



# iPad Apps

## FOR SENIORS

By iPad Pete



**T**ablets and smartphones are still on the cutting edge of technology, and there's no doubt that they're becoming an indispensable part of everyday life.

Once limited to teens, young adults and professionals, more and more walks of life are now embracing their features and benefits. One of the fastest growing demographics to employ this technology are seniors. After all, why should retirees sit and watch the world pass them by?

Many seniors depend on their iPads for intellectual development, health, financial management, entertainment and staying in touch with the outside world. And the ease of use of devices like the iPad help seniors find the apps they want and need, without wading through endless website searches. There are dozens of functional apps on the market that can help enhance your quality of life, and everything you want or need is in one place.

Whether it be education, health, entertainment or improving your cognitive ability, there's an app for that!

Here's our pick of Top 10 Apps for Seniors that will help you maintain your health, keep your finger on the pulse of society, ensure a satisfying quality of life, engage your intellect, and connect with the people that matter.

Enjoy,

*iPad Pete*



## 1. Yesterday USA Radio



Before technology was king, entertainment came mainly in the form of radio. Now seniors can relive their radio heyday with the “Yesterday USA – Old Time Radio” app.

Yesterday USA broadcasts radio shows from the 1920s through 1950s and is completely free. The app is a spinoff of the Yesterday USA website, whose goal is to promote and preserve the history of radio. While not regulated by the FCC, Yesterday USA pledges to only broadcast family-friendly radio shows at all times.

Yesterday USA broadcasts 7 days a week, 24 hours a day and features two streaming stations to choose from – the Red Station or the Blue Station. Users can browse the schedule of upcoming programs, which include everything from old theater to music to trivia. The programs run on a two-week loop, so if you miss anything you can always catch it the next time it airs.



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## 2. TED Talks

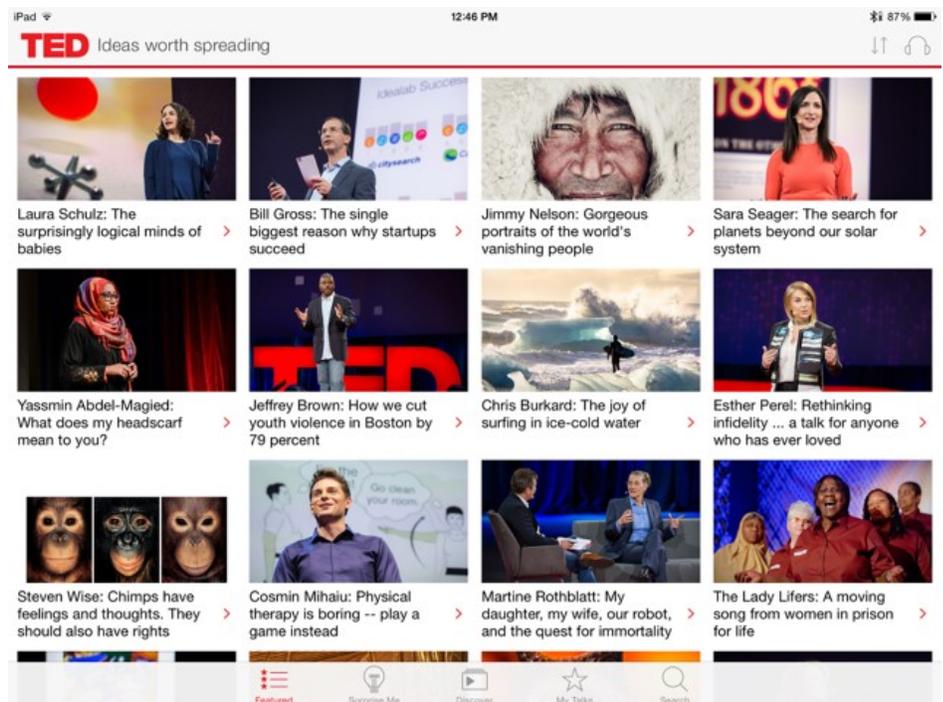


TED Talks. They're all the rage these days. And with good reason. This collection of short video lectures from some of the most engaging speakers in the world covers a broad range of topics, from animals to education to marketing to science, and everything in between.

Originally representing technology, entertainment and design (hence the TED initials), the TED database has now grown to over 1400 videos.

The TED app makes it easy to find lectures that will interest you. You can use the search function or browse through their Featured section to see featured videos, or use the "Surprise Me" function and choose what type of videos you'd like to be surprised with, along with the amount of time you have.

