

TECHNOLOGY RESOURCES

To Support Virtual Volunteers



Devices and Broadband

- ✔ **LIFELINE** provides discount telephone service, internet, or bundled packages. Currently open to those on Medicaid and who meet poverty guidelines. Most consumers apply through [nv.fcc.gov/apply](https://www.fcc.gov/apply).
- ✔ **INTERNET ESSENTIALS BY COMCAST** is an affordable internet service program. Learn more at [xfinity.com/learn/internet-service/internet-essentials](https://www.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/how-we-can-help/> info@digitalequitycenter.org or (207) 259-5010



"I think the biggest thing is making sure the education is there to make people feel confident. People stay on as volunteers when they feel confident..."
Technology Expert & Key Informant

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/news-stories/tech-made-easy-for-seniors-with-new-instructional-guides/ **DOROT** also offers tech coaching to help older adults build technological skills: <https://www.dorotusa.org/programs/tech-coaching/>
- ✔ **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.
- ✔ **GetSetUp** is an online learning community where you can join live, interactive classes (often in small groups) on topics such as technology, wellness, hobbies, and lifelong learning. GetSetUp can be a training resource for programs that would like to train their volunteers on tech-related topics. Learn more: www.getsetup.io



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

The University of Maine is an equal opportunity institution committed to nondiscrimination. This tip sheet is based on research by the University of Maine Center on Aging, which surveyed and interviewed technology experts, volunteerism specialists, and AmeriCorps Seniors staff and volunteers across the U.S.

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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