



## 10 Technology Must Haves for Seniors

1. **Wireless Internet** is *the* way to connect to the world wide web. More and more nursing homes are making WiFi available to their residents.
2. **Tablets & iPads** with touchpad technology are easy to navigate, lightweight to carry and are the preferred platform for seniors for social media, email and photo sharing.
3. **Hearing Aids** are trending toward smaller and smaller devices with many including Bluetooth capabilities.
4. **Skype** enables communicating with family and friends in real time and has many obvious benefits. Proven to be quite doable for many seniors.
5. **Health Tracking Software** can help monitor a someone's movement and progress and remind them to take their medication.
6. **Wireless Home Monitoring Systems** that have sensor devices can detect dangerous situations such as falls and changes in vital signs that alert for immediate emergency intervention.
7. **Home Assistive Technologies** abound today with LED lighting, photo-enhanced phone dialers, stove shut-off systems and medication dispensing appliances to name a few.
8. **Smartphones** are continually making apps available to improve their user friendliness to seniors. Larger icons and photo speed dialing are popular enhancements.
9. **GPS Technology** in the form of watches, clothing or smartphones can be useful for keeping track of seniors at risk for disorientation and getting lost.
10. **Video & Computer Games** have been found to improve cognition and mental ability in addition to physical fitness with the proper applications such as Wii Fit.

[Source: Social Media Scoop for Seniors: 10 Pieces of Technology Seniors Should Embrace](#)