

Helping aging adults adapt to tech



If seniors have had a hard time adapting to technology, their families can try these strategies to make that transition go more smoothly.

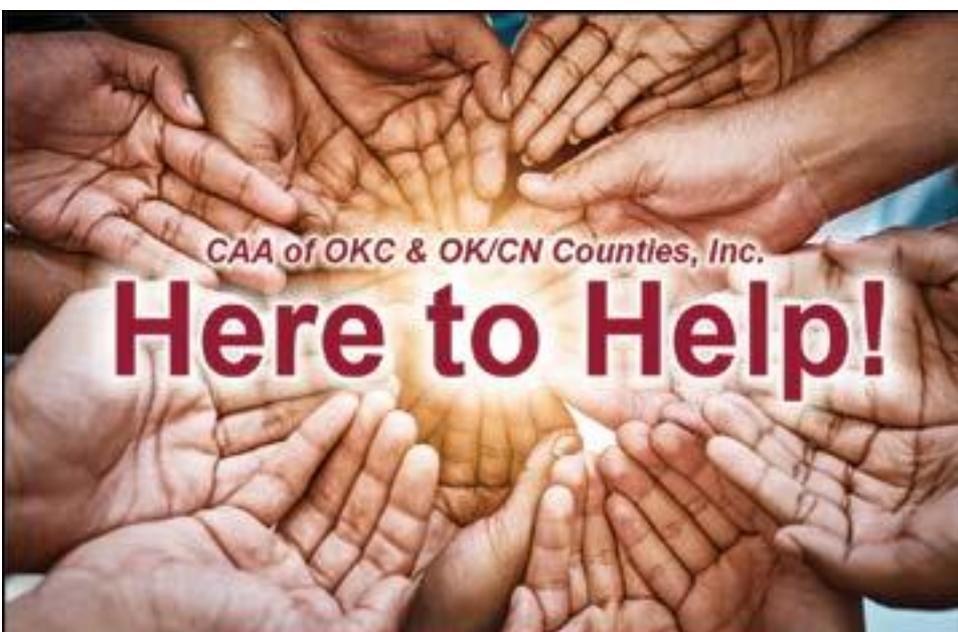
Children, adolescents and young adults likely cannot imagine a life without modern technology. Technology may have pervaded every part of life in the 21st century, but it wasn't so long ago that phones were still attached to walls and people had to watch their favorite shows and films exclusively on televisions instead of having the option to watch them on devices like smartphones and tablets. The transition to life in the age of technology went smoothly for most segments of the population, but some aging adults have had a more difficult time making the adjustment. That difficulty was apparent throughout the COVID-19 pandemic, when public health agencies like the World Health Organization and the Centers for Disease Control and Prevention urged aging adults to limit interactions with people outside their homes. Such recommendations forced many seniors to communicate with their families exclusively over the phone or via video conferencing apps like Zoom. If seniors have had a hard time adapting to technology, their families can try these strategies to make that transition go more smoothly. Go over product manuals with seniors. The senior caregiving experts at Home Care Assistance note that older adults are less likely to learn through experimentation than they are by reading instructions in the manual. When helping seniors learn to use new devices, go over the owner's manual with them as you set up the device. Mark important pages in the manual so seniors know where to go for quick answers if they experience any issues logging in or using certain apps. Look for senior-specific devices and guidebooks. Seniors make up an enormous segment of the population, and tech companies have long since recognized that there's a market for products designed specifically for aging men and women. When shopping for devices for seniors, look for those that have been designed to help them overcome issues that have proven problematic for aging adults in the past. Devices that feature touchscreens with large menus, easily accessible navigation

See Technology, page 18

Enjoy senior discounts on recreational activities

Despite the efforts of Juan Ponce de Leon, there is no magical Fountain of Youth. Getting older is inevitable and it is important to see the silver lining of aging. Among the various perks that come with age, including increased knowledge and experience, are a whole host of discounts for the aging population. Men and women who have reached a certain age are entitled to key discounts if they know where to look. The ages at which discounts are available vary. Auto insurance companies may provide a senior discount to drivers who are over 50. Certain restaurants offer these discounts for those over the age of 55. Retailers may begin offering discounts to customers who are over the age of 60. Many discounts can be used for recreational activities. Dining out: Why pay full price for a meal if you don't have to? A meal out with friends and loved ones becomes a bit more affordable thanks to the senior discounts available through many different restaurants, whether it's chains or independently owned eateries. Hotels: Seniors booking their stays through select hotel chains may be eligible to reduce their costs by 10 percent or more. When making the reservation, check to see if you qualify for an age-related discount. Some may be affiliated with memberships in organizations like AARP. Theme parks: Before buying entry tickets or season passes, check with the membership office regarding senior discounts. Certain items also may be discounted throughout the parks. Movies: Movie theaters may offer special viewing days or times that are discounted. Flights/cruises: Discounted senior fares are available on select flights for Delta Airlines and American Airlines. British Airways offers up to \$200 off flights and packages when booked online

See Discounts, page 18



CAA of OKC & OK/CN Counties, Inc.

Here to Help!

The Community Action Agency assists low income families with emergency services.



319 SW 25th Street
Oklahoma City, OK 73109
(405) 232-0199