

## CJE LifeNOTES

Tips on healthy, empowered and enriched living from CJE SeniorLife

# *How can I... There's An App for That!*



**Technology has many benefits to older adults.**

40% of older adults own smartphones but do they know the power they're holding in the palm of their hand? You may only use your phone for messaging and video chats but there is so much more at your fingertips (literally)!



# Why Should I Care About Technology?

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Technology can be empowering and offers many benefits.

- Combats isolation
- May reduce symptoms of depression
- Screens and font size can be customized to adapt to aging eyes
- Devices are lightweight and portable

## How do I keep my information safe and private?

Whatever device you use, learning how to use it safely is important.

## Where do I find mobile applications (apps)?

Mobile apps can be downloaded through your App Store or Play Store depending on your device.

- Create a passcode to get in to your device.
- Use passwords so your information is always secure.
- Read the app's privacy terms & agreement to make sure you are comfortable with what you are agreeing to.
- Always check reviews and ratings before downloading any app.
- Some apps automatically fill in your information. Turn this off or ask for help so no one can use your information on your device.
- Only use your own banking app like Chase and Bank of America.

## How much does it cost?

Most apps are free. If you choose to pay for an app, check the fine print to see how often and how much you will be charged.

## What apps should I use?

You may have heard of apps like FaceTime to video chat with family but apps have different functions depending on what you need. There are apps to help monitor your blood pressure, remind you to drink water and more!



## Entertainment and Socializing

- Browse art collections and take virtual museum tours with **Google Arts & Culture**
- Peruse audiobooks in multiple languages with **LibriVox**; the app even remembers where you left off in your book!
- Meet people, go to events or start your own group with **MeetUp**
- Browse and listen to music with **Pandora**
- Challenge your brain through games and puzzles with **Lumosity**



## Transportation

- Schedule a ride with wheelchair accessible apps through **GoGoGrandparent** or **uberASSIST** (fees apply)
- Find out when the next bus will be arriving on any route with **NextBus**

## Safety

- Be guided back to your missing phone with **Find My Phone**
- Your phone has a preloaded **Emergency Contact** to add for emergency responders to access even if your phone is locked

## Convenience

- Store grocery lists, voice memos and more with **Evernote**
- Use the zoom effect and the light from your camera to magnify items on your phone with **Magnifying Glass with Flashlight**
- Find discounts at stores and restaurants with **Senior Discounts**

## Health and Wellness

- Measure and log blood pressure and heart rate with **Blood Pressure Companion** (fees apply)
- Video chat with board-certified doctors through **Doctor on Demand**
- Schedule medication reminders and get drug information with **MedWatcher**
- Track activities like walking with **Moves Activity Diary**
- Log water consumption and stay hydrated with **Plant Nanny**

## How can CJE SeniorLife help?

We can refer you to the following CJE Senior Life supportive resources:

**Counseling Services**—Our Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

**CJE Care Management**—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

**Your Eldercare Consultants**—We work collaboratively with physicians, develop Care Plans, coordinate home care, guide families and find practical resources that support independence. Ongoing services are fee-based.

**Consumer Assistance**—We are resource specialists available to help you identify and apply for a broad range of benefits and support services available to older adults.

**Community Engagement**—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

**To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.**

THE CJE ADVANTAGE: We offer a full continuum of care. Individuals of all ages, faiths and income levels can access life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the process of positive aging.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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