



It's Never Too Late to Start.

Technology isn't just for the young - it's your tool to pursue long-awaited passions.

90K+

Adults 65+ with hobbies reported better health, vs passive talking.

2x

Memory improvement when seniors learn new digital skills.

75%

Of US seniors are now online; only 25% say they are confident.

1 in 4

Adults 65+ are socially isolated - digital connection can be an intervention.

Story Spotlight:

Digital Connectivity During Challenging Times

Amparo "Toni" Antonieta, a grandmother with Stage 4 kidney disease, faced isolation until she joined a digital literacy program at a San Francisco senior center. Learning to use an iPad allowed her to continue her education online, helping her feel connected. Joining a group was not easy at first - she was intimidated at first and admits: **"But knowing I wasn't the only one learning made all the difference."**

This article comes from DigitalLIFT, a nonprofit dedicated to serving communities like Antonieta's by providing digital literacy training and support to underserved populations. Read more: [DigitalLIFT](#)

Tech as your Tool - Three Passions Within Reach

Nature & Wellness



Apps can instantly identify birds, plants, and insects. Wearables can track your sleep and walks, improving wellness.

Music, Art & Writing



Learn an instrument on YouTube, take virtual painting classes, or submit your words into competitions.

Digital Storytelling



Your phone can be your camera - capture family milestones, preserve memories, and share your world.

3 Easy Steps to Get Started

1

Choose one passion— something that brings a smile to your face!

2

Ask a grandchild, neighbor, or library volunteer to show you how to use one online tool that supports your passion.

3

Set a small goal and share it with someone you love — one photo a week, one video a month, one class a season.

How RISE Retiree can serve you

RISE helps **retirees** stay safe online — and discover how technology can connect you, fuel your passions, and keep you thriving.

- **Complete the free RISE Retiree Survey** to identify your passions and resources.
- **Share the RISE Social Legacy Project** with family to involve them in learning about your history and values.

Take Our 5-Minute Survey To Help Find YOUR Passions



risereporting.com/riseretireesurvey

We can also help you share the RISE Legacy Project with your family when you register!