The TED app is perfect for those searching for entertainment, education or inspiration; all in a convenient iPad app.



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### 3. Skype



One of the most important aspects of senior living is staying in touch with friends and loved ones, which is sometimes hard to do if they live far away. One of the best ways you can be up close and personal in this situation is with the use of Skype, the most popular internet voice and video chatting app.

Most of us can remember a time when “video phones” were just a futuristic concept, never dreaming that we’d see them in our lifetime. But the future is here, and Skype makes it easier than ever to stay connected to the important people in your life.

Imagine how nice it would be to see your grandchildren take their first steps, blow out their candles on their birthday, or just to chat and act silly with them! Or maybe you have a sibling or good friend that lives far away that you’d like to stay in touch with more. There’s nothing like seeing the expressions on their faces and feeling as if you’re right there with them.

Skype is free to use and the data is transmitted either over WiFi or over a cellular data network. Both parties need to have the Skype app installed to communicate.



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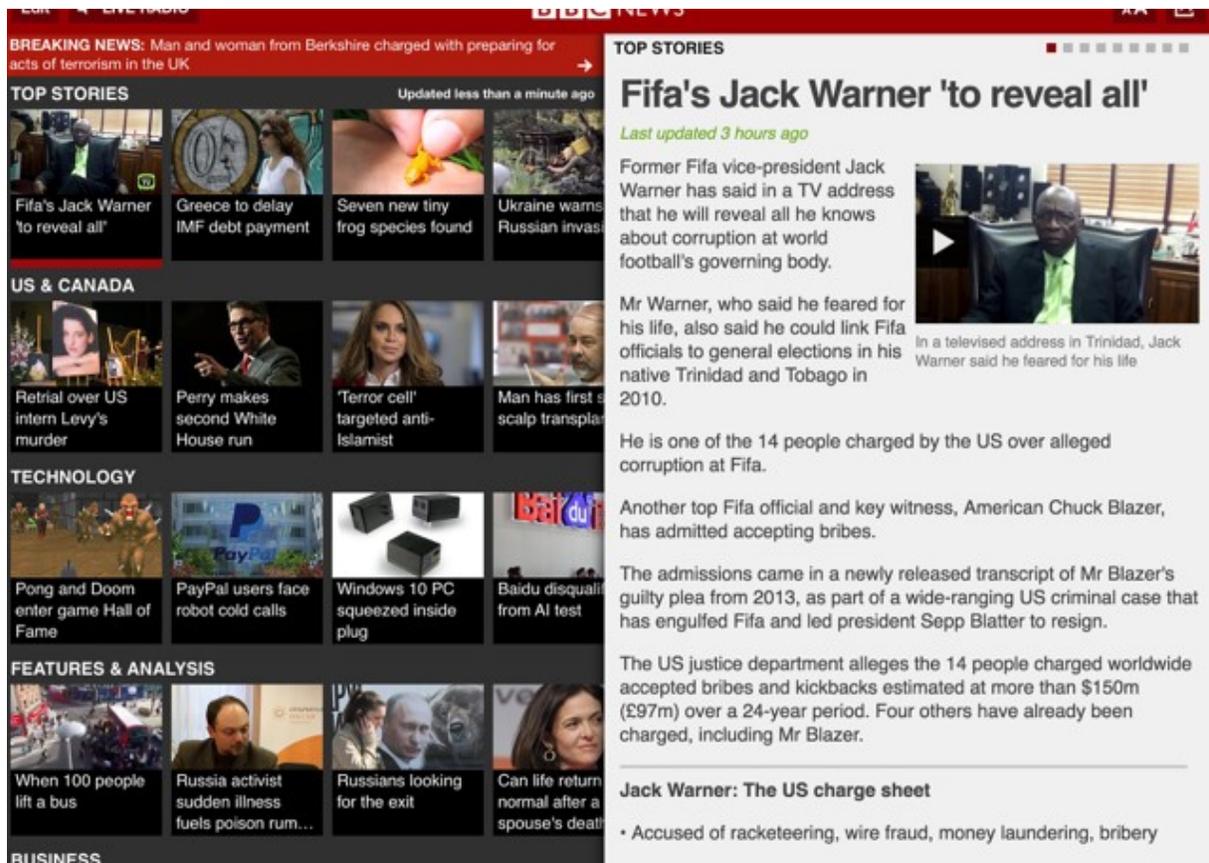
## 4. BBC News



The BBC News App offers up-to-the-minute comprehensive news stories from around the world that are generally well-informed and easy to read.

