

Discovering Apps

Older adults are increasingly embracing technology. Apps can help them stay connected, healthy, and entertained.



First Do Your Research

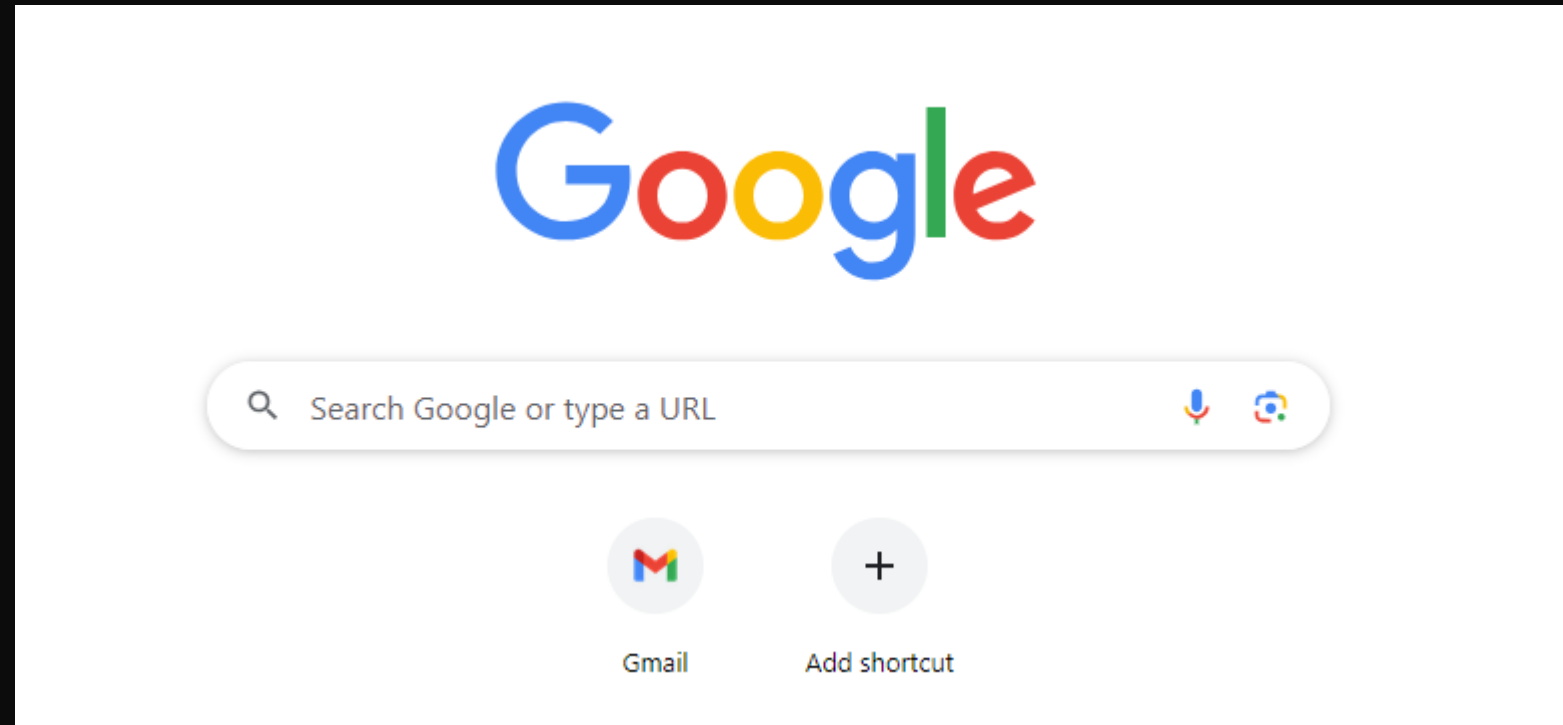


Figure out your need, then search for apps that fit the bill.
For good measure check out comparisons and reviews

How to Install Apps on iPhone and Android

Installing apps on your smartphone is easy and can unlock new features and tools. On iPhone, simply open the App Store and search for the app you want. On Android, open the Google Play Store and search for the app. Be sure to read reviews and check the app's permissions before installing.



Benefits of Using Apps for Seniors



1 Stay Connected

Apps enable seniors to communicate with family and friends, reducing loneliness and social isolation.

2 Improve Health

Apps can help seniors manage their health and medications, improve memory and mental health, and reduce stress.

3 Entertainment

Apps can provide stimulating and fun experiences for seniors, including games and virtual tours.

Top Apps for Health and Wellness



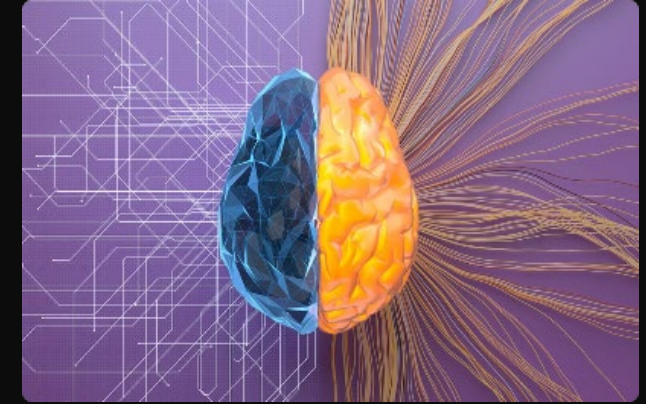
Headspace

Guided meditations and mindfulness exercises to reduce stress and anxiety.



Medisafe

Helps seniors keep track of medications and reminds them when to take their pills.



Elevate

Improves cognitive functions, including memory, attention, and processing speed.

Top Apps for Socializing and Communication



WhatsApp

Allows users to video chat and call family and friends all around the world.

Facebook

Enables users to connect with others, share photos, and keep up with news and events.

AARP Now

Provides news and alerts for seniors, as well as discounts on food, travel, and entertainment.

Top Apps for Entertainment



Virtual Museum Tours

Provides virtual tours of museums and other cultural institutions around the world.

1

Words With Friends 2

A fun word game for seniors to play with family and friends.

2

Magical Music Player

Allows seniors to listen to their favorite songs and discover new ones.

3



Conclusion

Apps can greatly benefit seniors in many ways. They help them stay connected, improve their health, and provide entertainment.