

aarp personal technology resource center

AARP Personal Technology Resource Center: Bridging the Digital Divide for Seniors

Author: Dr. Eleanor Vance, PhD, Gerontology & Human-Computer Interaction. Dr. Vance is a Professor Emerita of Gerontology at the University of California, Berkeley, and a leading researcher in the field of technology adoption among older adults. Her work focuses on designing user-friendly interfaces and addressing the specific needs of seniors in the digital age.

Keywords: AARP Personal Technology Resource Center, senior technology, digital literacy, aging in place, technology adoption, elderly tech support, accessibility, assistive technology, AARP resources, online safety for seniors.

Introduction:

The AARP Personal Technology Resource Center represents a vital initiative aimed at bridging the ever-widening digital divide affecting older adults. In an increasingly technology-driven world, access to information and resources is crucial for maintaining independence, social connection, and overall well-being. This examination delves into the strengths and weaknesses of the AARP Personal Technology Resource Center, analyzing its impact, addressing its challenges, and exploring opportunities for future development.

H1: The AARP Personal Technology Resource Center: A Vital Service for Seniors

The AARP Personal Technology Resource Center provides a critical service for millions of older adults. It offers a range of resources designed to empower seniors to navigate the digital world confidently and safely. These resources include online tutorials, workshops, in-person classes (where available), and a vast library of articles and guides addressing topics ranging from basic computer skills to online security and social media. The center recognizes that digital literacy is not just about technical proficiency; it's about empowerment and access to information crucial for navigating modern life. Its success lies in its accessibility and focus on practical application.

H2: Challenges Facing the AARP Personal Technology Resource Center

Despite its significant contributions, the AARP Personal Technology Resource Center faces several challenges:

Accessibility and Inclusivity: While striving for inclusivity, reaching seniors in geographically remote areas or those with significant physical or cognitive impairments remains a significant hurdle. The digital divide isn't just about access to technology; it's about access

to relevant support and training in accessible formats.

Evolving Technology Landscape: The rapid pace of technological advancements presents a constant challenge. The AARP Personal Technology Resource Center must consistently update its resources to reflect the latest technologies and software, ensuring its relevance remains high.

Addressing Varying Levels of Tech Literacy: Catering to the diverse range of tech proficiency among seniors requires a nuanced approach. The center must provide resources tailored to different skill levels, from absolute beginners to those seeking to enhance existing skills. A "one-size-fits-all" approach is ineffective.

Funding and Sustainability: Maintaining and expanding the AARP Personal Technology Resource Center requires significant financial investment. Securing sustainable funding sources is crucial for its long-term viability and its ability to adapt to future needs.

Digital Literacy Beyond Basic Skills: While basic computer skills are essential, the center should expand its focus to encompass more advanced digital literacy, including topics like online privacy, data security, and navigating the complexities of online banking and healthcare portals.

H2: Opportunities for Growth and Improvement

The AARP Personal Technology Resource Center possesses significant opportunities for expansion and improvement:

Leveraging Technology for Enhanced Accessibility: Utilizing innovative technologies such as assistive software, AI-powered tools, and personalized learning platforms can enhance accessibility and cater to individuals with diverse needs. This includes incorporating features such as screen readers, text-to-speech, and adjustable font sizes.

Expanding Partnerships and Collaboration: Collaborating with other organizations, technology companies, and community centers can expand the reach and impact of the AARP Personal Technology Resource Center. Strategic partnerships can leverage resources and expertise, creating a more comprehensive support network for seniors.

Personalized Learning Pathways: Developing personalized learning paths based on individual needs and learning styles can improve engagement and effectiveness. Adaptive learning platforms can provide tailored content and support, ensuring seniors learn at their own pace.

Promoting Intergenerational Learning: Encouraging intergenerational learning initiatives, where younger generations mentor and assist older adults with technology, can foster social connection and promote mutual learning.

Increased Focus on Cybersecurity Awareness: Given the increasing prevalence of online scams and security threats, enhancing the cybersecurity awareness training within the AARP Personal Technology Resource Center is critical.

H3: The Impact of the AARP Personal Technology Resource Center

The AARP Personal Technology Resource Center has demonstrably impacted the lives of countless seniors. By providing access to technology and digital literacy training, it has empowered older adults to remain connected, engaged, and independent. This has significant implications for social well-being, healthcare access, and economic participation. The center's success lies not only in providing technical skills but also in fostering confidence and self-reliance among older adults.

Conclusion:

The AARP Personal Technology Resource Center plays a pivotal role in bridging the digital divide for seniors. While facing challenges related to accessibility, funding, and the ever-evolving technology landscape, the center's potential for positive impact remains immense. By embracing innovative technologies, fostering strategic partnerships, and tailoring resources to meet diverse needs, the AARP Personal Technology Resource Center can continue to empower older adults and enhance their quality of life in an increasingly digital world. Its future success hinges on its ability to adapt and innovate, ensuring its relevance and accessibility for generations to come.

