AI IMPACT REPORT NO. 160 · REVISED 5 OCTOBER 2026 · 250 ROLES COVERED

Domiciliary Carers

AI augmenting remote monitoring, scheduling, and client safety; core care remains human.

EXPOSURE	WINDOW	ADOPTION TODAY	READING
20 Low exposure	5–15 yrs until change lands	Low-Medium	AI assists; the work stays human-led. Exposure is the share of today's work AI can plausibly take on within the window.

§ 01 WHAT IS HAPPENING

What is happening to domiciliary carers

Impact

AI is being used or explored for remote client monitoring via sensors, medication reminders, optimizing carer visit schedules, facilitating communication with family/medical teams, and providing some level of automated companionship or safety alerts. Direct physical and emotional care remains fundamentally human.

Risk

Moderate augmentation of support tasks; core empathetic and physical care is irreplaceable.

The Domiciliary Carer role will see AI primarily as a supportive technology. AI can enhance client safety through remote monitoring, help manage medication, optimize schedules, and assist with administrative tasks. However, the essential hands-on personal care, companionship, emotional support, and nuanced observation provided in the client's home will continue to rely heavily on human skills and judgment.

Sector readiness

Emerging in Home Care Tech; Focus on Safety & Efficiency

Adoption is driven by the need to support aging populations at home, improve safety, and increase the efficiency of care delivery. Smart home devices, wearables with AI, and AI-powered scheduling tools are seeing gradual uptake.

§ 02 POSITION

Where you stand

i The core human-to-human interaction, empathy, and physical assistance aspects of domiciliary care are highly resistant to full AI automation.

ii AI will primarily act as a supportive and augmenting technology, enhancing client safety through monitoring, improving medication adherence, streamlining administrative tasks for carers, and optimizing care delivery logistics.

iii The demand for domiciliary carers is set to grow significantly. Carers who are comfortable using basic assistive and monitoring technologies will be better equipped to provide efficient and safe care, allowing more time for quality human interaction.

§ 03 ACTIONS 15 POINTS

What this means for you

Concrete changes to how the work gets done, in the order you are likely to meet them.

01 **AI for Remote Client Monitoring & Safety Alerts.** Utilizing systems with smart sensors or wearables that use AI to detect falls, unusual inactivity, or changes in vital signs, alerting you or emergency contacts.

02 **AI-Optimized Visit Scheduling & Route Planning.** Care agencies using AI to create efficient visit schedules and routes for domiciliary carers, helping you manage your time and travel.

03 **Smart Medication Management & Reminders.** Assisting clients with AI-powered pill dispensers or apps that provide medication reminders, track adherence, and can alert you to missed doses.

04 **Voice Assistants & Smart Home Environmental Control.** Helping clients use voice-activated AI assistants (e.g., Alexa) to control lights, heating, make calls, or access entertainment, promoting their independence.

05 **Facilitating Communication with Family & Healthcare Team.** Using AI-assisted communication platforms or apps to provide updates to family members or coordinate with other healthcare professionals.

06 **Streamlined Care Notes & Documentation.** Employing voice-to-text AI or specialized care apps to more efficiently document visit notes, observations, and client progress.

07 **AI for Basic Companionship & Engagement (Supplemental).** Introducing or assisting clients with AI-powered companion robots or conversational AI for basic social interaction or cognitive activities, *to supplement, not replace*, human contact.

08 **Personalized Care Plan Insights (Future Potential).** AI might analyze client health data and preferences to suggest activities or adjustments to care plans, for you to consider and discuss with supervisors/clients.

09 **Training in Using New Home Care Technologies.** Receiving training and staying updated on how to use and troubleshoot AI-enabled devices and software used in client homes.

10 **Nutritional Support & Meal Planning Assistance.** Using AI apps that help track dietary needs or suggest simple meal ideas, which you can then help prepare or encourage.

11 **Early Detection of Changes in Condition.** AI monitoring tools may help flag subtle changes in a client's behavior, mobility, or routine that could indicate an emerging health issue, prompting your closer observation.

