

[Technology and Tools](#)

Technology can enhance your life and help you more effectively care for your family member. Learn about assistive technology and communication, caregiving and technology, home modifications and universal design, and useful gadgets and tools.



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Apps

[Life360: Location Tracker](#)

Find family and friends with the Life360 phone location tracker app. Experi

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Article

Universal Design Resources

Universal Design (UD) is a strategy for making products, environments, operational systems, and services welcoming and usable to the most diverse range of people possible.

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[U.S. Department of Labor: Office of Disability Employment Policy](#)

Links

Libby App: Free library reading app

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Update Your Digital Skills

The AARP Foundation has created resources and video tutorials to help you build your digital skills.

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AARP Foundation Digital Skills Ready @50+

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SilverBills: Concierge Bill Management

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Aging in Place: Your Home, Your Community, Your Choice

Learn more about the essentials of a successful plan using the materials available on this web page. Topics covered include: housing, health and wellness, transportation, personal finance, and social connections and growth.

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[Aging in Place: Your Home, Your Community, Your Choice](#)

Article

Protecting the Privacy and Security of Your Health Information When Using Your Personal Cell Phone or Tablet

Learn how to protect the privacy and security of your health information when using your personal cell phone or tablet.

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[U.S. Department of Health and Human Services](#)

Links

Today's Caregiver Friendly Awards 2023

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[Today's Caregiver Friendly Awards 2023](#)

Article

Assistive Devices for People with Hearing, Voice, Speech, or Language Disorders: NIDCD Fact Sheet

This fact sheet from the National Institute on Deafness and Other Communication Disorders (NIDCD) provides information on assistive devices for people with hearing,

voice, speech, or language disorders.

Source

[National Institute on Deafness and Other Communication Disorders](#)

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