The main page features a ticker with updates on the latest breaking stories. Below that, the top stories are sectioned into categories, region and language and are fully customizable. Stories are also available in different languages, and there is a function to change the text size to suit your needs. You also have the ability to download content for offline browsing.

For quality and quantity of domestic and international news stories, the BBC News app is in a class of its own and can't be beat.



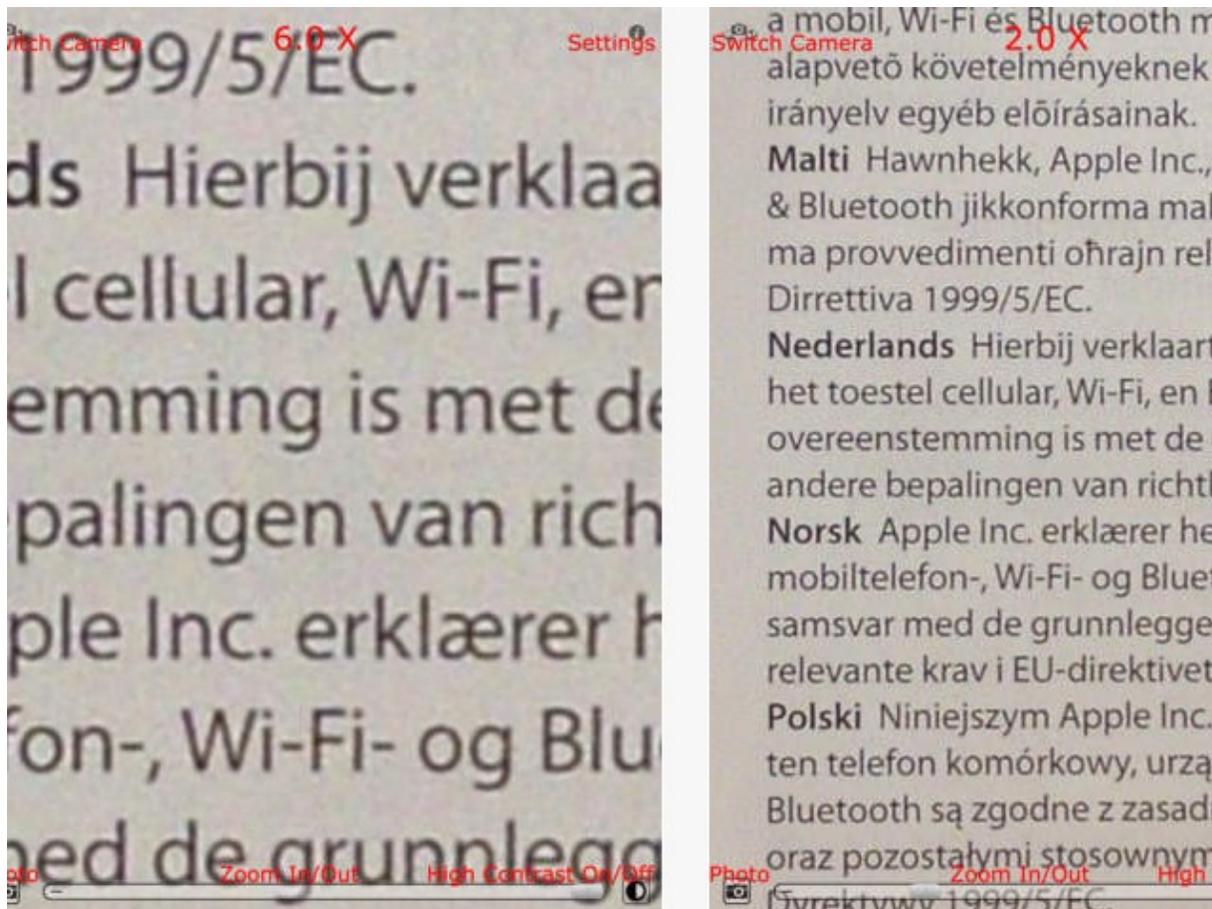
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## 5. Magnifying Glass With Light



There may be times where it's hard to read the fine print on a medicine bottle, or a menu in a dimly-lit restaurant, or a good book with type that's a little too small. And let's face it, it can be cumbersome to carry a magnifying glass or flashlight around. But with this convenient app, your iPhone turns into a full-screen lighted magnifying glass - perfect for reading in dark rooms or analyzing small text.

Point your iPhone's camera at the text, move the on-screen slider, and you'll have large, easy-to-read text in no time. The interface is easy to use, and the images come through clear and sharp.



