

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Elders who use tech tools feel less lonely, more physically fit, Stanford study finds

[This article from The Mercury Times](#), noted the [Stanford Center on Longevity](#) study found that “using tech to connect with loved ones was related to higher life satisfaction, lower loneliness and general attainment of meaningful goals – being happy, independent.”

The study surveyed 445 people between the ages of 80 and 93 online and by phone. Contrary to stereotypes most of the older adults shared that they use at least one technological device regularly. Since Americans are living longer than previous generations, the use of digital tools could enhance their ability to stay in their home, remain socially engaged, and reach out for help as needed.

Article Source

The Mercury News

Source URL

<https://www.mercurynews.com>

Last Reviewed

Monday, December 28, 2020