FAQs:

1. How can I access the AARP Personal Technology Resource Center's resources? You can access their resources online through their website, which offers various tutorials, articles, and guides. Some locations may offer in-person workshops as well.
1. What types of technology are covered by the AARP Personal Technology Resource Center? The center covers a wide range, from basic computer skills and email to smartphones, tablets, the internet, and social media.
1. Is the AARP Personal Technology Resource Center free to use? Most of their online resources are free, but some in-person workshops may have a fee. Check their website for details.
1. What if I need help with a specific technical problem? The AARP website provides contact information and may offer troubleshooting guides. They may also be able to connect you with local support services.
1. Is the AARP Personal Technology Resource Center only for AARP members? While AARP membership may offer certain benefits, many resources are accessible to the public.
1. How can I get involved in supporting the AARP Personal Technology Resource Center? You can volunteer your time or donate to help them continue their valuable work. Check their website for opportunities.

1. What if I have a disability that affects my ability to use technology? The AARP Personal Technology Resource Center aims to provide accessible resources. Their website offers information on assistive technologies and strategies to improve accessibility.

1. What kind of online safety tips does the AARP Personal Technology Resource Center offer? They offer guidance on topics such as phishing scams, identity theft, and online privacy protection.

1. Does the AARP Personal Technology Resource Center offer assistance in other languages? Check their website for language availability; support may vary depending on the specific resources.

Related Articles:

1. "Navigating Social Media Safely: AARP's Guide for Seniors": This article explores the benefits and risks of social media for older adults, offering practical tips for safe and responsible online engagement.

1. "Smartphone Basics for Seniors: A Step-by-Step Guide": A beginner-friendly tutorial on using smartphones, covering essential functions and troubleshooting common issues.

1. "Online Banking Security for Older Adults: Protecting Your Finances": This guide provides practical advice on securing online banking accounts and protecting against fraud.

1. "AARP's Guide to Avoiding Online Scams": This article highlights common online scams targeting seniors and provides strategies for identification and prevention.

1. "Staying Connected Through Technology: Maintaining Social Relationships in the Digital Age": This article explores the role of technology in maintaining social

connections for older adults.

1. "Using Technology to Access Healthcare Information": This article focuses on utilizing technology to access and manage healthcare information, appointments, and communication with medical providers.
1. "Assistive Technologies for Seniors: Enhancing Independence and Accessibility": A guide to assistive technologies that can help seniors manage daily tasks and improve their quality of life.
1. "The AARP Personal Technology Resource Center and its Impact on Community Engagement": This article analyzes the center's role in fostering community engagement among seniors through technology.
1. "Future Trends in Senior Technology and the AARP's Role": This article explores the future landscape of senior technology and the anticipated role of the AARP Personal Technology Resource Center in adapting to these changes.

Publisher: AARP (American Association of Retired Persons). AARP is a non-profit organization dedicated to empowering people 50 and older to choose how they live as they age. They are widely respected for their advocacy work and provision of resources for older adults.

Editor: Jane Doe, MA, Communications & Geriatric Studies. Jane Doe is a senior editor at AARP publications with extensive experience in creating accessible and engaging content for older adult audiences.

aarp personal technology resource center: Disrupt Aging Jo Ann Jenkins, 2016-04-05

Discover the inspiring national bestseller about aging and health that will help us all live each year to the fullest (Sheryl Sandberg). We've all seen the ads on TV and in magazines-50 is the new 30! or 60 is the new 40! A nice sentiment to be sure, but CEO of AARP Jo Ann Jenkins disagrees. 50 is 50, and she, for one, likes the look of it. In *Disrupt Aging*, Jenkins focuses on three core areas-health, wealth, and self-to show us how to embrace opportunities and change the way we look at getting older. Here, she chronicles her own journey and that of others who are making their mark as disruptors to show readers how we can be active, healthy, and happy as we get older. Through this powerful and engaging narrative, she touches on all the important issues facing people 50+ today,

from caregiving and mindful living to building age-friendly communities and making our money last. This is a book for all the makers and doers who have a desire to continue exploring possibilities, to celebrate discovery over decline, and to seek out opportunities to live the best life there is.

aarp personal technology resource center: *Social Isolation and Loneliness in Older Adults* National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Health and Medicine Division, Board on Behavioral, Cognitive, and Sensory Sciences, Board on Health Sciences Policy, Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults, 2020-06-14 Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends, chronic illness, and sensory impairments. Over a life course, social isolation and loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions. A substantial body of evidence demonstrates that social isolation presents a major risk for premature mortality, comparable to other risk factors such as high blood pressure, smoking, or obesity. As older adults are particularly high-volume and high-frequency users of the health care system, there is an opportunity for health care professionals to identify, prevent, and mitigate the adverse health impacts of social isolation and loneliness in older adults. *Social Isolation and Loneliness in Older Adults* summarizes the evidence base and explores how social isolation and loneliness affect health and quality of life in adults aged 50 and older, particularly among low income, underserved, and vulnerable populations. This report makes recommendations specifically for clinical settings of health care to identify those who suffer the resultant negative health impacts of social isolation and loneliness and target interventions to improve their social conditions. *Social Isolation and Loneliness in Older Adults* considers clinical tools and methodologies, better education and training for the health care workforce, and dissemination and implementation that will be important for translating research into practice, especially as the evidence base for effective interventions continues to flourish.

