



More respondents are contemplating changing their cell phone use *and* putting thoughts into action than pre-contemplating their use of technology.

STAGES OF CHANGE

Precontemplation

Contemplation

Action

WHAT THIS LOOKS LIKE

"There's no need for me to think about changing my phone use."

"Sometimes I think I should cut down on my phone use."

"I am actually changing my phone use habits right now."

CAREGIVERS ARE USING TACTICS TO COMBAT TECHNOFERENCE

96%

of caregivers
used at least 1
tactic to limit
cellphone use

52%

of caregivers used
2-3 tactic to limit
cellphone use.

CAREGIVER TACTICS TO COMBAT TECHNOFERENCE



Turning off notifications for
certain apps



Seeking social support or
accountability from friends
or family