

5 Smart Ways for Seniors to Use Technology



Not all technology is easy to use, whether you're a senior or not. But when it comes to tech devices and tools that help facilitate a connection between loved ones, it's worth navigating the learning curve. Fortunately, many applications and tech devices that seniors (and all ages) help seniors keep in touch and connect with their families and friends.

Virtual Classes Address Health and Wellness

One way for seniors to use technology is by attending virtual classes. Whether it's fitness-related or health-focused, going to class can be as simple as clicking a link. Virtual classes at [Harrison Family YMCA](#) are one example of distance learning done right. All ages can participate in a classroom experience without leaving home. The social element of logging in with others can also be helpful for older adults living alone.

Of course, before your senior heads online, they'll need a strong Wi-Fi connection to get started. Even in rural areas where broadband is unavailable, you can still get [fast and reliable](#) high-speed Wi-Fi. Understanding how to stay safe online is also a must, so be sure your loved one is well-versed in [digital safety](#) before logging on.

Video Chat Helps Family Feel Closer

Video chat is an excellent tool for maintaining connections across long distances. And though there are plenty of video chat apps (including free ones) your loved one can download, some devices are better than others for high-definition video calls.

Some [video communication devices](#) target seniors, especially, such as the GrandPad and Konnekt Videophone. In many cases, instructing an older family member on using one of these devices could be simpler than introducing a new app. Plus, devices from Google and Amazon that feature screens and voice controls that make it easier to manage calls (or drop in on your loved one as necessary).

Snapping Photos is Easier Than Ever

Sharing your life via digital means can seem complicated. But connecting with photos is easier than ever, especially for seniors with a well-equipped smartphone. Though some older adults may prefer a cell phone that only offers voice calling, others will enjoy the ability to snap photos and make (and share) memories.

TechRadar lists the Jitterbug and other similar senior-oriented devices as their top [phones for older adults](#). But their list also features more advanced phones that offer “simple” modes or straightforward navigation that's user-friendly.

Messaging is Easy Across Distances

Messaging is another way that seniors can stay in touch with loved ones. The ability to send photos, text, and even GIFs means more ways to express yourself. Texting can be especially handy if you're trying to bridge the gap between teens and grandparents – studies report that millennials and Gen Z adults [prefer texting](#) over talking.

Unfortunately, statistics also show that [adults with aging parents](#) are “somewhat less likely” to communicate with their family members on a daily basis than adults with younger parents (under 65). Texting can make it easier for all ages to keep in contact in a [convenient way](#).

Learning Tech Together Promotes Bonding

As Forbes discovered, seniors are more likely than ever before to [own newer tech](#). But using it often involves frustration – which can be a significant barrier to communication with family. One way to increase the odds that your senior loved one will assimilate into the digital world – and [benefit from the experience](#) – is by learning together.

Helping your loved one navigate a new device, app, or wearable product can be an excellent way to spend time together. And with a hands-on introduction to their new laptop, phone, or another device, many older adults will feel confident when it's time to make calls, send texts, and more.

Introducing your senior loved one to new technology can feel daunting to you both. But navigating the path toward a more digitally savvy family tree is a worthwhile adventure. Knowing that your senior family member can improve their health, connect with their community, and deepen familial bonds offers even more incentive to tackle new tech.

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