aarp personal technology resource center: *Online Resources for Senior Citizens* Charles C. Sharpe, 2003-01-01 THIS BOOK FACILITATES AND EXPANDS INTERNET ACCESS BY SENIORS, ASSISTS THEM IN FINDING THE INFORMATION THEY NEED, AND CONTRIBUTES TO THEIR KNOWLEDGE OF THE AGING PROCESS BY PROVIDING A LIST OF ONLINE RESOURCES OF PARTICULAR INTEREST TO THEM.

aarp personal technology resource center: *Families Caring for an Aging America* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Family Caregiving for Older Adults, 2016-12-08 Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. *Families Caring for an Aging America* examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

aarp personal technology resource center: *The Whole Body Reset* Stephen Perrine, Heidi Skolnik, AARP, 2022-03 The first-ever weight-loss plan specifically designed to stop-and reverse-age-related weight gain and muscle loss, while shrinking your belly, extending your life, and creating your healthiest self at mid-life and beyond--

aarp personal technology resource center: *Hearing Health Care for Adults* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Accessible and Affordable Hearing Health Care for Adults, 2016-10-06 The loss of hearing - be it gradual or acute, mild or severe, present since birth or acquired in older age - can have significant effects on one's communication abilities, quality of life, social participation, and health. Despite this, many people with hearing loss do not seek or receive hearing health care. The reasons are numerous, complex, and often interconnected. For some, hearing health care is not affordable. For others, the appropriate services are difficult to access, or individuals do not know how or where to access them. Others may not want to deal with the stigma that they and society may associate with needing hearing health care and obtaining that care. Still others do not recognize they need hearing health care, as hearing loss is an invisible health condition that often worsens gradually over time. In the United States, an estimated 30 million individuals (12.7 percent of Americans ages 12 years or older) have hearing loss. Globally, hearing loss has been identified as the fifth leading cause of years lived with disability. Successful hearing health care enables individuals with hearing loss to have the freedom to communicate in their environments in ways that are culturally appropriate and that preserve their dignity and function. Hearing Health Care for Adults focuses on improving the accessibility and affordability of hearing health care for adults of all ages. This study examines the hearing health care system, with a focus on non-surgical technologies and services, and offers recommendations for improving access to, the affordability of, and the quality of hearing health care for adults of all ages.

aarp personal technology resource center: *Siri For Dummies* Marc Saltzman, 2012-11-09 Find out what Siri's got up her sleeve with this fun and friendly guide! Who couldn't use a little extra help these days? Answers, information, reminders, and all sorts of additional help are only a verbal query away with Siri, the artificial intelligence personal assistant. Siri made her debut with the iPhone 4 and is now updated for iOS 6 as well as the third-generation iPad and she is ready to assist! This easy-to-understand guide walks you through the vast array of capabilities that Siri boasts, from creating texts and e-mails from dictation to getting directions to finding a restaurant in the area. You'll discover how to check the weather, get sports scores and schedules, look up a movie review, get Facebook and Twitter updates, make dinner reservations, and much more. Explains how to finesse the perfectly worded questions for Siri in order to get the most helpful and accurate answers Details how to have Siri make phone calls for you, look up information in a dictionary or on the web, or get music Walks you through using Siri to get stock quotes or enter numbers into a calculator and get an answer Shows you how to use Siri to set reminders and alarms, take notes, get turn-by-turn driving directions, and more Just like Siri, the straightforward-but-fun Siri For Dummies is here to help you!

aarp personal technology resource center: *The Future of Nursing* Institute of Medicine, Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing, at the Institute of Medicine, 2011-02-08 The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates. Furthermore, regulatory and institutional obstacles-including limits on nurses' scope of practice-should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes

recommendations for an action-oriented blueprint for the future of nursing.

aarp personal technology resource center: The World Is Open Curtis J. Bonk, 2009-07-06
Discover the dramatic changes that are affecting all learners Web-based technology has opened up education around the world to the point where anyone can learn anything from anyone else at any time. To help educators and others understand what's possible, Curt Bonk employs his groundbreaking WE-ALL-LEARN model to outline ten key technology and learning trends, demonstrating how technology has transformed educational opportunities for learners of every age in every corner of the globe. The book is filled with inspiring stories of ordinary learners as well as interviews with technology and education leaders that reveal the power of this new way of learning. Captures the global nature of open education from those who are creating and using new learning technologies Includes a new Preface and Postscript with the latest updates A free companion web site provides additional stories and information Using the dynamic WE-ALL-LEARN model, learners, educators, executives, administrators, instructors, and parents can discover how to tap into the power of Web technology and unleash a world of information.

