

Aging Well with Technology

PRESENTED BY:

MAINE DIGITAL INCLUSION INITIATIVE



Includes:

- ▶ Connecting through basic technology
- ▶ Protecting your digital presence
- ▶ Using technology for better health
- ▶ Getting what you need online

Connecting through basic technology:

- ▶ Introduction to Computer
- ▶ Learning about devices
 - ▶ Computer, Laptop, Tablet, iPad, Kindle, Phones
- ▶ Videoconferencing with Family & Friends
 - ▶ FaceTime, Google Hang-out, Zoom, etc.
- ▶ Email Programs
 - ▶ Outlook, Gmail, etc.

Protecting your digital presence:

- ▶ Internet Safety
 - ▶ Fraud & Scams
 - ▶ Protecting your online presence
 - ▶ How to easily make a strong password

Using technology for better health:

- ▶ Videoconferencing (Telehealth) with your healthcare providers
 - ▶ HIPPA compliance - Protecting your health data
- ▶ Software “Apps” to monitor health
 - ▶ Exercise, Diet, Monitoring blood sugar, blood pressure, weight, medication reminders, using FitBits, Apple Watch, etc. & connecting with Bluetooth

Getting what you need online:

- ▶ Social Media - FaceBook and Twitter
- ▶ Online newspapers, magazines, e-Books
- ▶ Identifying fake news
- ▶ Online games - Puzzles, Brain Teasers, etc.
- ▶ Creating a community FaceBook group
- ▶ Cutting the Cord – Accessing TV & phone service online

Maine Digital Inclusion Initiative

▶ For more info:

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