

Caregiving and Technology

Technology tools can offer assistance to caregivers and families and enhance their lives through caregiver apps, tech products, telemedicine, and software.

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Working Daughter: The leading resource for women balancing caregiving, career, and life

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Apps

Life360: Location Tracker

Find family and friends with the Life360 phone location tracker app. Experienc

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Libby App: Free library reading app

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Update Your Digital Skills

The AARP Foundation has created resources and video tutorials to help you build your digital skills.

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Pagination

- [Page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Page 4](#)
- [Next page >>](#)
- [Last page Last >>](#)

Showing 1-10 of 35 Results