📖 Ethics: AI, Seniors, and Loneliness

This section outlines the ethical foundations guiding the creation of QoLA as a digital companion for older adults. At its core, the project is committed to enhancing quality of life in aging through respectful, human-centered technology.

QoLA is being developed with a clear focus on dignity, autonomy, and emotional safety. The system is intended to support—not replace—human relationships, and to strengthen users' connection to their environment, routines, and loved ones.

This section includes both a broader review of global practices and research in ethical AI for aging populations, as well as the specific principles and design strategies applied in QoLA development.

It serves as a reference for aligning product decisions with the project's central purpose: to build technology that responsibly supports the wellbeing of older individuals.

[Potential Harms of Emotionally Intelligent AI Assistants for Older Adults](#)

[QoLA: Preventing Emotional Dependency and Supporting Human Relationships](#)

☝🏽 *Learn about the pros and cons of AI for seniors as it pertains to loneliness, based on our research, by listening to the podcast.*

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