12 **Supporting Client Use of Telehealth Services.** Assisting clients in setting up and using devices for virtual appointments with doctors or therapists.

13 **Managing Privacy & Ethical Concerns with In-Home AI.** Ensuring client consent and privacy are respected when using AI monitoring or assistive technologies.

14 **Reporting Feedback on AI Tool Effectiveness.** Providing input to your agency or tech providers on how well AI tools are working in real-world home care settings.

15 **Focus on Holistic Well-being & Social Interaction.** As AI handles some monitoring, dedicating more quality time to conversation, companionship, and activities that enhance the client's overall well-being.

§ 04 CAUSES 10 DRIVERS

What is pushing this change

01 **Aging Population & Preference for Aging in Place.** A growing elderly population requires more in-home care, and most prefer to stay in their own homes for as long as possible.

02 **Shortage of Domiciliary Care Workers & Need for Efficiency.** AI and technology are seen as ways to augment the capacity of human carers, optimize schedules, and manage workloads in the face of staffing challenges.

03 **Advancements in IoT, Wearables & Smart Home Technology.** These devices provide the infrastructure for AI to monitor clients remotely, control environments, and provide assistance.

04 **Desire to Enhance Client Safety & Prevent Emergencies.** AI-powered fall detection, activity monitoring, and health alerts can significantly improve safety for vulnerable individuals living alone.

05 **Need for Cost-Effective Long-Term Care Solutions.** AI and remote monitoring can potentially reduce the need for constant human presence for some tasks, making care more affordable.

06 **Development of AI for Remote Health Monitoring & Alerts.** AI algorithms can analyze data from sensors to detect anomalies, predict risks (like falls), and alert carers or emergency services.

07 **Increased Use of Telehealth & Remote Care Models.** AI can facilitate remote check-ins and data sharing, supporting telehealth interactions between clients, carers, and medical professionals.

08 **Focus on Proactive & Preventative Care for Chronic Conditions.** AI monitoring can help track chronic conditions and identify early warning signs, enabling proactive interventions.

09 **Family Members Seeking Peace of Mind for Loved Ones.** AI-enabled monitoring and communication tools can provide reassurance to families that their relatives are safe and well.

10 **AI for Optimizing Care Schedules & Logistics.** For care agencies, AI can optimize routing and scheduling of carers to improve efficiency and ensure timely visits.

§ 05 VARIATION 5 SECTORS

Impact by sector

The headline figure is an average. Where you work changes the picture.

Elderly Care / Geriatric Domiciliary Carers	High use of AI for fall detection, medication reminders, remote vitals monitoring, and smart home assistance. Core focus on companionship and ADL support.
Domiciliary Carers for Individuals with Physical Disabilities	AI integrated into assistive technologies (smart wheelchairs, environmental controls), communication aids, and remote monitoring for health changes.
Domiciliary Carers for Individuals with Cognitive Impairments (e.g., Dementia)	AI for GPS tracking (wandering prevention), simple cognitive engagement tools, safety sensors, and potentially analyzing behavioral patterns (with strong ethical focus). Empathy and patience are paramount.
Palliative / End-of-Life Domiciliary Carers	AI for remote monitoring of comfort levels or symptoms, facilitating communication. Overwhelming focus on human-provided comfort, emotional support, and dignity.
Post-Operative / Rehabilitation Home Carers	AI for monitoring recovery progress (e.g., mobility via sensors), medication reminders, and facilitating telehealth check-ups with therapists/doctors.

§ 06 PREPARATION 8 SKILLS

Skills to build

The skills that keep the human part of this work valuable as the routine part is automated.

01 **Empathy, Compassion & Patience.** The core ability to connect with clients on a human level, understand their emotional needs, and provide caring support. Irreplaceable by AI.

02 **Interpersonal & Communication Skills.** Effectively communicating with clients (who may have impairments), their families, and other healthcare professionals involved in their care.

03 **Observational Skills & Attention to Detail.** Noticing subtle changes in a client's physical or mental condition, behavior, or home environment that might indicate a problem.

