# Empowering Independence Through Technology: Insights from AT Today

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A recent article in *AT Today* explores how technology can help people remain independent at home for longer, supporting both individual well-being and the wider health and care system. The article highlights a new report outlining key actions aligned with the NHS 10-Year Plan, focusing on proactive and preventative approaches.

**Emil Peter, Group Chief Executive at Tunstall**, contributed to the discussion, reinforcing our belief that digital innovation must be rooted in real-world outcomes, supporting people to live safely, independently, and with dignity in their own homes. At Tunstall, this person-centred approach drives everything we do.

https://attoday.co.uk/report-suggests-actions-on-using-tech-to-enable-people-to-remain-independent-at-home-for-longer/