HAPPIEST HEALTH

5 ways to help seniors learn & understand technology

Games are a good place to start

Crossword puzzles, sudoku or interactive games like chess or ludo can make learning fun.

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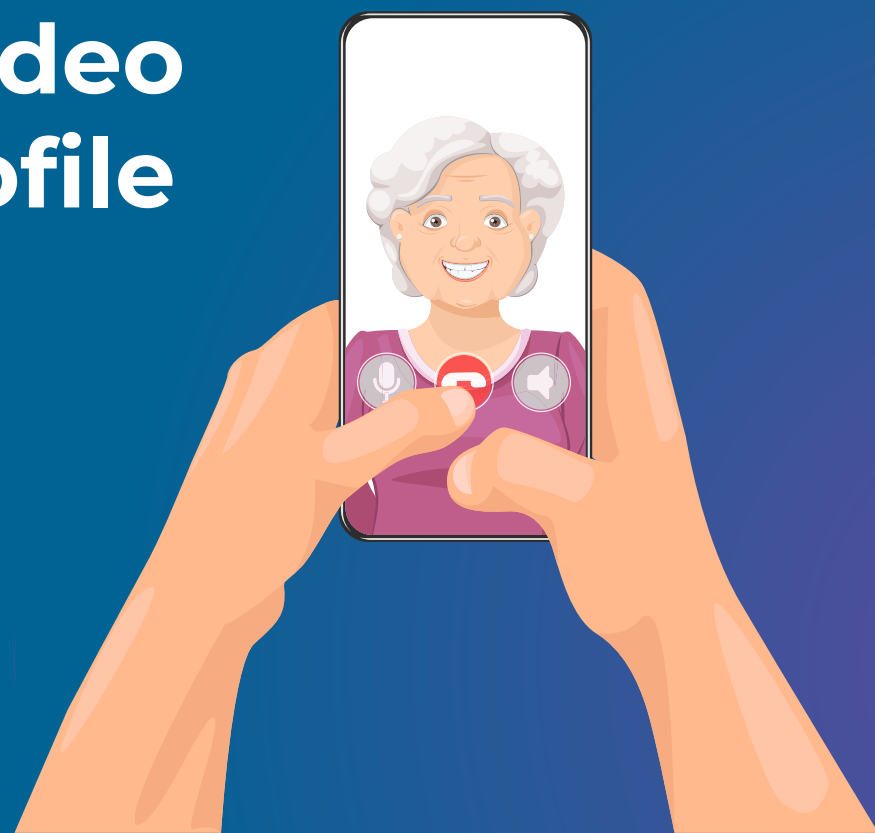
Take it slow & be patient

Don’t overwhelm them with information and tech lingo.

Start small; making a video call or changing the profile picture.



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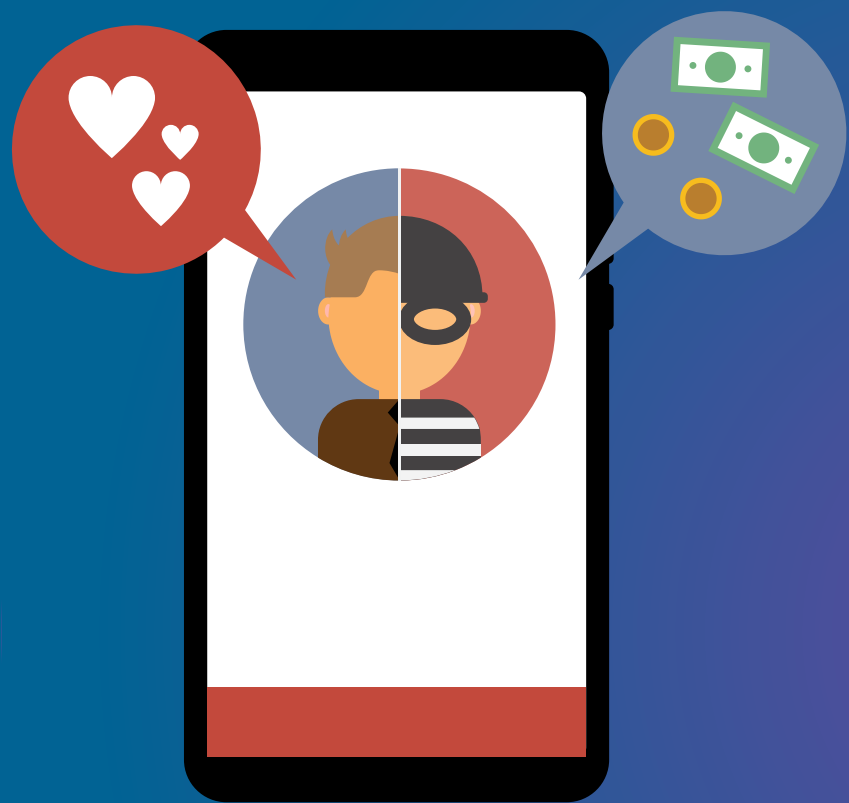
Move slowly each day with something new

Encourage them to keep a notebook with all the passwords, website names, and steps to jog their memory written in their own handwriting.

Teach them how to avoid any scam phone call, texts, or emails

Inform them to not share personal information (card or phone numbers) or click on suspicious links.



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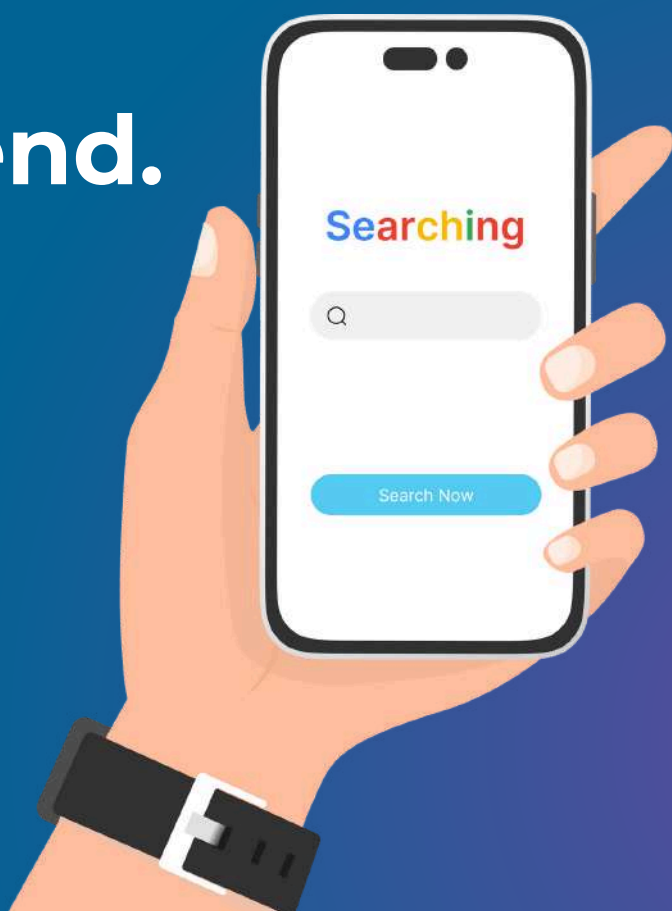
Reinforce learning by pointing out the amazing things technology can do

Show them their hometown on Google Earth or help them video call an old school friend.



Help your employees' parents enjoy wellbeing

- Counsellors
- Doctors
- Dietitians
- Financial advisors
- Yoga
- Dance
- Art
- Articles & videos
- POSH training
- Manager sessions
- Pharmacy
- Lab tests
- Email support
- Newsletters
- Branded comms
- Monthly reports

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