

# One-Pager: Uncomplicating Life as a Senior

## ■ What This Project Is

An interactive guide designed to help seniors simplify daily life — with confidence, clarity, and ease. Every page is practical, friendly, and ends with an action item you can do right away.

## ■ How It Works

Each module follows a consistent pattern:

Relatable Example – a story you'll recognize.

Clear Steps – written in plain, conversational language.

Interactive Element – a checklist, template, or quick exercise.

Action Item – one thing to try today.

Modules are short (5–10 minutes) and come in both digital and printable versions.

## ■ Topics Covered

Money Made Simple – budgets, subscriptions, autopay checklists.

Tech Without Tears – passwords, video calls, smartphone basics.

Health & Wellness – medication trackers, daily energy checklists.

Declutter Your World – step-by-step routines for space and peace.

Relationships & Joy – conversation prompts, gratitude exercises.

## ■ Example Module: Passwords Made Simple

Story: A password is like a house key — yours, and yours alone.

Steps: Build a safe phrase → Add numbers/symbols → Keep it personal.

Exercise: Fill in blanks (place, number, symbol) to create your own password.

Action Item: Change one account password today.

## ■ Our Promise

No jargon.

No overwhelming lists.

Just small, achievable steps that respect independence and dignity.

■ Less stress. More living. One simple step at a time.