Technology for Just about Anything

Technology has made many of our household appliances 'smart' by allowing us to set timers when the dishwasher or washing machine should begin, how long the dryer should run, when a robot vacuum should operate, and where it should go within the home. Technology utilization largely increased during the pandemic and there are many new types to try out and learn including communication platforms, virtual medical visits, and food ordering. Included in this article is an overview of what is available, so you can make a more informed decision on what technology you might want to further explore for yourself. Technology is used in health, business, and socially.

Business technology is what we are most familiar with. Word processors, spreadsheets, and presentation software have been available for many years. However, competition from various software vendors are increasing options for these as well. Workplaces and classrooms were required to pivot and learn about virtual communication platforms and often can also be used to meet social needs as well. Video messaging, text messaging, digital assistants, video sharing, and even digital financial transactions have influenced the social aspect of technology.

Health technology comes in many forms. You may use wearable technology that alerts doctors when an issue is occurring or to track physical activity. Phone applications have also been developed to communicate with blood pressure devices, pulse oximeters, glucose monitors, etc. And let's not forget about the ever more popular telehealth options being promoted by hospitals and physicians. Telemedicine is the practice of medicine using technology to deliver care at a distance. A physician in one location uses a telecommunications infrastructure to deliver care to a patient at a distant site. Telehealth is different from telemedicine in that it refers to a broader scope of remote health care services than telemedicine. Telemedicine refers specifically to remote clinical services, while telehealth can refer to remote non-clinical services.

Think about how technology has become further integrated with food. We now make choices whether we want to view a menu online and place an order for pickup or delivery or look up restaurant locations nearby to determine where to eat. These options are done over the phone by calling, texting, or using an app. Grocery store and retail apps offer online ordering with curbside pickup or delivery to your home if you choose. The availability of some of these services is dependent on where you live but even in a rural community, much technology is available.