

Caregiving and Technology

Technology tools can offer assistance to caregivers and families and enhance their lives through caregiver apps, tech products, telemedicine, and software.

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Apps

Life360: Location Tracker

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

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[Life360: Location Tracker](#)

Links

Libby App: Free library reading app

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[Libby App: Free library reading app](#)

Article

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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[AARP Foundation Digital Skills Ready @50+](#)

Links

SilverBills: Concierge Bill Management

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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 2022

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[Today's Caregiver Friendly Awards 2022](#)

Article

Get Internet

Learn how President Biden is reducing the cost of high-speed internet and find out if you qualify to sign up.

Links

Get Internet: Reducing the cost of high-speed internet

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[Get Internet: Reducing the cost of high-speed internet](#)

Links

[**AARP Personal Technology Resource Center**](#)

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Pagination

- [Current page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Page 4](#)
- [Next page >>](#)
- [Last page Last >>](#)

Showing 1-10 of 31 Results