



# Good Job, Grandma

## Video Chatting with Grandma: Helping Seniors Stay in Touch

For seniors, staying in touch typically means picking up the phone and dialing well-rehearsed numbers to call friends and family. Communication methods are far more complex than they were even just 20 years ago, so it's not surprising that some seniors have a tough time catching up. Use these tips to help your senior loved one stay in touch with tips and new technology that's designed for older adults.

### Easy-to-use tablets

One great device for seniors is the [tablet](#): its large screen is easier to use than a smartphone screen, and it provides a number of uses alongside calling and messaging. As you look for tablets for seniors, consider options that allow for easy video chatting and that can be used for a number of different apps.

When you help them set up their tablet, be sure to make the icons large and the calling and messaging apps located on the home screen. Download some [good apps](#) for them, including ones that allow for video chatting. Be sure to get them a keyboard so they can send emails through their tablet, and help them find some fun games that will make their tablet even more diverse.

## Simple phone options

While many people are addicted to their smartphones, not all seniors want that type of technology for their phones. For some, the classic [flip phone](#) is still the best way to call friends and family.

However, if you have a more tech-savvy senior who wants more versatility out of their mobile phone, there are smartphones that are [better for seniors](#). Some of the aspects of these phones include larger screen sizes, more accessibility options, and modernity. The latest, greatest model of smartphone isn't always right for seniors—opt instead for something intuitive. If possible, take them to a store that sells smartphones so they can try out a few options for themselves.

## Video chatting

One of the best ways to stay in touch these days is through video chatting. It's not always easy for seniors to do this, so Family Matters suggests spending some time helping to [explain how it works](#) on their phone or tablet. Do a practice call from the other room, and help them find ways to set up their phone or tablet on a stand if they have shaky hands.

If using their phone or tablet is difficult for them, consider getting them a [webcam](#) that can connect to their laptop or PC. Find an option that's easy to set up, and find the right placement in their home office so you can video chat without troubles.

## Security concerns

Because your senior will be spending more time online, it's important to help them protect their devices and network against dubious behavior. Help them develop a digital security plan to [ward off](#) potential threats to their information.

There are few aspects of digital security that are particularly important to address, one of which is protecting against identity theft. As you help your loved one set up their accounts, Lifelock explains that one way you can [prevent](#) this is by choosing unique and strong [passwords](#) for all accounts.

Another method of protection is setting up firewalls and [anti-virus software](#) on computers and laptops. Surfing the web can leave devices vulnerable to spam and hacking, so consider options for protecting your devices.

Getting your senior set up with accessible technology will help them stay connected to both friends and family in new and fun ways. Video chatting will transform how they stay in touch and will help prevent them from feeling lonely in their old age. Just be sure to help them set up a bullet-proof security plan to keep their information secure.