

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

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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 2023**

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## **Get Internet**

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

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