Below are some steps you can follow if you need help:

What can you do to Streamline Phone/Computer Technology

The goal is reduce complexity, not master everything.

Create a "Digital Home Base"

Pick one primary device:

- one smartphone OR
- one tablet OR
- one computer

Avoid switching constantly between devices when possible.

Why: consistency reduces confusion dramatically.

Use a Password Manager

Instead of remembering dozens of passwords.

Good beginner-friendly options:

- Apple Passwords
- Google Password Manager

How it helps:

- remembers passwords automatically.
- fills them in securely.
- only ONE master password to remember.

Write a "Technology Binder"

Yes — analog backup works.

Include:

- Apple ID / Google account email (NOT full passwords)
- recovery phone number
- trusted contact person
- device model names
- step-by-step instructions for common tasks

Think of it as a personal user manual.

Simplify the Phone Screen

Remove clutter.

Do this:

- keep only essential apps on first screen.
- enlarge text size.
- increase contrast.
- delete unused apps.

Goal: fewer choices = less overwhelm.

Turn On Accessibility Features (Not Just for Disability)

Modern devices include powerful aids:

- larger text
- voice typing
- screen reading
- simplified menus

These are underused but extremely helpful.

Choose ONE Ecosystem and Stay There

Avoid mixing too many systems.

Example:

- Apple phone + Apple computer + iCloud OR
- Android phone + Google services

Consistency means:

- passwords sync automatically.
- photos appear everywhere.
- fewer logins.

Appoint a "Digital Helper"

Just like a financial advisor or doctor.

A trusted person who:

- knows your setup.
- can access recovery info if needed.
- helps during lockouts.

Some families even formalize this like an emergency contact.

Use Two-Factor Authentication — But Simplify It

Security is necessary, but can be streamlined:

- use authentication apps instead of text messages when possible.
- keep backup codes printed in your binder.