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## [Apps for Seniors and Caregivers from BridgingApps](#)

Whether you are a senior, a family caregiver of a parent with dementia, or a spouse of someone who had a stroke, there are many types of apps that caregivers have found useful to integrate into their lives to manage and streamline information.

► Check out [this list](#) of apps from **Bridging Apps for Seniors and Caregivers to help manage some daily tasks of caregiving.**

Explore apps with features to help caregivers track vital information, manage a log of activities, write notes during doctor appointments, update family and friends, and get support.

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The **Caregiver Tech Tool Finder (CTTF)** from SeniorNavigator recommends helpful apps and other technology for all caregivers. [Click here to explore this resource.](#)

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BridgingApps

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