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:

www.digitalequitycenter.org
classes@digitalequitycenter.org
207-259-5010

© Copyright by the National Digital Equity Center