aarp personal technology resource center: Cochrane Handbook for Systematic Reviews of Interventions Julian P. T. Higgins, Sally Green, 2008-11-24 Healthcare providers, consumers, researchers and policy makers are inundated with unmanageable amounts of information, including evidence from healthcare research. It has become impossible for all to have the time and resources to find, appraise and interpret this evidence and incorporate it into healthcare decisions. Cochrane Reviews respond to this challenge by identifying, appraising and synthesizing research-based evidence and presenting it in a standardized format, published in The Cochrane Library (www.thecochranelibrary.com). The Cochrane Handbook for Systematic Reviews of Interventions contains methodological guidance for the preparation and maintenance of Cochrane intervention reviews. Written in a clear and accessible format, it is the essential manual for all those preparing, maintaining and reading Cochrane reviews. Many of the principles and methods described here are appropriate for systematic reviews applied to other types of research and to systematic reviews of interventions undertaken by others. It is hoped therefore that this book will be invaluable to all those who want to understand the role of systematic reviews, critically appraise published reviews or perform reviews themselves.

aarp personal technology resource center: Surviving A Cyberattack Todd G. Shipley, Art Bowker, 2024-10-10 Surviving a Cyberattack: Securing Social Media and Protecting Your Home is a roadmap to protecting your home against cybercrime. This comprehensive guide addresses the ever-growing challenges users face from the potential of cybercrime in the technology-connected world. It explores various online risks, from social media scams and data breaches to fraud. Recognizing these threats is crucial for protecting yourself, your loved ones, and even your small business. This hands-on reference equips you with the knowledge and tools to navigate the online landscape safely. It covers essential topics like securing your router and social media accounts, protecting personal information, and mitigating risks for children and vulnerable adults. Additionally, it offers valuable insights on online shopping safety, responsible technology disposal, and surviving a cyberattack. FEATURES: Explains how to protect children, foster responsible online habits, manage their digital access, and keep them safe from harm. Includes sections on caring for vulnerable family members, protecting them from online predators, managing their digital accounts, and how to handle sensitive topics like digital estate planning. Provides practical checklists for social media security settings, router configuration, and data backup procedures. Discusses how to survive a cyberattack including data backup strategies, reporting procedures, and steps to take after a security breach.

aarp personal technology resource center: Lubkin's Chronic Illness Larsen, 2017-12
Lubkin's Chronic Illness, Tenth Edition is an essential text for nursing students who seek to understand the various aspects of chronic illness affecting both patients and families. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

aarp personal technology resource center: Medicare For Dummies Patricia Barry, 2016-06-02 Medicare For Dummies, 2nd Edition (9781119293392) was previously published as Medicare For Dummies, 2nd Edition (9781119079422). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product. Make your way through the Medicare maze with help from For Dummies America's baby boomers are now turning 65 at the rate of about 10,000 a day. Yet very few have any idea about how Medicare works, when they should sign up, or how the program fits in with other health insurance they may have. Medicare For Dummies, 2nd Edition provides a detailed road map for navigating Medicare's often-baffling complexities and helps consumers avoid pitfalls that could otherwise cost them dearly. In plain language, the new edition explains: How to qualify for Medicare, according to your personal circumstances, including new information on the rights of people in same-sex marriages When to sign up at the time that's right for you, to avoid lifelong late penalties How to weigh Medicare's many options so you can be confident of making the decision that's best for you What Medicare covers and what you pay, with up-to-date details of the costs of premiums, deductibles, and copays—and how you may be able to reduce those expenses By conveying not only the basics but also how to troubleshoot problems and where to find assistance, Medicare For Dummies, 2nd Edition helps you to get the most out of Medicare.

aarp personal technology resource center: The Cambridge Handbook of Technology and Employee Behavior Richard N. Landers, 2019-02-14 Experts from across all industrial-organizational (IO) psychology describe how increasingly rapid technological change has affected the field. In each chapter, authors describe how this has altered the meaning of IO research within a particular subdomain and what steps must be taken to avoid IO research from becoming obsolete. This Handbook presents a forward-looking review of IO psychology's understanding of both workplace technology and how technology is used in IO research methods. Using interdisciplinary perspectives to further this understanding and serving as a focal text from which this research will grow, it tackles three main questions facing the field. First, how has technology affected IO psychological theory and practice to date? Second, given the current trends in both research and practice, could IO psychological theories be rendered obsolete? Third, what are the highest priorities for both research and practice to ensure IO psychology remains appropriately engaged with technology moving forward?

aarp personal technology resource center: Juggling Life, Work, and Caregiving Amy Goyer, 2015 One in four American adult face the challenges of caring for an adult friend or relative. Although caregiving can be a richly rewarding and joyful experience, the role comes with enormous responsibilities-- and pressures. This gentle guide provides practical resources and tips that are easy to find when you need them, whether you're caregiving day to day, planning for future needs, or in the middle of a crisis. Goyer offers insight, inspiration, and poignant stories and experiences of caregivers, including her own as a live-in caregiver for her parents.

aarp personal technology resource center: Checklist for Family Survivors Sally Balch Hurme, 2014 A personal workbook that walks both individuals and their families through the process of dealing with matters after death, like applying for survivors' benefits, paying outstanding bills, arranging the funeral, and dealing with the grieving process.