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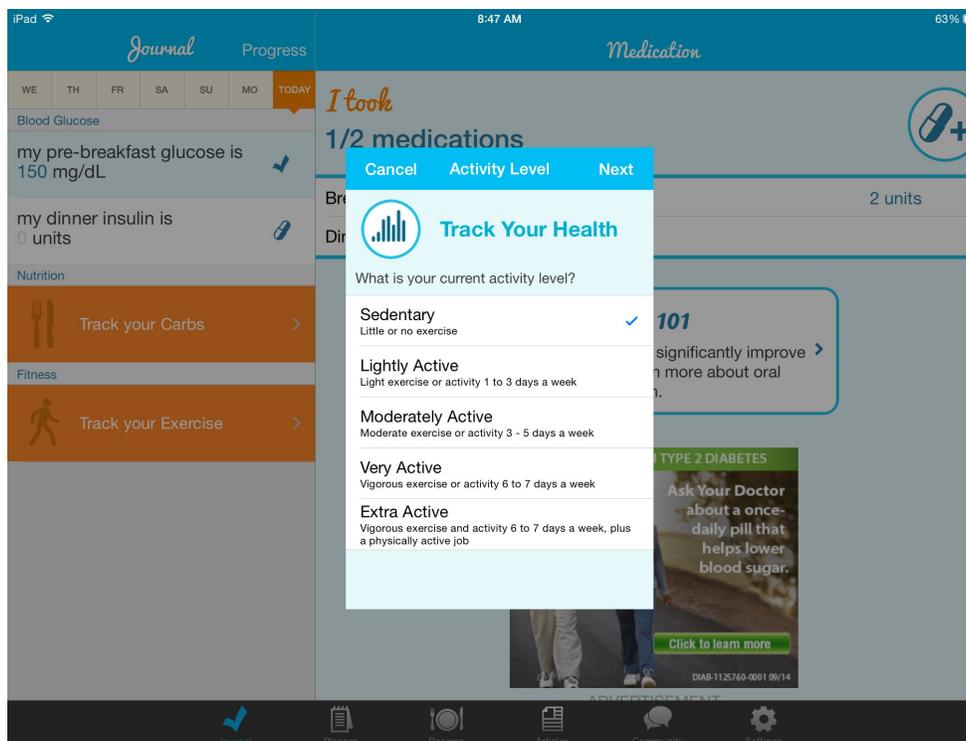
## 6. Diabetes In Check



Diabetes should be closely monitored, and patients need to pay attention to their diet and make an effort to get regular exercise. Technology has emerged making it easier than ever to do all of these things, with a glut of apps on the market designed to help diabetic patients.

One such app is called Diabetes in Check: Coach, Blood Glucose & Carb Tracker, designed by Everyday Health. This comprehensive Type 2 diabetes app can help you monitor and lower your blood sugar, get active, count carbs, manage weight, and learn to eat better.

Diabetes in Check is a great app to help keep your diabetes under control. It takes only 5 minutes a day to log your data. It's also a great resource for yummy recipes, up-to-date advice and information on diabetes.



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## 7. Pillboxie



Let's face it, when you're on multiple medications, it sometimes gets confusing remembering what to take when. And medication mistakes can often lead to disastrous results.

The Pillboxie app reminds you to take your medications, and at the correct times. Enter in the shape and color of the pills you take, then you can drag it down to your virtual pillbox in the correct timeslot. Other types of medicine, such as liquids and inhalers, are also represented. You can also indicate your reason for taking the medicine, along with any other notes you might feel helpful.

The interface is easy to learn and attractive to boot, featuring a glass medicine cabinet and animated representations of your various meds. The app even has a function for you to document how you felt after taking your medication, so you can be sure you're on track.

Once you've entered all your meds, you can choose how you'd like to be reminded to take them – either by a pop-up or Notification Center banner.

If you need reminders to take your medication on time, Pillboxie is the app for you – and somehow makes the process of scheduling your medicine fun!



