

# Top 3 Affordable Technologies for Seniors



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In our technology-focused world, it can be difficult to know which tools to use for each situation we find ourselves faced with. But it's extremely possible to find a useful, affordable, easy-to-use tool for all of our needs, especially for staying in touch with loved ones. And, in fact, more than [70 percent](#) of elderly folks are using the internet for various things nowadays. "We're already seeing some really interesting ways [technology](#) is being used to help people as they age," author Ben Jonash told CNBC. More than ever, they're depending on these kinds of tools to communicate with friends and family members.

[CAIPA Social Daycare Center](#) takes a look at the kinds of technologies that are out there that can help you stay in contact and keep your bank account intact in the process.

## Zoom Video Chat

Everyone is talking about Zoom these days, and for good reason. Folks are using the video [chatting platform](#) to do schoolwork, conduct business meetings, and play mahjong with friends. Zoom is extremely user-friendly and doesn't require much know-how in order to spin up your own meetings. Zoom also has built-in auto-captioning capabilities that make understanding your loved ones easier, if you are hard of hearing.

The best part? Zoom accounts are free! The non-paid version of Zoom allows you to talk to your family members and friends for up to [40 minutes](#) (and you can always set up multiple meetings if you want to talk for longer than that). Zoom even lifted the 40-minute restriction during the holidays for users of the free version so they could more easily chat with their family during those times when family is traditionally a central component.

## **FaceTime on a Tablet**

FaceTime is the built-in video chatting application for iPhones and iPads. It's an extremely user-friendly application that has only a few buttons and can be easily accessed even by folks who struggle with more complicated technologies. In addition to FaceTime, however, there are a lot of [different applications](#) that allow seniors to talk with loved ones using voice and audio tools.

It might be helpful to look at some [comparison charts](#) for which tablets and technologies are the most senior-friendly and that provide the most features for the price, but in general, seniors should look for easy-to-read screens, internet connectivity features, and a physical shape that's easy to hold. Saving money on this kind of helpful technology is not only possible but completely easy. Look for discounts and cashback offers from retailers like [Staples](#) and Best Buy to take full advantage of money-saving instances.

## **Fitbit or Other Fitness Trackers**

According to a study conducted by the Pew Research Center, [94 percent](#) of seniors stated that it's easier to find information on the internet, and health care is one of the top subjects investigated by seniors. Using a fitness tracker can help seniors [meet their activity goals](#) and stay active well into old age; some fitness trackers come with built-in alarms to sound throughout the day when it's time to get moving. These devices, which you can also find deals and coupons for throughout the year as new tools go on sale, also help [seniors improve eating](#) habits, as they often come with diet trackers.

Fitness devices aren't just for your benefit, either. With Fitbit and other apps of this nature, you can keep tabs on your loved ones' fitness goals and cheer them on as they achieve well-earned milestones, another way to feel connected to family members.

If your elderly loved ones have yet to experience the benefits of technology like video chatting to stay in touch with family and friends, now's the time to check into the options. First make sure they are set up with high-speed internet, then help them get outfitted with a quality computer or tablet, as well as a smartphone that can handle the data. Finally, assist them with downloading apps like Zoom, and walk them through the functions of a fitness tracker. Everyone will benefit from using the hi tech to stay in touch like never before.