

# ADAPTING TO TECHNOLOGY

*Stay Connected, Informed, And Independent With Ease*

|    |  | YES                      | NO                       |
|----|--|--------------------------|--------------------------|
| 1  | Do you regularly use a smartphone, tablet, or computer to access information or communicate with others? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2  | Have you taken any classes, tutorials, or self-guided lessons to learn new technology?                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3  | Are you comfortable using email, texting, or video calls to stay in touch with family and friends?       | <input type="checkbox"/> | <input type="checkbox"/> |
| 4  | Do you use online tools or apps to help manage your health, finances, or schedule?                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 5  | Have you installed antivirus software and practiced safe browsing habits online?                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 6  | Do you know how to recognize and avoid common scams or phishing attempts?                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 7  | Have you explored smart home devices that could improve your safety or convenience?                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 8  | Do you regularly update your software, apps, or devices to keep them functioning securely?               | <input type="checkbox"/> | <input type="checkbox"/> |
| 9  | Have you sought help or guidance when a device or program feels overwhelming or confusing?               | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Are you open to learning and adopting new technologies that can support your lifestyle as you age?       | <input type="checkbox"/> | <input type="checkbox"/> |

**QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR**



THE CENTER FOR  
RETIREMENT READINESS

## What Your Answers Might Mean:



**7–10 Yes Answers:** You Are Embracing Technology With Confidence: You've made smart choices to stay current and secure, ensuring that technology remains a helpful part of your daily life.



**4–6 Yes Answers:** You're On The Right Path But Still Have Work To Do: You've taken positive steps to adapt, but further learning and support can help you use technology more confidently and safely.



**0–3 Yes Answers:** You May Be At Risk And Need To Take Immediate Action: Without greater awareness and adaptation, technology may become a barrier instead of a benefit—now is the time to build skills and stay connected.