Technology can enhance your life and help you more effectively care for your family member. Learn about assistive technology and communication, caregiving and technology, home modifications and universal design, and useful gadgets and tools.

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Universal Design Resources

Universal Design (UD) is a strategy for making products, environments, operational systems, and services welcoming and usable to the most diverse range of people possible.
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[U.S. Department of Labor: Office of Disability Employment Policy](#)
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The AARP Foundation has created video tutorials to help you build your digital skills.
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[Aging in Place: Your Home, Your Community, Your Choice](#)

Learn more about the essentials of a successful plan using the materials available on this web page. Topics covered include: housing, health and wellness, transportation, personal finance, and social connections and growth.

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[Protecting the Privacy and Security of Your Health Information When Using Your Personal Cell Phone or Tablet](#)

Learn how to protect the privacy and security of your health information when using your personal cell phone or tablet.

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[Today's Caregiver Friendly Awards 2022](#)

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[Assistive Devices for People with Hearing, Voice, Speech, or Language Disorders: NIDCD Fact Sheet](#)

This fact sheet from the National Institute on Deafness and Other Communication Disorders (NIDCD) provides information on assistive devices for people with hearing, voice, speech, or language disorders.

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