04 **Physical Assistance & Personal Care Techniques.** Safely and respectfully assisting clients with activities of daily living (bathing, dressing, mobility, feeding), a fundamentally human task.

05 **Problem-Solving & Adaptability (especially with client needs).** Responding to unexpected situations, adapting care routines to changing client needs, and troubleshooting basic issues with home care technology.

06 **Basic Digital Literacy & Familiarity with Care Technologies.** Comfort in using basic AI-powered apps for scheduling, communication, medication reminders, or assisting clients with smart home devices.

07 **Time Management & Organizational Skills.** Managing visit schedules effectively, prioritizing tasks during visits, and keeping accurate records (often digitally).

08 **Ethical Conduct, Respect for Privacy & Dignity.** Maintaining client confidentiality, respecting their autonomy and choices, and ensuring all care is provided with dignity, especially when using monitoring tech.

§ 07 INSTRUMENTS 11 ENTRIES

Tools in use

KINDS OF TOOL WORTH KNOWING

01 **AI-Powered Remote Monitoring Systems (Sensors, Wearables).** Systems using AI to analyze data from in-home sensors or wearables to detect falls, inactivity, or changes in vital signs and send alerts.

02 **Smart Medication Dispensers & Reminder Apps.** Devices or apps that use AI for medication scheduling, providing reminders, tracking adherence, and alerting caregivers.

03 **Voice Assistants & Smart Home Devices.** Platforms like Amazon Alexa or Google Home used by clients (often with carer assistance) for environmental control, communication, and reminders.

04 **Care Coordination & Scheduling Software (Agency-level).** Software used by care agencies, often with AI, to optimize carer routes, schedules, and manage client information.

05 **Fall Detection Devices (AI-enhanced).** Wearable or ambient sensors that use AI algorithms to accurately detect falls and automatically trigger alerts.

06 **Digital Care Noting & Communication Apps.** Mobile applications for carers to document visit notes (sometimes with voice-to-text AI), communicate with the care team, and access client information.

NAMED TOOLS ALREADY IN USE

CarePredict / Aloe Care Health / Amazon Alexa (Care Hub features)
AI-powered systems using wearables and sensors for activity tracking, fall detection, and identifying changes in behavior patterns in seniors.

Hero Health / MedMinder / PillConnect
Smart pill dispensers that sort and dispense medications, provide reminders, and can alert caregivers to missed doses.

Google Nest Hub / Amazon Echo Show (for smart home control & video calls)
Smart displays and voice assistants used for controlling smart home devices, making video calls to family, and setting reminders.

Various agency-specific scheduling software (e.g., ClearCare/WellSky, AxisCare often incorporate optimization)
Home care software platforms used by agencies for scheduling, client management, and billing, increasingly with AI for route/schedule optimization.

Apple Watch (Fall Detection) / Medical Guardian / Philips Lifeline
Consumer wearables and dedicated medical alert systems that use AI-enhanced sensors to detect falls and automatically contact help.

§ 08 EXAMPLES 5 EXAMPLES

In practice

Ways people in this role are already using AI, and what they get from it.

Respond to AI-Generated Fall Alerts or Safety Warnings

EXAMPLE 1

HOW If a client has an AI-powered fall detection system or remote monitoring, you would be alerted to an incident or concerning pattern, enabling a quick response or check-in.

GAIN Enhances client safety by enabling faster responses to emergencies or critical changes in health status.

Assist Clients with AI-Powered Medication Dispensers

EXAMPLE 2

HOW Help set up and teach clients how to use smart pill dispensers that provide reminders and track doses, then follow up on any alerts for missed medication.

GAIN Improves medication adherence and safety, reducing risks associated with incorrect dosing or missed medications.

Use Smart Home Voice Assistants for Client Independence

EXAMPLE 3

HOW Show clients how to use devices like Amazon Alexa or Google Home to control lights, make calls, or set reminders, promoting their autonomy.

GAIN Increases client independence and quality of life by making it easier for them to control their environment and stay connected.

