4/
- Niemelä, M. (2022). The Use of Robotic and Smart Technologies in Finland to Support Older Adults Living at Home. *ASEM Global Ageing Center Issue Focus, 3*(3), 19–28.
- Niemelä, M., Heikkinen, S., Koistinen, P., Laakso, K., Melkas, H., & Kyrki, V. (Eds.). (2021). *Robots and the Future of Welfare Services: A Finnish Roadmap.* Aalto University. https://urn.fi/URN:ISBN:978-952-64-0323-6
- Anttila, H., Anttila, M., Koivisto, S., Niemelä, M., Kaartinen, J., Forsius, P., Kauppinen, S., & Luoma, M.-L. (2023). *Kotihoidon uudet ratkaisut: Kotona asumisen teknologiat ikäihmisille - KATI-ohjelman 2020–2023 loppuraportti.* Terveyden ja hyvinvoinnin laitos THL. https://www.julkari.fi/handle/10024/147940 (in Finnish)

Efficient Eye Screenings Anywhere – Handheld Fundus Imaging Powered by AI

Our offering

Optomed handheld fundus cameras with AI-assisted image analysis enable high-quality and efficient eye screenings in virtually any care setting, from large-scale eye screenings to primary care. Our solution delivers a streamlined workflow from patient data management to AI result delivery and seamlessly connects with hospital systems.

Benefits and references

The Optomed solution improves access to eye screenings by combining portability, AI and workflow support. Our solution adapts to different healthcare needs and can be used by any healthcare professional.

Optomed's solution is approved in key markets, *e.g.* the EU and North America. Optomed's Aurora AEYE device is the only FDA-cleared handheld AI fundus camera for autonomous diabetic retinopathy detection, redefining point-of-care diagnostics.

More than 20,000 Optomed cameras have been sold globally, demonstrating strong market traction and trust among healthcare professionals.

Company

Optomed is a Finnish medical technology company and global leader in handheld fundus imaging, delivering AI-powered screening solutions that enable early detection and expand access to eye screening worldwide. With more than 20 years of expertise, Optomed's patented and clinically validated technology is trusted by healthcare professionals across global markets.

Optomed – Enabling Screening for All

Contact

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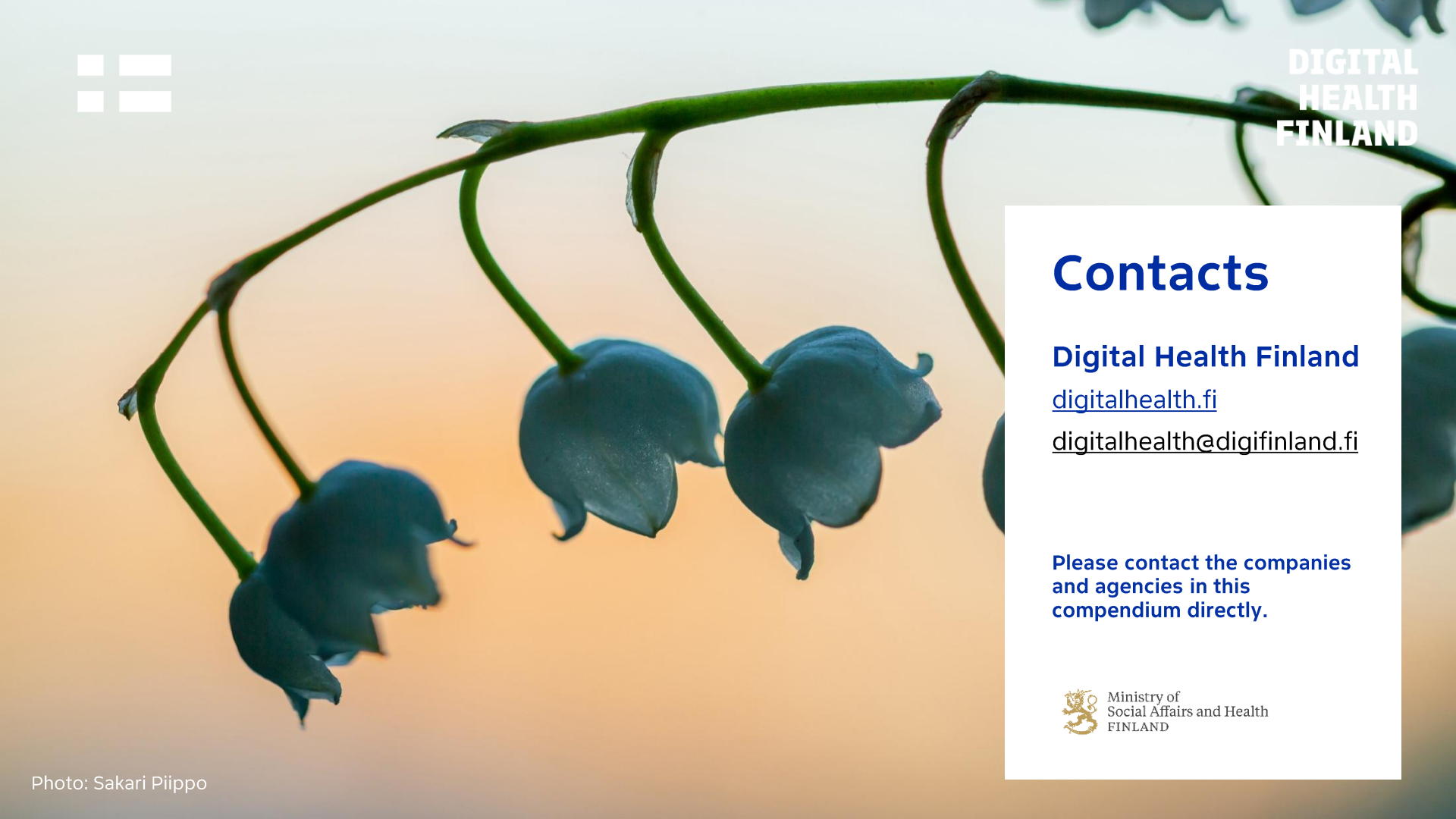

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Please contact the companies and agencies in this compendium directly.

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Photo: Sakari Piippo


THANK YOU.
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