



Technology Resources to Support Virtual Volunteers

Devices and Broadband

LIFELINE provides discount or no-cost telephone service, internet, or bundled packages. Most consumers apply through nv.fcc.gov/apply.

INTERNET ESSENTIALS BY COMCAST is an affordable internet service program starting at \$10/month. Learn more at xfinity.com/learn/internet-service/internet-essentials.

AFFORDABLE DEVICES PROGRAM (NDEC) offers low-cost or free devices (tablets with cellular connectivity and refurbished laptop and desktop computers) to Maine residents 18 years of age or older and who are low to moderate income. Learn more at <https://digitalequitycenter.org/resources/affordable-equipment/>

Training and Guides

NATIONAL DIGITAL EQUITY CENTER (NDEC) offers free learning on digital literacy both online (interactive instructional webinars) and onsite (at partner locations). Learn more at <https://digitalequitycenter.org/classes/>

OLDER ADULT TECHNOLOGY SERVICES (OATS) AND SENIOR PLANET teach older adults how to get online with a special focus on social connection, wellness, and "aging with attitude." Instruction for older adults is free. Learn more at oats.org and seniorplanet.org.

CYBERSENIORS provides free technology support and training for older adults. Older adults can learn tech skills from a volunteer tutor, attend daily webinars, and use self-lead tutorials. Learn more at cyberseniors.org or call toll-free: 1.844.217.3057.

DOROT is dedicated to alleviating social isolation. They have produced tech guides for Apple and Android mobile devices and Windows computers. Go to dorotusa.org/tech-guides.

OASIS CONNECTIONS provides affordable classes, support for creating technology classes, and free online safety/privacy resources. Learn more at connections.oasisnet.org.

ASSISTIVE TECHNOLOGY PROGRAMS provide device loans and training support for those who may need accommodations. You can learn more about assistive technology and find your state agency at at3center.net.

The University of Maine Center on Aging is sharing this information and does not formally endorse the resources listed.

These resources were compiled via research interviews with experts in the field. You can read about the Virtual Volunteerism Study at mainecenteronaging.umaine.edu/vvstudy.

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