



Top apps for seniors

There's an app for everything! If you thought technology was only for the younger set, think again. Older adults are making their mark in the world of technology. Here are some of the top apps to make everyday life easier.



1. Choosing Wisely

Choosing Wisely offers recommendations and encourages conversations between you, your family and your physician in choosing the care that avoids unnecessary medical treatment. Choosing Wisely is an initiative of over 80 medical societies and organizations that seek to advance a dialogue on avoiding unnecessary medical test, treatments and procedures. It is led by the American Board of Internal Medicine Foundation. Their mission is to promote conversations between physicians and patients to choose care that is Supported by evidence, not duplicative of other test or procedures already received, free from harm and truly necessary. <https://www.choosingwisely.org/>



2. Magnifying Glass with Light

This tried and true app will always be helpful to have on hand. It essentially makes your iPhone into a full-screen magnifying glass that helps you read pretty much anything. From menus in dark restaurants to prescription bottles or even regular old mail, you can use this app to zoom in on type and shine a light on it at the same time. You can also take photos of items and then zoom in on the photo. It even allows you to enable an auto-light feature that will turn on automatically in low-setting sights. Available for iPhone and Android.



3. Tapestry Seniors & Families

Think of this as Facebook for seniors who don't want to join Facebook. Tapestry is another social media app that allows seniors to share messages, photos and videos with their families in a spam-free, ad-free online environment. Available for iPhone and Android



4. Lumosity

Staying mentally sharp is important to maintaining quality of life as you age, and Lumosity is one of the most popular "brain training" and memory apps out there. It offers a wide variety of brain teasers and puzzles that proponents say enhance cognitive skills like problem-solving and critical thinking. You can also take a free "fit test" to see how your mental muscles measure up to other people your age. Available for iPhone and Android.



5. Senior Discounts & coupons

One of the best parts of getting older is that you're eligible for all kinds of discounts. If you aren't an AARP member, this app shows you other kinds of discounts, too. Many people assume senior citizens discounts are for people 65 and older, but this app also includes discounts and savings available to 55-year-olds. While some reviews have pointed out it can be glitchy at times, it categorizes discounts by age and type, which keeps it simple and easy to use. Available for iPhone and Android

