

How Technology Can Fill The Caregiver Gap

As Family Caregiver Alliance notes, there are [millions of seniors](#) in need of care in the United States. This represents a significant chunk of the overall population, and this number continues to grow. Fortunately, today's technology has made it easier than ever for seniors to live independently and for caregivers to communicate with their aging loved ones without having to be hands-on 100% of the time.

The Internet Revolution

The internet is unquestionably the greatest advancement of the last three decades. Not only does it offer seniors an opportunity to engage with their friends and family [via social media](#), but it's also an excellent tool for remote caregivers to keep up with their loved ones from anywhere. Seniors in need of an affordable computer can look to [seasonal sales events](#) for big savings opportunities, and several websites offer free [opportunities](#) to learn their gadgetry.

While the vast majority of seniors live in an area with high-speed coverage (and these service areas are growing every day), there are those that live in outlying, rural locations that don't share the same benefits. Fortunately, advancements mean [several companies](#) can bring a reliable internet signal to virtually anywhere.

The Connected Home

The [smart home](#) revolution means that virtually all areas within someone's home and property can be connected at all times. And, for seniors, this means they are never truly alone. A smart house may have a motion-activated security system. There may also be screens installed throughout the home that allows caregivers to reach out to their aging loved ones via video.

Many companies also make devices that can track a senior's movement and alert family members if there is a significant change in their routine. Assisted Living Today notes specifically that [grandparent monitors](#) can detect falls, monitor temperature, and assist with communication if needed.

Benefits Of Technology

In addition to communication and safety, technology offers seniors more access to [entertainment](#), such as games, health and wellness apps, and streaming television. While we typically look at these as a way to pass the time, for older adults, they are so much more. [Brain-boosting apps/games](#), for example, can help a senior flex their cranial muscles.

While providing fun and entertainment in the short-term, there are longer-term benefits seniors enjoy from these activities. In fact, this may result in slower cognitive decline and better memory retention. Additionally, a connected television or laptop will give a home-bound senior access to [exercise videos](#) to keep their body just as engaged as their mind.

Teaching Tech

If you are hoping to convince your senior loved one that they need more technology in their life, you may experience some resistance. While the vast majority of older Americans happily embrace the convenience and connectivity, others don't understand what all the hype is about. Don't force the issue, but do [explain the value](#), and give them plenty of time to become accustomed to using their respective devices. Be patient, and make sure that they are aware that there is an entire world out there to explore and that they can do that from the convenience of home.

The type of technology that your senior needs and can best utilize depends on their comfort level, budget, and current and future physical and mental needs. One thing is certain, however, and that is that technology makes your job as a caregiver that much easier, and it can provide a global aging population with the tools they need to remain independent for longer.



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