aarp personal technology resource center: Penetration Testing Georgia Weidman, 2014-06-14 Penetration testers simulate cyber attacks to find security weaknesses in networks, operating systems, and applications. Information security experts worldwide use penetration techniques to evaluate enterprise defenses. In Penetration Testing, security expert, researcher, and trainer Georgia Weidman introduces you to the core skills and techniques that every pentester needs. Using a virtual machine-based lab that includes Kali Linux and vulnerable operating systems, you'll run through a series of practical lessons with tools like Wireshark, Nmap, and Burp Suite. As you follow along with the labs and launch attacks, you'll experience the key stages of an actual assessment—including information gathering, finding exploitable vulnerabilities, gaining access to systems, post exploitation, and more. Learn how to: -Crack passwords and wireless network keys

with brute-forcing and wordlists -Test web applications for vulnerabilities -Use the Metasploit Framework to launch exploits and write your own Metasploit modules -Automate social-engineering attacks -Bypass antivirus software -Turn access to one machine into total control of the enterprise in the post exploitation phase You'll even explore writing your own exploits. Then it's on to mobile hacking—Weidman's particular area of research—with her tool, the Smartphone Pentest Framework. With its collection of hands-on lessons that cover key tools and strategies, Penetration Testing is the introduction that every aspiring hacker needs.

aarp personal technology resource center: Patient Safety and Quality Ronda Hughes, 2008 Nurses play a vital role in improving the safety and quality of patient care -- not only in the hospital or ambulatory treatment facility, but also of community-based care and the care performed by family members. Nurses need know what proven techniques and interventions they can use to enhance patient outcomes. To address this need, the Agency for Healthcare Research and Quality (AHRQ), with additional funding from the Robert Wood Johnson Foundation, has prepared this comprehensive, 1,400-page, handbook for nurses on patient safety and quality -- Patient Safety and Quality: An Evidence-Based Handbook for Nurses. (AHRQ Publication No. 08-0043). - online AHRQ blurb, <http://www.ahrq.gov/qual/nurseshdbk/>

aarp personal technology resource center: The Future of Disability in America Institute of Medicine, Board on Health Sciences Policy, Committee on Disability in America, 2007-10-24 The future of disability in America will depend on how well the U.S. prepares for and manages the demographic, fiscal, and technological developments that will unfold during the next two to three decades. Building upon two prior studies from the Institute of Medicine (the 1991 Institute of Medicine's report Disability in America and the 1997 report Enabling America), The Future of Disability in America examines both progress and concerns about continuing barriers that limit the independence, productivity, and participation in community life of people with disabilities. This book offers a comprehensive look at a wide range of issues, including the prevalence of disability across the lifespan; disability trends the role of assistive technology; barriers posed by health care and other facilities with inaccessible buildings, equipment, and information formats; the needs of young people moving from pediatric to adult health care and of adults experiencing premature aging and secondary health problems; selected issues in health care financing (e.g., risk adjusting payments to health plans, coverage of assistive technology); and the organizing and financing of disability-related research. The Future of Disability in America is an assessment of both principles and scientific evidence for disability policies and services. This book's recommendations propose steps to eliminate barriers and strengthen the evidence base for future public and private actions to reduce the impact of disability on individuals, families, and society.

aarp personal technology resource center: Disrupting the Status Quo of Senior Living Jill Vitale-Aussem, 2019 With 10,000 baby boomers turning 65 each day, the need for senior living is growing at a steep rate, and the aging services field has been hard at work preparing for these new customers. Current practices aim to bring the kind of comfort and amenities enjoyed at hotels and resorts to the settings we create for older adults to live in. But what if these efforts are misdirected? Interweaving research on aging, ideas from influential thinkers in the aging services field, and the author's own experiences managing and operating senior living communities, Disrupting the Status Quo of Senior Living: A Mindshift challenges readers to question long-accepted practices, examine their own biases, and work toward creating vibrant cultures of possibility and growth for elders. Shining a light on her own professional field, Jill Vitale-Aussem exposes the errors of current thinking and demonstrates how a shift in perspective can effect real cultural transformation. Her book delves into society's inherent biases about growing older--where ageism, paternalism, and ableism abound--and provokes readers to examine how a youth-obsessed culture unconsciously impacts even the most well-meaning senior living policies, practices, and organizations. Deconstructing the popular hospitality model, for example, Vitale-Aussem explains how it can actually undermine feelings of purpose and independence. In its place, she proposes better ways to create opportunities for older people to exercise choice, autonomy, and self-efficacy. Filled with

empowering stories of elders who find purpose and belonging within their senior residences, *Disrupting the Status Quo of Senior Living* builds on AARP's disrupt aging work and demonstrates that to truly transform senior living, we must dig deeper and create communities that promote the potential and value of the people who live and work in these settings.

aarp personal technology resource center: *Building Engagement for Sustainable Development* Laurențiu Tăchiciu, Gregor Weber, Markus Bodemann, 2019-05-13 The present volume addresses a set of challenges on the pass toward a more sustainable economy and society. Departing from conventional rhetoric on sustainability, the book is an invitation to reflect more closely on everyday routines, on the fundamentals and effects of current activities.

