

Five Tech Tips for Older Adults

Becoming tech-savvy is increasingly important with age, as it can help prevent feelings of social isolation as well as aid you or your loved ones in day-to-day activities. Discover five tech tips and tricks designed to help you get acquainted with technology and its uses.

1. Take advantage of health technology

Telehealth is becoming popular and it certainly has its advantages. Using mobile devices and computers can help older adults get in touch with their medical provider right in the comfort of their own home. This reduces travel and is a convenient way to meet with your doctor and get the help you need when you need it.

2. Fight off social isolation

The pandemic has resulted in reduced face-to-face social interaction which has led to feelings of social isolation, especially in older adults. Fight these feelings with the use of technology! Stay connected with family and friends by using apps like Zoom, Skype or FaceTime to catch up when you are unable to meet in person.

3. Delivery services

Tired of grocery shopping? Well you're in luck! Many grocery stores offer grocery delivery services that will bring your food right to your door. Simply choose what groceries you would like online and place your order. It is as simple as that! This service is especially helpful for those loved ones who may have mobility issues or a lack of transportation.



4. Stimulate Your brain

Have fun while stimulating your brain by taking advantage of free puzzle websites like Jigidi, Ball Droppings, Mad Ciphers, or Live Puzzles. Each of these websites provide fun and challenging puzzles of all levels that will be sure to keep you entertained.

5. Learn Something New

No matter your age, learning is something that never goes out of style. Take advantage of free learning tools on the internet to keep your gears turning. Start learning a new language with Duolingo or choose from a variety of different topics to learn on Khan Academy! You can even access free tutorials on YouTube or activate your cultural side by taking part in a virtual museum tour. Best part of all is that these resources can all be accessed from the comfort of your own home.

Start learning today!