

News For Older Americans

Using High-Tech Communication

(NAPSM)— There's good news for older adults who want to learn more about e-mailing, using social media and text messaging. There's a resource that can help introduce them to these technologies.

A new brochure—"Staying Connected: Technology Options for Older Adults"—is available from the Eldercare Locator. It is



A growing number of older adults are using e-mail, social media and texting to stay connected.

designed to help older adults learn about new methods for staying connected with family and friends. The brochure includes tips on using these communication tools, getting started as well as privacy and safety information.

The Internet, cell phones and other new technologies enable people of all ages to communicate more quickly than ever before. While younger people are often seen as the "experts" with these new tools, many older adults utilize e-mail, social media and cell phones to communicate as well.

To receive a free copy of the brochure, call the Eldercare Locator at (800) 677-1116. A copy of the brochure can also be downloaded from the Resources section of www.eldercare.gov.