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DIGI TALIAT<>RS

Embracing Technology – How can the digital age empower senior citizens?

In a world where technology and the digital age are slowly but surely taking over, it is important that all citizens, regardless of age, are equipped with the basic skills to work around their daily activities. For senior citizens, the digital age may be something unfamiliar, as younger generations are the ones exposed to it the most. As a result, seniors may feel isolated and less engaged with technological advancements, causing several setbacks. Therefore, it is vital than inclusion of senior citizens in the digital age is a number one priority, as technology can offer several benefits for seniors.

To begin with, equipping senior citizens with technological skills may bring them closer to their loved ones, hence ending isolation and marginalisation. Social media platforms, apart from keeping up to date with news and following individuals and things we are interested in, are majorly utilised for communication purposes. Therefore, if a senior citizen has family members who live far away and transportation may not be an option, knowing how to utilise videocall features will bring them closer to their loved ones, creating a sense of belonging and connection, even through a screen.

Additionally, technology may be essential when requiring health assistance or access to healthcare platforms, promoting independence. Senior citizens who may not have other family members close by and may need access to healthcare, are required to know how to use their phones or other electronic devices to either book an appointment with a doctor, access health-related information, or even conduct an appointment with their healthcare provider through video call. This not only eliminates travelling, but it also makes healthcare more accessible, manageable, and safe.

An alternate reason why access to technology by senior citizens is important, is for their personal growth and entertainment. In fact, the chances of mental decay increase. Hence, it's important that they keep their minds active to lessen the chances of cognitive deterioration and prevent conditions like Dementia and/or Alzheimer's. Games such as crosswords, puzzles, and other concentration-based games help increase memory, attention, and problem-solving skills. Moreover, the internet is a great place to browse for books, magazines, newspapers, and articles, which again keep an individual's mental health from weakening.

The aforementioned benefits are only a few of the plethora of benefits that technological skills and knowledge can have on senior citizens. We must not isolate our senior population and solely focus on the next generation. Senior citizens deserve to be included, remembered, and cared for, because not only did they provide within their communities throughout their lives, but are also a vital aspect of an equal and diverse population. Decreasing isolation and marginalisation will only help to promote inclusivity, independence, and health of the senior population.

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