

## [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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## [Life360: Location Tracker](#)

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

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## **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](#)

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## **Brush Up Your Digital Skills**

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

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## **AARP Foundation Digital Skills Ready @50+**

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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](#)

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## **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](#)

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## **Today's Caregiver Friendly Awards 2022**

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## **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.

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

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