

FOR IMMEDIATE RELEASE

Syncara Virtual Home Care Founder Shanna Eckberg to Present on Technology and Aging at 2026 Reimagine Aging Conference

Breakout session will explore how virtual care, AI and emerging technologies can help older adults remain independent at home

MINNEAPOLIS --- Shanna Eckberg, NHA, MHA, LALD, founder and CEO of Syncara Virtual Home Care, will present "**Independence in a Digital Age: Tools Every Older Adult Should Know**" at the 11th Annual Reimagine Aging Conference on Thursday, September 17, 2026, at the Heritage Center of Brooklyn Center.

Hosted by Senior Community Services, the Reimagine Aging Conference focuses on technology trends impacting older adults and their caregivers, providing practical information for older adults, caregivers and aging-services professionals navigating a rapidly changing digital landscape.

Eckberg's breakout session, scheduled from 1:45--2:45 p.m., will examine how rapidly evolving technologies are expanding the ways older adults can receive support while continuing to live independently at home.

The presentation will explore artificial intelligence, virtual healthcare visits, medication management systems, remote monitoring, patient portals and other emerging tools designed to improve safety, communication and care coordination.

A central theme of the presentation will be how technology can extend support beyond traditional in-person visits without replacing the human relationships at the heart of caregiving.

"Technology gives us new ways to support people between visits and help them remain connected, safe and independent," Eckberg said. "The goal isn't to replace human care. It's to give older adults, families and caregivers more tools and more options for providing that care."

As founder of Syncara Virtual Home Care, Eckberg has focused on using accessible technology to expand the traditional home care model. Syncara provides affordable, non-invasive virtual home care designed to help older adults maintain their independence and dignity at home while giving families additional support and peace of mind.

Her Reimagine Aging presentation will help attendees better understand which technologies are most relevant to older adults today, how those tools are being used in real-world care settings, and where technology may help address gaps between in-person care visits.

Participants will leave the session with a clearer understanding of how modern technology can support autonomy, strengthen care coordination and expand opportunities for aging in place.

The **11th Annual Reimagine Aging Conference** will be held Thursday, September 17, from 9 a.m.--3 p.m. at the Heritage Center of Brooklyn Center. The conference is presented by Senior Community Services and focuses on the latest technology impacting aging and caregiving.

About Syncara Virtual Home Care

Syncara Virtual Home Care provides affordable, non-invasive virtual home care designed to help older adults remain confidently and independently in the place they love most---their own home. By blending accessible technology with thoughtful support, Syncara helps extend independence, enhance quality of life and provide families with greater peace of mind. Syncara's services are designed to complement traditional home care while respecting each individual's independence, privacy and dignity.

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