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 with Bluetooth

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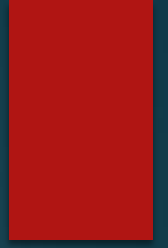
- Social Media - FaceBook and Twitter
- Online newspapers, magazines, e-Books
- Identifying fake news
- Online games - Puzzles, Brain Teasers, etc.
- Creating a community FaceBook group
- Cutting the Cord – Accessing TV & phone service online

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► For more info:

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