

STAYING CONNECTED

According to Meals on Wheels, 1 in 4 seniors lives alone and 1 in 5 feels lonely. With a growing population of individuals over 60, and the way we stay socially connected rapidly changing, it can be difficult for seniors to stay connected. Mobile devices, such as phones and tablets, can be expensive, confusing, and impractical for many seniors. Here we talk about practical mobile devices and other ways to help keep seniors connected.



Social Media

Social media consists of virtual communities in which users share ideas, information, and other content. These platforms can be used to facilitate connections between individuals. Many seniors use social media to stay connected with friends and family, and to explore new interests and social connections.



The most commonly used social media platforms are free, and only require users to make an account, which usually requires an email address.



Check out this comprehensive guide to social media for seniors provided by Caring Senior Services:

https://cdn2.hubspot.net/hubfs/433510/docs/Senior%20Social%20Media%20Guide.pdf?_hssc=44263035.1.1591871833184&_hstc=44263035.2d68007bb05b74c50073cb33e933ca98.1591871833180.1591871833180.1591871833180.1&_hsfp=2984226727&hsCtaTracking=3bdecce9-bdfa-4445-bf7b-ab8e72155fe1%7C0c805a80-b514-4bcd-a325-d9d5a13eae11

The Best Cell Phones for Seniors

Other factors to consider when choosing a phone include things like battery life, storage, durability, touchscreen vs. dial pad, display screen size, and camera quality. Below are links to sites comparing the best phones for seniors, feature by feature.

<https://www.seniorlink.com/blog/the-50-best-cell-phones-for-seniors>

<https://www.caring.com/best-cell-phones-for-seniors/>

Best Tablet devices for seniors

Tablet devices often perform many, sometimes even all, of the functions found on a smartphone device. They have larger screens, which can make them easier to use for many seniors. These devices also boast longer battery lives when compared to cellphones and are a practical option for many seniors. Check out this link for the best tablets for seniors.

<https://assistedlivingtoday.com/blog/best-tablets-for-seniors/>

Affordability

Many seniors are on a fixed income and may not have the financial resources required to purchase a phone. The Lifeline program provides one phone per household for those who qualify and can also help to provide internet service. For more information, visit the link below:

<https://www.fcc.gov/consumers/guides/lifeline-support-affordable-communications>