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[Apps for Seniors and Caregivers from BridgingApps](#)

Whether you are a senior, a family caregiver of a parent with dementia, or a spouse of someone who had a stroke, there are many types of apps that caregivers have found useful to integrate into their lives to manage and streamline information.

► Check out [this list](#) of apps from **Bridging Apps for Seniors and Caregivers** to help manage some daily tasks of caregiving.

Explore apps with features to help caregivers track vital information, manage a log of activities, write notes during doctor appointments, update family and friends, and get support.

The **Caregiver Tech Tool Finder (CTTF)** from SeniorNavigator recommends helpful apps and other technology for all caregivers. [Click here to explore this resource](#).

Article Source

BridgingApps

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