



6 Tech Tools That Can Help Seniors Feel More Connected

When you're a senior who is living alone, depression and isolation can pose serious risks to your health. If you are feeling disconnected from your loved ones and other people, your first step should be to seek out [local senior resources](#) from your community. Then you should consider investing in these handy tech tools to stay connected to your friends, family members and other loved ones, even if you are currently living hundreds or thousands of miles apart:

Webcams

If seeing your loved ones' smiling faces would make your day, you should consider adding a quality webcam to your existing computer. The top quality webcams on the market right now will provide you with [superior microphone quality](#) and image resolution, both of which can make chatting and communicating with the people you love easier and more satisfying for you.

Video Chat Apps

Now if you want to make the most of your new webcam, you should also download a video chat program to your computer. Zoom is the most popular program in use right now and you can use [printable instructions](#) to set up a free account of your own. Just keep in mind that your video calls will be limited to 45 minutes when you are using Zoom's free and basic option. You can also use [Zoom with your smartphone](#). Need a new phone? Then the next tip will be handy.

Smartphones

You can definitely use your computer to stay connected to family and the outside world, but there are some pretty serious benefits to seniors having smartphones. In addition to being able to call and chat with loved ones on the go, you can also watch movies and listen to music with your new smartphone. Not to mention that the bright and bold screens on [the top smartphones](#) can be much easier to see and use, plus most phones include a convenient emergency button.

Gaming Systems

If your kids and grandkids love to play video games online you should consider picking up a new [gaming console](#) and joining in on the fun! The Nintendo Switch is currently a top video game option with families and this system is also the easiest and most accessible to use. Setting this gaming system up is pretty simple and then you can enjoy hours of entertainment playing games like Mario Kart with loved ones from afar. You can even use your new gaming system to stay active at home by picking up [a few fitness games](#), including the fun and popular Zumba.

Social Media

Another simple way to feel more connected when you live alone is to stay active on social media. With [social media](#), you can see what your family and friends are up to and browse through pictures when you are feeling a bit lonely. Many seniors have even used social media to reconnect with old classmates and friends! So if you haven't yet, sign up for a free account.

Smart Speakers

Sometimes, just having someone to talk to is enough to chase those feelings of loneliness away. When this is the case, picking up a smart speaker for your home can have some real perks for your sense of well-being. The best [smart speakers](#) for your home come with built-in virtual assistants, which means you can spend idle time asking your speaker questions and getting suggestions for entertainment, recipes and so much more! You can also connect your speaker to other [smart products](#) in your home, for even more comfort and convenience.

You know that tech can make your life easier but it can also make you feel more connected. From video chat programs to smart speakers, there's no shortage of ways to fill up your days with the latest gadgets and tech. So if you feel alone or isolated, consider treating yourself to some new tech for yourself and your home!

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