

INFORMATION AND WEB TECHNOLOGIES

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TECHNOLOGY IN OUR LIFE TODAY

***Abstract.** Over the years, technology has revolutionized our world and daily lives. Additionally, technology for seniors has created amazing tools and resources, putting useful information at our fingertips. Modern technology has paved the way for multi-functional devices like the smartwatch and the smartphone. Computers are increasingly faster, more portable, and higher-powered than ever before. With all of these revolutions, technology has also made our lives easier, faster, better, and more fun.*

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In this article, we'll cover how technology has enhanced the quality of life for seniors lives in and out of the home. Technology's advancements have provided quicker ways to communicate through instant messaging apps and social media platforms. Seniors are able to keep in touch with loved ones, while caregivers have new avenues to check in on aging parents or patients.

Technology has also given us brand new devices in recent decades, like smartwatches, tablets, and voice assistant devices. With these devices, we can do things like transfer money instantly and make purchases for everything from clothes,

food delivery, groceries, furniture, and more. Technology has changed how we entertain ourselves, meet each other, and consume all types of media. It's made fun advancements, but it's also made important advancements in safety when it comes to home security and medical devices.

Those struggling with hearing loss can now benefit from TV Listening Devices that allow them to comfortably listen to their favorite programs with ease.

Especially for seniors, these devices are providing the freedom to age in place, to live independently, and to continue moving through everyday life with peace of mind. It opens up new opportunities by helping with safety, mobility and connectivity. Medical advancements have made it so you can stay proactive with conditions like diabetes and arthritis. With new medical alert devices, seniors can also get help at the push of a button and keep in touch with loved ones no matter where they are in the world.

Since there are so many new technologies to keep track of, it can seem overwhelming to adapt. However, all of these new technologies are designed to make your life easier. Even though it may not feel intuitive, learning how to use smart phones, smartwatches and voice assistants just takes a little bit of instruction and practice.

When it comes to the way we communicate overall, modern technology has had a powerful influence. Digital technology has changed what people term as "media." The influence of new technology on media is apparent since a media company isn't necessarily a news platform anymore. A media company is now any company that helps pass information across the globe, including social media platforms like Facebook and Twitter.

The amount of active web users globally is now near 3.2 billion people. That is almost half of the world's population. Every day, two million smartphones are sold around the world, and the amount of information we share shared on social media networks is phenomenal.

Social media isn't the only big statement digital technology has made. Neither is social media the only way technology has had an impact in everyone's life.

Before mobile technology, you had to search through a dictionary to understand

the meaning of a word. Now you can look words up in a dictionary app or quickly search the Internet. Beyond words, you can search for practically anything on the Internet using search engines like Google and Bing.

There is no denying that the future of technology will continue to revolutionize our lives. In a few years, driverless cars may be the norm for everyone, and robots will be commonplace in factories. Future technology is sure to transform our lives in unbelievable ways, but here we highlight the many common ways technology is changing our lives today.

How has technology helped communication? The advancement of technology has made communication unbelievably fast and convenient. It's incredible to look back and see how much easier communication has gotten over the years. Communication tools offer one of the most significant examples of how quickly technology has evolved.

In the past, writing a letter, sending faxes, or finding a wired telephone was the best way to communicate remotely with someone. To connect with someone in society today, you have many more efficient options at your fingertips. You can send them a message on social media, text them, video chat, email, or put a call through.

These new methods can help you keep in touch with loved ones, especially if you're aging in place or living alone. Video chat helps caregivers check on seniors who may not need continual check-ups in person. Social media is a great way to keep in touch in general, allowing you to see what your loved ones are doing through the photos and updates they post.

Who hasn't heard of Facebook, Twitter, or Skype? They've become household names. Even if you don't use these platforms, they're a part of everyday life and not going away anytime soon. Regardless of your location, messages via social media get delivered on these platforms at the same rate and speed whether the recipient is right beside you or on the other side of the globe. You can also send voice messages through these platforms, and it is delivered in nanoseconds.

The way we use mobile phones has changed dramatically as well. In addition to social media platforms, there are numerous other applications specifically designed for communication. If social media isn't for you, WhatsApp and other

messaging apps enable you to quickly message family and friends and even make calls over Wi-Fi.

You can email through your phone or send SMS text messages through your mobile provider, but many smartphones have their own messaging platforms built directly into the phone. On Apple iPhones, iMessage allows you communicate with anyone else who has an iPhone for free using WiFi or cellular data. iMessage has gotten increasingly sophisticated over the years. Sending photos, videos and emojis are just the basics with what you can do, and the platform has now expanded to include gaming, voice notes, and various app integrations to send information more quickly.

Messaging Apps can be a great option if you have friends in other countries or if you don't have a phone plan. No more do you have to enter a bank to withdraw money or transfer it to someone. Many banks have already made transactions possible online and accessible to people everywhere. Companies like PayPal and Venmo have created platforms where people can send and receive money from any location using the Internet.

Paying bills has also become simplified thanks to technology. You can automatically schedule payments when they are due rather than having to remember to mail a check. With your cell phone and a banking app, you can manage all of your necessary bill payments online.

Setting up automated payments through a banking app is especially helpful for seniors who may have memory problems. Caregivers or loved ones can help set up recurring bill payments so there's never a question if a bill will be paid on time or not.

It's even simple to pay for things using only your smartphone. With Apple Pay and Google Wallet, you don't need to carry cash when you go shopping. These apps securely link your bank account to your mobile phone. The same machines you use to swipe your credit card at the store now allow mobile payments from your phone.

Keeping up with all of these innovations may seem like a hassle, but these technologies can simplify your life to help you worry about fewer things. With all of the payment capabilities available these days, you could leave home without your wallet and be just fine.

Technology is rapidly evolving to help seniors age in place as well as to help improve productivity and wellbeing for all. Some of the latest innovations for seniors include medical alert smartwatches, touch-screen systems, and wearable activity trackers.

Companies like Mobile Help and Medical Guardian offer smartwatch medical alerts for on-the-go safety and touch-screen alert systems to use in the home. These new technologies are designed to provide quick assistance and complete connectivity to keep seniors and their loved ones well-informed.

While these technologies are currently still reactive, innovations continually help them to be even more proactive. Some smartwatch companies have already incorporated ECGs into their products to monitor heart rate and detect abnormalities, which can help get people to the doctor well before it's too late.

Medical technology alone is beginning to give more and more patients hope with customizable medicine and new non-invasive procedures to help with diagnosis.

When it comes to technology designed for the greater good, we also see vast improvements and innovations. Although already used in factories and militaries, Robots are beginning to work more efficiently and human-like than ever before. Robots are being built to have impressive dexterity allowing them to move objects and themselves faster and smoother.

There are many more ways in which technology has changed the way we live. These are just some of the fundamental ways technology is influencing and transforming our world.

Stressed About Home Care? Make caregiving easier for the whole family.

The revolutions that will surface in years to come will continue to make profound changes in our everyday lives. The continual changes can be hard to keep up with, especially for seniors. Luckily, there is a lot of new technology for seniors that is specifically designed to be helpful and easy to use. Rather than being overwhelmed, embrace technology to discover how it can enhance and become an essential part of your daily life. Learning how to become a tech-savvy senior can be done in as little as ten days. All you need is some persistence, help, and knowledge of the basics.

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