Follow AI-Optimized Visit Schedules from Your Agency

EXAMPLE 4

HOW Your care agency may use AI software to plan your daily routes and visit times for maximum efficiency, which you would follow via a mobile app.

GAIN Reduces your travel time, allows for more efficient use of your working day, and helps ensure timely care for all clients.

Utilize Voice-to-Text AI for Efficient Care Noting

EXAMPLE 5

HOW — After a visit, use dictation software on your phone or tablet to quickly record your care notes, observations, and any changes in the client's condition.

GAIN — Saves significant time on manual paperwork, improves the accuracy and timeliness of care records, and allows more focus on direct care.

§ 09 CONTEXT

How this role compares

Three neighbouring roles chosen to show the direction of travel.

Administrative Schedulers for Care Agencies (Basic Scheduling)

MORE EXPOSED

AI IMPACT — High (AI can optimize complex visit schedules, routes, and carer assignments based on multiple constraints much more efficiently than manual methods)

WORK MOVES TO — Role shifting to managing the AI scheduling system, handling exceptions, complex client needs, and carer communication.

Geriatric Technologists / AI in Home Care System Installers

DIFFERENT SKILLS, GROWING

AI IMPACT — Foundational/Enabling (They select, install, configure, and troubleshoot the AI-powered smart home and remote monitoring technologies used by clients and carers)

WORK MOVES TO — Technical skills in IoT, smart home systems, AI software, and understanding the specific needs of elderly or disabled individuals.

Occupational Therapists / Physiotherapists (Specialized Home Therapy)

COMPLEMENTARY, LESS EXPOSED

AI IMPACT — Moderate Augmentation (AI for remote monitoring of exercise adherence, virtual therapy sessions for some conditions), but core assessment, hands-on therapy, and personalized rehabilitation planning remain human-led.

WORK MOVES TO — Deep clinical expertise in rehabilitation, manual therapy skills, and designing individualized treatment plans.

§ 10 VERDICT

Closing judgement

> For Domiciliary Carers, AI offers valuable tools to enhance client safety, improve efficiency, and support independence, but it will not replace the core human qualities of compassion, empathy, and skilled personal assistance that define the role. The future involves carers working synergistically with technology to provide high-quality, person-centered care in the home.

§ 11 BASIS REVISED 5 OCTOBER 2026

Evidence and revisions

What the exposure figure rests on, what changed when it was last revised, and the published work cited for this role.

SCORE

25 to 20

WINDOW

5-15 years (unchanged)

The 5 October 2026 review moved the score down by 5 points.

Exposure Index v2. Inputs: task applicability 10/100 (Microsoft AI applicability score 0.05 for Home health and personal care aides); observed usage not measured for this occupation, so its weight was spread across the other inputs; official exposure tier 40/100 (BLS: moderate); labour-market trajectory 5/100 (BLS projects employment to grow 18.1% over 2025–35); published adoption rating 25/100 (low-medium adoption). Weighted base 19.7. Final score 20. The previous figure of 25 was lowered by 5 points: the earlier method kept 60% of the weight on an undocumented editorial prior and capped movement at fifteen points, so the measured evidence was only partly reflected. The change window is unchanged.

HOW THE FIGURE IS BUILT (EXPOSURE INDEX V2)

Task applicability — Microsoft Research, AI applicability score	10 × 44%	4.5
Observed usage — Anthropic Economic Index, observed exposure	not measured	—
Official exposure tier — US BLS AI-exposure category	40 × 25%	10.0
Labour-market trajectory — US BLS projected employment change 2025–35	5 × 13%	0.6
Published adoption rating — This report's adoption level	25 × 19%	4.7
Weighted base		19.7
Exposure score		20

MEASURES BEHIND THE SCORE

US Bureau of Labor Statistics · *Employment Projections 2025–35 and AI Exposure Categories* (27 August 2026)

AI-exposure tier: Moderate. Projected employment change 2025–35: +18.1%. Matched to Home health and personal care aides.

PUBLISHER PDF ARCHIVED COPY

Microsoft Research · *Working with AI: Measuring the Applicability of Generative AI to Occupations* (10 July 2025)

AI applicability score 0.05 (percentile 12 of 785 occupations) for SOC 31-1120.

