

"Making Friends with Your Devices"

UNDERSTANDING YOUR DIGITAL WORLD

Let's start with something you may have whispered to yourself (or shouted at the screen): "Why does this have to be so confusing?" That's a good question. And the answer might surprise you. Real Talk: Why Technology Feels Overwhelming (It's Not Your Fault) Here's the honest truth: most technology today wasn't designed with you in mind. Phones, tablets, apps — they're built by people in their 20s and 30s, tested by people in their 20s and 30s, and then marketed like everyone else will just "figure it out."

So if you've ever looked at your phone and felt like it was speaking another language, that's because — in many ways — it is. This isn't about your age. It's about the design. You are smart. You've lived through more change than most people can imagine. You've adapted again and again. But that doesn't mean you should have to fight your way through confusing menus or invisible buttons just to make a call. Technology isn't hard because you're older.

Technology is hard because it was designed without you in mind. The Secret Truth: Most Features Are Designed for 20-Somethings, Not You Take a moment to look at your phone. Chances are, it has at least 100 features — and you probably use 5 to 10 of them regularly. That's because devices are packed with things that seem exciting to young people but feel like clutter to everyone else. Voice filters, dancing emojis, invisible swipe gestures... who asked for this? You don't need features. You need function. You need a phone that makes it easy to stay in touch, take a photo, look something up, and maybe watch a cute animal video or two. Everything else? Yes 100% Optional