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## 8. My Medical for iPad

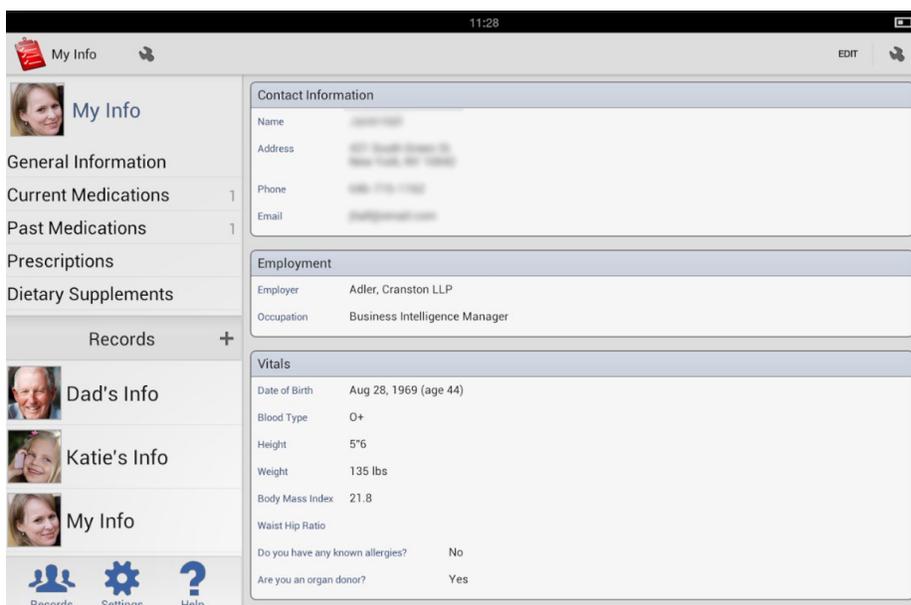


My Medical is a comprehensive app for keeping all your important medical information in one place. It's very convenient to have all of your conditions, lab results, medications and even contact information for all of your doctors right at your fingertips.

The app can store as many medical records as you need, which means you can also include your spouse or other family members. Pictures of everyone whose records are in the app can also be stored, which would be especially helpful in an emergency.

It's also easy to share your record. You can email or text information to your doctor with just a few taps, or print wirelessly straight from your device.

My Medical also supports the industry standard Continuity of Care Record format of personal medical record transmission between systems. This means that if you have records in another system, such as Google Health or Microsoft Health Vault, it's easy to automatically move your data to My Medical instead of manually retyping it. And to ensure your privacy, data is always stored directly to your device and not on a remote server.



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## 9. Lumosity



Maintaining your cognitive abilities is a very important part of aging. It's imperative to keep your mind sharp and enhance your memory, attention and other skills.

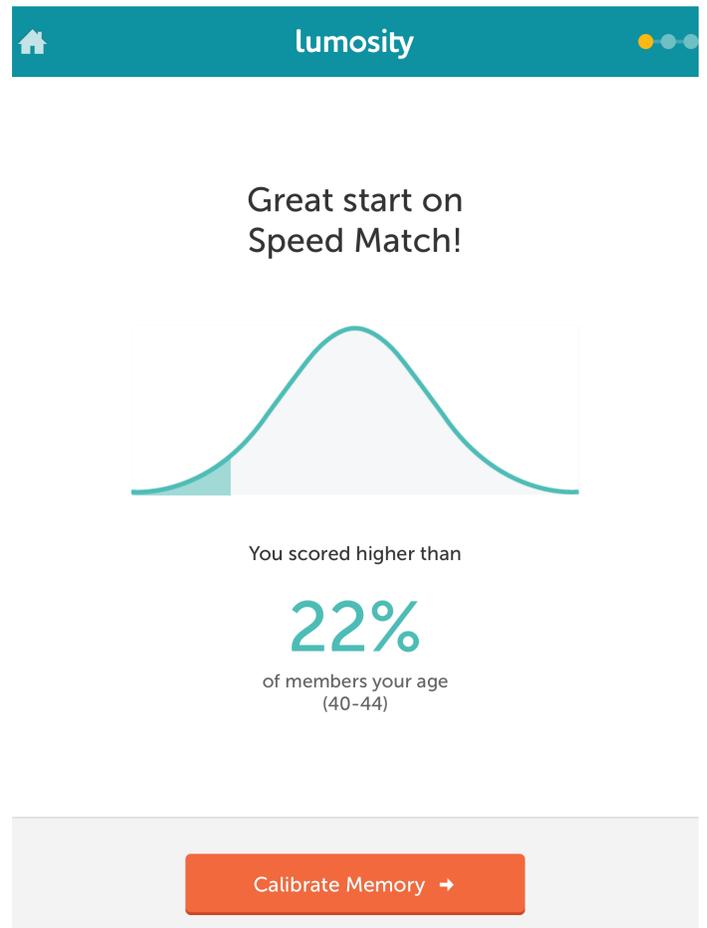
One way to accomplish this is with the Lumosity app. Lumosity is a brain-training program that can help you improve function in all areas of your brain. It does this

through fun mini-games that you can play daily and compare your strengths and weaknesses over time.