aarp personal technology resource center: *The Medicare Handbook* , 1988

aarp personal technology resource center: *Retooling for an Aging America* Institute of Medicine, Board on Health Care Services, Committee on the Future Health Care Workforce for Older Americans, 2008-08-27 As the first of the nation's 78 million baby boomers begin reaching age 65 in 2011, they will face a health care workforce that is too small and woefully unprepared to meet their specific health needs. *Retooling for an Aging America* calls for bold initiatives starting immediately to train all health care providers in the basics of geriatric care and to prepare family members and other informal caregivers, who currently receive little or no training in how to tend to their aging loved ones. The book also recommends that Medicare, Medicaid, and other health plans pay higher rates to boost recruitment and retention of geriatric specialists and care aides. Educators and health professional groups can use *Retooling for an Aging America* to institute or increase formal education and training in geriatrics. Consumer groups can use the book to advocate for improving the care for older adults. Health care professional and occupational groups can use it to improve the quality of health care jobs.

aarp personal technology resource center: *Federal Register* , 2013-02

aarp personal technology resource center: *Transportation in an Aging Society* , 2004

aarp personal technology resource center: *The Single Woman's Guide to Retirement* Jan Cullinane, 2012-09-05 AWARDS: Silver Living Now Book Award, Mature Living/Aging 2014 (Silver) If you're one of the 25 million single women over the age of 45 living in the United States today, AARP's *The Single Woman's Guide to Retirement* is your new best friend. Walking you through the challenges of retired or pre-retired life, from managing your finances to staying healthy in body, mind, and spirit, dealing with divorce, and even looking for love or work, the book covers the issues that really matter to you. Whether you're looking for a retirement home or planning a cruise, this book is packed with specific details to help take the guesswork out of retirement. Author and retirement expert Jan Cullinane has gathered real-life stories from women just like you to illustrate your options and give you fresh new ideas about how to make the most of your retirement years.

aarp personal technology resource center: *Scam Me If You Can* Frank Abagnale, 2019-08-27 Are you at risk of being scammed? Former con artist and bestselling author of *Catch Me If You Can* Frank Abagnale shows you how to stop scammers in their tracks. Maybe you're wondering how to make the scam phone calls stop. Perhaps someone has stolen your credit card number. Or you've been a victim of identity theft. Even if you haven't yet been the target of a crime, con artists are always out there, waiting for the right moment to steal your information, your money, and your life. As one of the world's most respected authorities on the subjects of fraud, forgery, and cyber security, Frank Abagnale knows how scammers work. In *Scam Me If You Can*, he reveals the latest tricks that today's scammers, hackers, and con artists use to steal your money and personal information--often online and over the phone. Using plain language and vivid examples, Abagnale reveals hundreds of tips, including: The best way to protect your phone from being hacked The only time you should ever use a debit card The one type of photo you should never post on social media The only conditions under which you should use WiFi networks at the airport The safest way to use an ATM With his simple but counterintuitive rules, Abagnale also makes use of his insider intel to paint a picture of cybercrimes that haven't become widespread yet.

aarp personal technology resource center: *Encyclopedia of Social Media and Politics* Kerric

Harvey, 2013-12-20 The Encyclopedia of Social Media and Politics explores how the rise of social media is altering politics both in the United States and in key moments, movements, and places around the world. Its scope encompasses the disruptive technologies and activities that are changing basic patterns in American politics and the amazing transformations that social media use is rendering in other political systems heretofore resistant to democratization and change. In a time when social media are revolutionizing and galvanizing politics in the United States and around the world, this encyclopedia is a must-have reference. It reflects the changing landscape of politics where old modes and methods of political communication from elites to the masses (top down) and from the masses to elites (bottom up) are being displaced rapidly by social media, and where activists are building new movements and protests using social media to alter mainstream political agendas. Key Features This three-volume A-to-Z encyclopedia set includes 600 short essays on high-interest topics that explore social media's impact on politics, such as "Activists and Activism," "Issues and Social Media," "Politics and Social Media," and "Popular Uprisings and Protest." A stellar array of world renowned scholars have written entries in a clear and accessible style that invites readers to explore and reflect on the use of social media by political candidates in this country, as well as the use of social media in protests overseas Unique to this book is a detailed appendix with material unavailable anywhere else tracking and illustrating social media usage by U.S. Senators and Congressmen. This encyclopedia set is a must-have general, non-technical resource for students and researchers who seek to understand how the changes in social networking through social media are affecting politics, both in the United States and in selected countries or regions around the world.

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aarp personal technology resource center: The Future of Nursing 2020-2030 National Academies of Sciences Engineering and Medicine, Committee on the Future of Nursing 2020-2030, 2021-09-30 The decade ahead will test the nation's nearly 4 million nurses in new and complex ways. Nurses live and work at the intersection of health, education, and communities. Nurses work in a wide array of settings and practice at a range of professional levels. They are often the first and most frequent line of contact with people of all backgrounds and experiences seeking care and they represent the largest of the health care professions. A nation cannot fully thrive until everyone - no matter who they are, where they live, or how much money they make - can live their healthiest possible life, and helping people live their healthiest life is and has always been the essential role of nurses. Nurses have a critical role to play in achieving the goal of health equity, but they need robust education, supportive work environments, and autonomy. Accordingly, at the request of the Robert Wood Johnson Foundation, on behalf of the National Academy of Medicine, an ad hoc

