



# When Technology And Seniors Come Together

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There's this common misconception that technology and seniors don't mesh. While it's true that some seniors may feel intimidated by the continuous advancements in technology, this can be said of almost every age group. The fact of the matter is – more seniors are embracing technology than ever before. They are discovering new opportunities to learn, communicate and protect themselves through the use of technology.

As seniors begin to stay closer to home or stop driving altogether, the chance for social isolation can occur. Communication technologies, like Facebook, video chat and even email can help them connect to the outside world. My favorite Facebook story involving a senior involves one of our residents at Independence Hill Retirement Community. She attended one of our technology classes to learn more about Facebook. Almost immediately, she began to receive friend requests from several of her former students who had been looking for her. She had no idea she had made on their lives or that they would be so excited to have the opportunity to contact her!

“What a great compliment to have them want to connect with me!” she exclaimed. “We always had fun in class while we learned. I guess they appreciated that!”

With families moving across the globe, video chat and Facebook are inexpensive, immediate and simple ways to keep in touch. Smartphones also offer a variety of ways to communicate with an added layer of protection since they can be taken anywhere and used to call for help in case of an emergency. iPads and tablets are also great tools – easier to understand and operate than most desktops. Their screens can also be viewed more clearly so seniors and individuals of all ages can enjoy games like Words with Friends, chess and crossword puzzles or stay mentally fit while playing Mahjong, Trivial Pursuit or Tetris.

Technology can even help you stay physically fit. Nintendo Wii and other gaming systems can take you bowling, golfing, etc. in your own living room without the physical strain you might experience from actually participating in that particular sport. Gaming is also a great way to spend time with the



Technology can be a great way for seniors to stay in touch with loved ones and maintain their social lives from the comfort of their own home.

grandkids and a chance to be that “cool” grandparent! It is a beautiful thing to see technology and seniors come together.

There are also several helpful tools that can be accessed via smartphones, tablets and computers. You can track your medications, receive medication reminders, download a magnifying glass app, and even check your blood pressure or track your activity...there's endless software out there specifically designed for seniors who want to stay active and in tune with the times.

So fear not, technology can be a resource for all ages. Get started by checking out Independence Hill Retirement Community's website at [www.independencehill.com](http://www.independencehill.com) and our Facebook page at [www.facebook.com/independencehill](http://www.facebook.com/independencehill). And to experience this fun and active community in person, call 210-209-8956 for lunch and a personal tour.

Independence Hill Retirement Resort Community is located at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit [www.independencehill.com](http://www.independencehill.com).

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