There's a lot of evidence that these types of "brain-training" games can help stave off early-onset dementia and even help the brain change and reorganize itself.

It only takes about 15 minutes a day, but you can spend more time and replay your three daily games if you wish.

Lumosity is a well-made brain training app that can help keep your mind sharp, without being a time suck.



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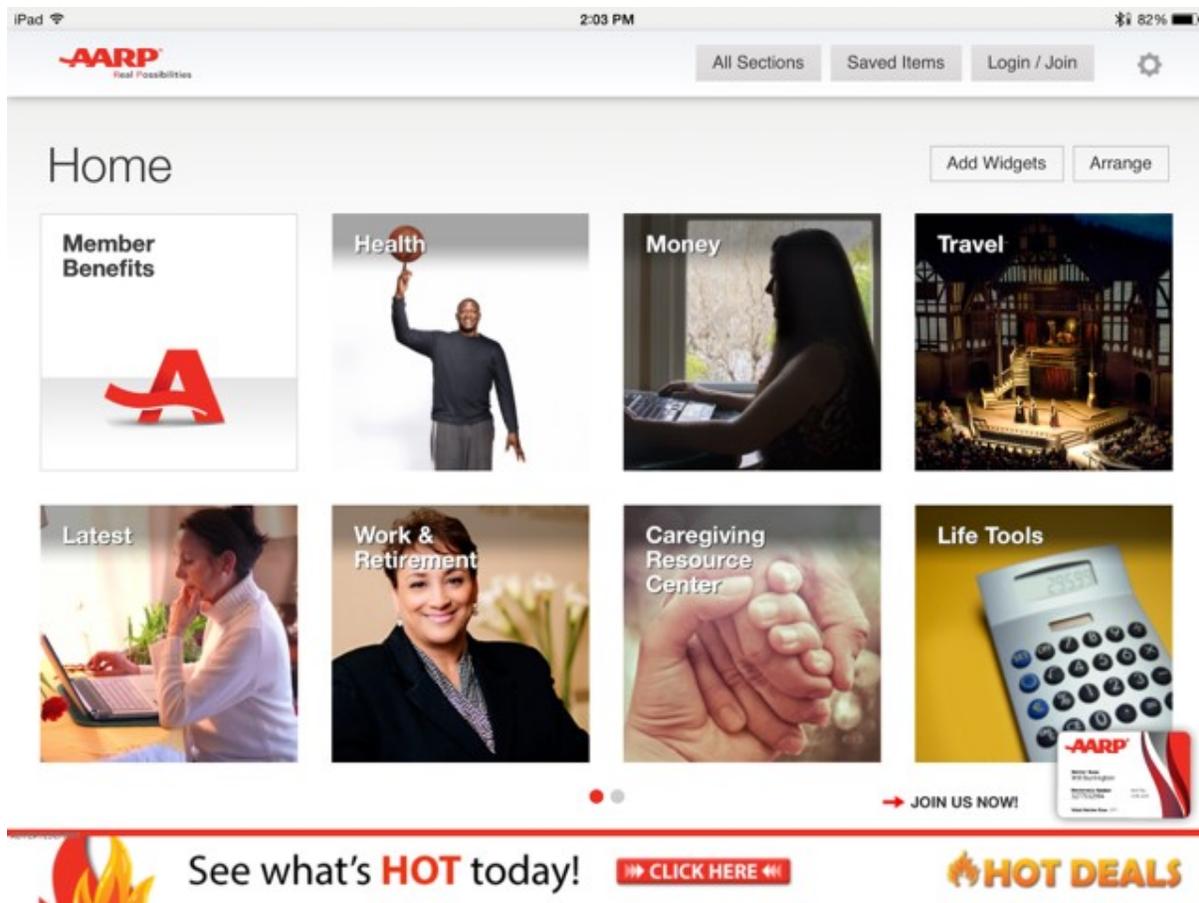
## 10. AARP



The name you've always trusted for the most cutting-edge retirement information now has a free app for seniors.

It features content from the AARP magazine, as well as discounts and money-saving options important to seniors on a fixed income. Read the latest articles, watch video clips, and even share interesting content with your friends on social media.

The app also utilizes your iPad's Location Services, making it easy to find job listings, volunteer opportunities and local AARP offices.



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