UN-APP-OLOGIZE: BEST APPS FOR OLDER ADULTS

SOCIAL SAVVY SENIORS

What Is An App?

An 'app' is short for 'application.' It is a software or program that performs a specific task.

How Do I Download Apps?

- Search in the Apple App Store or Google Play Store or scan QR code
- Choose the app by selecting Get or Install. It will automatically download to your device.

Why Do I Need Apps?

- Many things we use in our daily life requires the use of an app
- Use apps to improve efficiency, convenience, connections and safety

HEALTH & WELLNESS APPS

- Smart Watch
- Wearable Tech

- MyChart
- MyFitnessPal

- Medisafe
- Good RX

COMMUNICATION & CONNECTION

- WhatsApp
- Facetime

- Zoom/Google Meets
- Social Media Chats

- Nextdoor
- Visual Voicemail

FINANCE & ORGANIZATION

- Personal Banking
- Investments
- Expensify

- Experian/Credit Karma
- Digital Wallets
- Venmo/Cash App

- Google Drive/Dropbox
- Notes
- CareZone

UN-APP-OLOGIZE: BEST APPS FOR OLDER ADULTS

TRAVEL & TRANSPORTATION

- Google Maps
- Waze
- Lyft/Uber
- GasBuddy

- ParkMobile/PayByPhone
- Airlines - JetBlue
- Trains - Brightline/Amtrak
- Cruise Ships

- Airbnb/VRBO
- Hotels.com
- Google Translate
- Weather Channel

ENTERTAINMENT & EDUCATION

- YouTube
- TED
- Coursera
- Newspapers & Stations

- Facebook & Instagram
- AARP
- Words With Friends 2
- Libby & PBC Library

- Netflix/Apple TV/HULU
- Amazon Prime
- Podcasts
- Lumosity

LIFESTYLE & SAFETY

- Amazon Alexa
- Ring/Blink Security Systems
- FindMy
- Life 360

- Google Lens
- Flashlight
- Magnifier
- Clock/Alarm/Timer

- LastPass
- LifeLock
- Instacart
- UberEats / GrubHub