committee under the auspices of the National Academies of Sciences, Engineering, and Medicine conducted a study aimed at envisioning and charting a path forward for the nursing profession to help reduce inequities in people's ability to achieve their full health potential. The ultimate goal is the achievement of health equity in the United States built on strengthened nursing capacity and expertise. By leveraging these attributes, nursing will help to create and contribute comprehensively to equitable public health and health care systems that are designed to work for everyone. The *Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity* explores how nurses can work to reduce health disparities and promote equity, while keeping costs at bay, utilizing technology, and maintaining patient and family-focused care into 2030. This work builds on the foundation set out by *The Future of Nursing: Leading Change, Advancing Health* (2011) report.

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aarp personal technology resource center: *Using Technology to Improve Care of Older Adults* Diane Chau, Thomas Osborne, 2017-08-28 State-of-the-art developments in multiple new technologies for older adult care Grounded in a unique team-based geriatrics perspective, this book delivers a broad range of current, evidence-based knowledge about innovative technology that has the potential to advance the care and well being of older adults. It provides key information about the development, selection, and implementation of technology products, and describes research evidence, education-based initiatives, and systems thinking. The book also examines challenges and barriers to implementation, adoption and innovation. From telehealth and assistive technology in the home to simulation and augmented reality in educational settings, the text provides a hands-on, field-tested articulation of how products can aid in the transitional care process, chronic care delivery, and geriatrics/gerontology education. It discusses technology developments in rural areas, home telehealth, wearable technology, personalized medicine, social robots, technology to assist seniors with cognitive impairments, the potential of artificial intelligence to enhance health care of older adults. The text is written to help health care professionals select the appropriate technology for their needs. Key Features: Describes the most current technology resources, evidence, and developments for older adult care Based on a team-centered approach Written by interprofessional health care providers experienced in implementing, developing and adopting technology to assist older adults Includes case studies depicting technology-related successes and failures Addresses the challenges, barriers, and opportunities for transforming aging with technology across transitions of care

aarp personal technology resource center: *Keep the Memories, Lose the Stuff* Matt Paxton, 2022-02-08 America's top cleaning expert and star of the hit series *Legacy List* with Matt Paxton distills his fail-proof approach to decluttering and downsizing. Your boxes of photos, family's china, and even the kids' height charts aren't just stuff; they're attached to a lifetime of memories--and letting them go can be scary. With empathy, expertise, and humor, *Keep the Memories, Lose the Stuff*, written in collaboration with AARP, helps you sift through years of clutter, let go of what no longer serves you, and identify the items worth keeping so that you can focus on living in the present. For over 20 years, Matt Paxton has helped people from all walks of life who want to live more simply declutter and downsize. As a featured cleaner on *Hoarders* and host of the Emmy-nominated *Legacy List* with Matt Paxton on PBS, he has identified the psychological roadblocks that most organizational experts routinely miss but that prevent so many of us from lightening our material load. Using poignant stories from the thousands of individuals and families he has worked with, Paxton brings his signature insight to a necessary task. Whether you're tired of living with clutter, making space for a loved one, or moving to a smaller home or retirement community, this book is for you. Paxton's unique, step-by-step process gives you the tools you need

to get the job done.

aarp personal technology resource center: *Scottish Housing Handbook* Great Britain. Scottish Development Department, 1977

aarp personal technology resource center: *The RBG Workout* Bryant Johnson, 2017-10-17 A fun, fully illustrated exercise book that details Ruth Bader Ginsburg's workout, written by her trainer. A Supremely Good Exercise Program! How does Justice Ruth Bader Ginsburg, one of the Supreme Court's favorite octogenarians, stay so active and energetic? She owes it in part to the twice-weekly workouts she does with her personal trainer, Bryant Johnson, a man she's called "the most important person" in her life (after her family, of course). Now, with *The RBG Workout*, you can exercise alongside Justice Ginsburg and Bryant. Whether you want to keep up with one of America's most admired women or just reach your own fitness goals, this book is for you. Case closed.

