

# Senior Citizen Interactive Technology Enrichment F.A.Q. Sheet

## 1. Senior Loneliness, Dementia, and Digital Illiteracy

- **Loneliness and Isolation:** Nearly 1 in 4 seniors aged 65+ faces loneliness, contributing to health risks like heart disease and depression.
- **Increased Dementia Risk:** Loneliness elevates dementia risks by 50%, similar to smoking or obesity in its impact on overall health.
- **Digital Literacy Gap:** While 73% of seniors aged 65+ use the internet, usage falls sharply among those aged 75+, limiting access to online resources.
- **Limited Social Connectivity:** Without digital skills, seniors are less likely to participate in online social networks, reducing their connection opportunities.
- **Essential Resource Barrier:** The gap in digital literacy limits access to critical resources, mental health support, and information.

## 2. Link Between Social Interaction, Mental Stimulation, and Improved Wellness

- **Social Engagement Benefits:** Socialization helps reduce depression and lowers dementia risk by providing mental and emotional stimulation.
- **Cognitive Health Boost:** Mental stimulation through social activities and digital learning slows cognitive decline.
- **Positive Physical Health Impacts:** Engaged seniors report lower blood pressure and fewer chronic illnesses.
- **Online Communities Foster Connection:** Digital platforms allow seniors to interact, find support, and share experiences in ways that reduce isolation.
- **Improved Mood and Well-being:** Social interaction boosts mental health and provides a sense of purpose, supporting overall well-being.

## 3. Risks Seniors Face Online and Need for Digital Safety Education

- **High Risk of Scams:** Seniors face increased risk from scams and fraud online, including identity theft and phishing attacks
- **Privacy Concerns:** Lack of understanding around privacy settings can expose personal information
- **Password Security:** Weak passwords and limited knowledge of secure practices heighten vulnerability.
- **Safety Education Lowers Risks:** Training on recognizing threats, managing settings, and secure browsing significantly increases safety.
- **Confidence in Digital Use:** Education improves confidence, empowering seniors to navigate online spaces safely and independently.

### Sources:

[Cambridge](#) | [Stanford](#) | [ESRI](#) | [Oxford](#)

These points highlight the importance of addressing digital literacy, safety education, and mental stimulation for senior wellness.