PUBLISHER PDF ARCHIVED COPY

UK Department for Science, Innovation and Technology · *Assessment of AI capabilities and the impact on the UK labour market* (28 January 2026)

UK context: around 70% of UK workers are in occupations with tasks AI could perform or enhance, above the US average; a one-standard-deviation rise in exposure was associated with a 3.9% fall in UK job postings.

PUBLISHER ARCHIVED COPY

ALSO CITED FOR THIS ROLE

McKinsey Global Institute · *Agents, robots, and us: Skill partnerships in the age of AI* (25 November 2025)

Skills tied to assisting and caring are expected to change least; this is where AI most clearly complements rather than substitutes.

PUBLISHER

International Monetary Fund · *Bridging Skill Gaps for the Future: New Jobs Creation in the AI Age* (14 January 2026)

The IMF places clinical and care roles in the high-complementarity group, where AI raises productivity without reducing headcount.

PUBLISHER PDF

Indeed Hiring Lab · *AI at Work Report 2025: How GenAI is Rewiring the DNA of Jobs* (23 September 2025)

Indeed rates nursing the least exposed major occupation (68% of typical skills minimally affected).

PUBLISHER

Archived copies are served only where the licence permits; otherwise the link goes to the publisher. Full research library: https://www.careerguard.ai/sources

§ 12 APPENDIX

Method and sources

Each report was written from a large body of published research. The exposure score itself is computed, not written: it is the CareerGuard Exposure Index, a weighted average of occupation-level measures from the US Bureau of Labor Statistics (AI-exposure classification and 2025–35 projections), Microsoft Research (AI applicability scores) and Anthropic (observed exposure), together with the adoption rating published on the report. The organisations and publications below are the standing literature behind the narrative sections. Every source, with dates, licences and archived copies where we are permitted to hold them, is catalogued in the research library.

Exposure Index v2 (October 2026). Each input is scaled to 0–100 and weighted: task applicability 35% (Microsoft AI applicability score ÷ 0.5), observed usage 20% (Anthropic observed exposure ÷ 0.75), official exposure tier 20% (BLS very high = 100, high = 70, moderate = 40, low = 10), labour-market trajectory 10% (50 2.5 × projected % employment change), published adoption rating 15% (very high = 85, high = 70, medium-high = 55, medium = 40, low-medium = 25, low = 10). Inputs not measured for an occupation are dropped and the remaining weights renormalised. An editorial adjustment of at most ±12 points is allowed only for automation channels the measures cannot see (robotics, self-service, machine vision, medical imaging, RPA/OCR, generative video) and is always logged with its reason. Scores are whole numbers, not rounded to five. The change window shifts one notch (a year at each end) per ten points of movement.

I GLOBAL AND MACROECONOMIC IMPACT OF AI ON WORK

World Economic Forum

The Future of Jobs Report series — Employer survey of expected job growth and decline, skill shifts and technology adoption (2020, 2023 and 2025 editions); Artificial Intelligence and the Future of Entry-Level Work (2026).
AI governance and transformation reports — Frameworks on ethical AI, talent strategy and industry transformation.

McKinsey Global Institute

AI, Automation and the Future of Work series — Research quantifying automation potential by task, sector and demographic, from "Jobs Lost, Jobs Gained" to "Agents, robots, and us" (2025).
Industry-specific reports — Financial services, healthcare, manufacturing and others.

PwC

Global AI Jobs Barometer — Annual analysis of job postings and productivity by AI exposure (2024–2026 editions).
Upskilling Hopes and Fears survey — Employee perceptions and readiness.

Microsoft Research and Anthropic

Working with AI (2025); Anthropic Economic Index (2025–2026) — Occupation-level usage data from Copilot and Claude conversations, the two observed-usage measures behind the 2026 revision.

Stanford Digital Economy Lab and Stanford HAI

Canaries in the Coal Mine? (2025–2026); AI Index Report (annual) — Payroll evidence on early-career employment in exposed occupations; annual measurement of AI capability, investment and adoption.