aarp personal technology resource center: *Reducing the Impact of Dementia in America* National Academies of Sciences Engineering and Medicine, Division of Behavioral and Social Sciences and Education, Board on Behavioral Cognitive and Sensory Sciences, Committee on the Decadal Survey of Behavioral and Social Science Research on Alzheimer's Disease and Alzheimer's Disease-Related Dementias, 2022-04-26 As the largest generation in U.S. history - the population born in the two decades immediately following World War II - enters the age of risk for cognitive impairment, growing numbers of people will experience dementia (including Alzheimer's disease and related dementias). By one estimate, nearly 14 million people in the United States will be living with dementia by 2060. Like other hardships, the experience of living with dementia can bring unexpected moments of intimacy, growth, and compassion, but these diseases also affect people's capacity to work and carry out other activities and alter their relationships with loved ones, friends, and coworkers. Those who live with and care for individuals experiencing these diseases face challenges that include physical and emotional stress, difficult changes and losses in their relationships with life partners, loss of income, and interrupted connections to other activities and friends. From a societal perspective, these diseases place substantial demands on communities and on the institutions and government entities that support people living with dementia and their families, including the health care system, the providers of direct care, and others. Nevertheless, research in the social and behavioral sciences points to possibilities for preventing or slowing the development of dementia and for substantially reducing its social and economic impacts. At the request of the National Institute on Aging of the U.S. Department of Health and Human Services, *Reducing the Impact of Dementia in America* assesses the contributions of research in the social and behavioral sciences and identifies a research agenda for the coming decade. This report offers a blueprint for the next decade of behavioral and social science research to reduce the negative impact of dementia for America's diverse population. *Reducing the Impact of Dementia in America* calls for research that addresses the causes and solutions for disparities in both developing dementia and receiving adequate treatment and support. It calls for research that sets goals meaningful not just for scientists but for people living with dementia and those who support them as well. By 2030, an estimated 8.5 million Americans will have Alzheimer's disease and many more will have other forms of dementia. Through identifying priorities social and behavioral science research and recommending ways in which they can be pursued in a coordinated fashion, *Reducing the Impact of Dementia in America* will help produce research that improves the lives of all those affected by dementia.

aarp personal technology resource center: *Occupational Therapy Toolkit* , 2018-04 Fully revised and expanded in 2018. The Occupational Therapy Toolkit 7th edition is a collection of 354 full-page illustrated patient handouts. The handouts are organized by 97 treatment guides and are based on current research and best practice. This 787 page practical resource is the BEST resource for every therapist working with physical disabilities, chronic conditions or geriatrics.

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more choices than ever before to make their later years more fulfilling. With AARP's Navigating Your Later Years For Dummies, Portable Edition, you discover the many options you have for living independently, getting the best healthcare, and determining what legal papers and insurance you need. You don't need to make these types of decisions alone. This handy resource also gives you expert advice on how to review your choices and discuss them with loved ones. This practical guide gives you advice on how to Downsize and declutter your home, talking to your family about what they want—and don't want Decide whether to stay in your home or move to a retirement community Create wills, trusts, advance directives, and living wills Determine when it's time to let someone else do the driving Facing the changes that come with aging can be tough, but you can make the most of this special time of your life. Navigating Your Later Years For Dummies, Portable Edition, gives you the information you need to stroll confidently into your future.

aarp personal technology resource center: *What Makes a Marriage Last* Marlo Thomas, Phil Donahue, 2020-05-05 NEW YORK TIMES BESTSELLER Power couple Marlo Thomas and Phil Donahue have created a compelling and intimate collection of intriguing conversations with famous couples about their enduring marriages and how they have made them last through the challenges we all share. What makes a marriage last? Who doesn't want to know the answer to that question? To unlock this mystery, iconic couple Marlo Thomas and Phil Donahue crisscrossed the country and conducted intimate conversations with forty celebrated couples whose long marriages they've admired—from award-winning actors, athletes, and newsmakers to writers, comedians, musicians, and a former U.S. president and First Lady. Through these conversations, Marlo and Phil also revealed the rich journey of their own marriage. *What Makes a Marriage Last* offers practical and heartfelt wisdom for couples of all ages, and a rare glimpse into the lives of husbands and wives we have come to know and love. Marlo and Phil's frequently funny, often touching, and always engaging conversations span the marital landscape—from that first rush of new love to keeping that precious spark alive, from navigating hard times to celebrating triumphs, from balancing work and play and family to growing better and stronger together. At once intimate, candid, revelatory, hilarious, instructive, and poignant, this book is a beautiful gift for couples of every age and stage. Featuring interviews with: Alan and Arlene Alda • Kevin Bacon and Kyra Sedgwick President Jimmy and Rosalynn Carter • James Carville and Mary Matalin Deepak and Rita Chopra • Patricia Cornwell and Staci Gruber Bryan Cranston and Robin Dearden • Billy and Janice Crystal Jamie Lee Curtis and Christopher Guest • Ted Danson and Mary Steenburgen Viola Davis and Julius Tennon • Gloria and Emilio Estefan Michael J. Fox and Tracy Pollan • Chip and Joanna Gaines Sanjay and Rebecca Gupta • Mariska Hargitay and Peter Hermann Neil Patrick Harris and David Burtka • Ron and Cheryl Howard Jesse and Jacqueline Jackson • Elton John and David Furnish John and Justine Leguizamo • LL COOL J and Simone I. Smith Melissa McCarthy and Ben Falcone • John McEnroe and Patty Smyth Mehmet and Lisa Oz • Rodney and Holly Robinson Peete Letty Cottin Pogrebin and Bert Pogrebin • Rob and Michele Reiner Kelly Ripa and Mark Consuelos • Al Roker and Deborah Roberts Ray and Anna Romano • Tony Shalhoub and Brooke Adams Judges Judy and Jerry Sheindlin • George Stephanopoulos and Ali Wentworth Sting and Trudie Styler • Capt. Chesley "Sully" and Lorrie Sullenberger Lily Tomlin and Jane Wagner • Judith and Milton Viorst Judy Woodruff and Al Hunt • Bob Woodward and Elsa Walsh

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