Deloitte

Human Capital Trends series — Workforce, talent and HR technology trends.
Tech Trends series — Emerging technologies and their business implications.

Accenture

Technology Vision series — Forward-looking analysis of emerging technology, with emphasis on AI.
Fjord Trends — Design, innovation and human experience in a digital world.

Boston Consulting Group

AI/ML insights and industry solutions — "The AI Revolution in the Workplace" and related research.

EY

AI and workforce reports — Adoption, talent strategy and ethics.

IBM Institute for Business Value

AI and automation studies — Business models, workforce evolution and leadership.

OECD

AI Policy Observatory — International data and policy on AI, labour markets and skills.
Employment Outlook — Labour-market trends including technological impact (2023–2026 editions).

International Labour Organization

Generative AI and Jobs: A Refined Global Index of Occupational Exposure (2025) — Task-level exposure gradients for every ISCO occupation; successor to the 2023 global index.

International Monetary Fund

Staff Discussion Notes on AI and work (2024, 2026) — Complementarity framing: where AI augments and where it substitutes.

UK Department for Science, Innovation and Technology

Assessment of AI capabilities and the impact on the UK labour market (2026) — UK occupational exposure and job-posting evidence.

Brookings Institution

AI and automation research — Economic and social implications, displacement and skills.

Yale Budget Lab and Goldman Sachs Research

Tracking the Impact of AI on the Labor Market; AI and the US labour market (2026) — Aggregate labour-market monitoring; macro displacement estimates.

Oxford University (Oxford Martin School)
The Future of Employment — Frey & Osborne and subsequent research on susceptibility to automation.

MIT Technology Review
AI & Work — Reporting on AI research and its implications for industries and jobs.

Gartner
Hype Cycle for Artificial Intelligence — Maturity and adoption of AI technologies.
Future of Work reports — Workplace models and talent strategy.

U.S. Bureau of Labor Statistics
Employment Projections 2025–35; AI Exposure Categories; Occupational Outlook Handbook — Ten-year employment projections and, from the 2025 cycle, an AI-exposure tier for every detailed occupation.

Indeed Hiring Lab
AI at Work Report (2025) and posting-market updates — Skill-level transformation estimates and job-posting trends by occupation.

II CORE AI AND MACHINE-LEARNING RESEARCH

OpenAI
Research papers, blog and API documentation — Large language models, generative AI, safety and societal impact.

Google DeepMind
Research papers and blog — Reinforcement learning, AI for science, AGI and ethics.

Meta AI
Research papers and blog — Large language models, computer vision, AI for social good.

Hugging Face
Transformers library and model hub — Open-source state-of-the-art NLP models.

TensorFlow and PyTorch
Documentation and community forums — Core frameworks illustrating practical capability.

arXiv
cs.AI, cs.LG, cs.CV, cs.CL — Pre-print research.

NeurIPS and ICML
Conference proceedings — Top-tier academic research.

ACM and IEEE
Journals and proceedings — ACM Computing Surveys; IEEE Transactions on AI.

Kaggle
Datasets and competition solutions — Applied machine learning on real-world problems.

The Alan Turing Institute
Research and reports — Responsible and applied AI.

III ETHICAL AND RESPONSIBLE AI DEPLOYMENT

NIST
AI Risk Management Framework — Voluntary framework for managing AI risk.

European Commission
AI Act — Risk-tiered legal framework for AI.
Ethics Guidelines for Trustworthy AI — Principles for responsible development.

Partnership on AI
Research and best practice — Responsible AI development.

AI Now Institute
Annual reports — Social implications: power, inequality, rights.

ACM FAccT
Proceedings — Fairness, accountability and transparency.

Data & Society
Publications — Social implications of data-centric technology.

WIPO
Conversation on IP and AI — Intellectual-property implications of AI.

IEEE Global Initiative on Ethics of A/IS
Ethically Aligned Design — Recommendations for ethical AI design.

Center for AI and Digital Policy
Policy briefs — Accountable AI policy.