

Creating Learning goals tied to personal and social Interests

(continued)



Answers to Questions: Learning how to use search engines and determine reliability of information. Starting with broad search engines (e.g. Google) and moving to more specific topics and sites (e.g. Web MD).

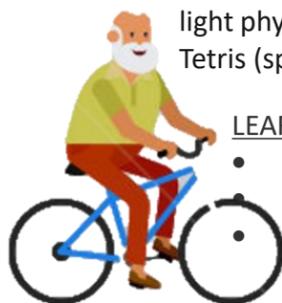
LEARNING COMPONENTS

- Recognizing reliable sites
- Phrasing questions and search terms
- Managing information searching, saving information and negotiating a morass of webpages.

Fitness and Exercise – Connecting to fitness apps, videos or interactive games

There are a range of websites and videos that offer classes and demonstrate wellness practices such as stretching. Also Nintendo's Wii sports games offer for elderly adults. Seniors living at home could also benefit by owning a Wii or other video game system controlled by motion. The games offer a fun opportunity for seniors to engage in

light physical activity from the comfort of their own living room. There are mental exercises such as Tetris (spatial recognition), Trivial Pursuit (fact recall), or Mahjong (memory and matching).



LEARNING COMPONENTS

- Searching and filtering sites
- Saving sites and managing progress through series
- Practicing and playing with others.

Medication Management – Smartphone Apps can help to prevent medication errors. Showing seniors apps for medicine or other health schedules management both with daily, hourly reminders as well as re-fill reminders.



LEARNING COMPONENTS

- Downloading and setting apps
- Engaging and turning off reminders
- Changing and updating App information

Health Records Management – Smartphone apps and cloud-based health information tracking systems can help seniors and their family caregivers keep information such as medical history, physician contacts, medication schedules, and health conditions organized and handy.

LEARNING COMPONENTS

- Cloud technology and sharing resources
- Saving documents and reports to targeted destinations
- Organizing files
- Managing logins and passwords

Engaging Seniors with Technology . . . Starting at the Beginning

A guide for community members working with older adults



WHY SHOULD SENIORS BE TECH-ENABLED?

Engagement

- Skype, email, Facebook and other social media venues facilitate keeping in touch with a range of people on a day-to-day basis.

Learning and Current Events

- Podcasts, Youtube videos, blog posts and more, help individuals tune-in to a range of current events, search topics of interest “seniors balance exercises,” “learn how to knit.”

Personal Amenities

- Online shopping, transportation assistance, laundry services, meal delivery are a few of the services that can provide assistance, or increase safety among seniors.

Health Services

- Face-to-face conversations with doctors, scheduling appointments, tracking your health vitals, fitness and health apps, are a few of many opportunities to leverage technology for better health outcomes.

Fitness and Wellbeing

- There is a range of computer programs for fitness; there are apps for tracking calories, steps, and other wellness factors. There are videos and links to resources to research and address wellness questions.



Materials made with a grant from DC Office on Aging 2017.



www.capitolhillvillage.org

Engaging Seniors with Technology



This document is from Capitol Hill Village's work with diverse seniors across a range of learning environments and is a basic guide for engaging seniors around IT issues.

Overview: Technology is like learning a new sport, musical instrument or life skill. Getting good at anything requires that you start as a beginner and learn the basics. This can be frustrating. As you learn and practice the basics, they become easier AND you can more easily learn new things. Furthermore, watching, reading and talking with others about the new endeavor will increase your knowledge and engagement.

The same applies to learning technology. It requires learning the basics and practicing. It requires understanding changes in technology and how and why they may or may not apply to you. Like fitness, some people are better than others as matter of their natural gifts, lifelong efforts, and general interests. Regardless of skills and ability, both fitness routines and a practiced use of technology provide lasting benefits. And, the very act of learning technology itself is good for seniors' brains.

Learning the Basics is Essential: A key foundation to leveraging technology and realizing an improved quality of life is to have a baseline understanding of and engagement with technology. In this way, learning new things and keeping up with changes in technology is a ongoing exercise, and not a frustration in starting from the beginning each time. One key to this is to create learning programs that build on each other, are frequent in occurrence, and have lots of hands-on support.

Creating Learning goals tied to personal and social Interests

The adage of *when am I ever going to need to know algebra in real life* is resonant with seniors. Creating learning programs that align closely with their own personal and social priorities will garner greater buy-in. Likewise, designing programs that build on each other creates re-inforcing components of learning and complexity. Below are some suggested educational elements for IT learning sessions that can be modified for smart phone users, Tablet users and computer users.

Helping Seniors Help Themselves

Creating Learning Guides for Various IT learning Elements

For practice when the senior is alone or without coaching – try two tactics. First create a step by step listing of directions. Providing it in a numerical list rather than a narrative form. Second, consider creating pictograph directions where you create a screen shot or photo of what the person should be seeing with bold arrows and numbers to correspond to the directions.



Family Photos: Lure with photos of family. Show seniors online photo sharing. Pictures of grandchildren on their phone, tablet or laptop will get their attention.

LEARNING COMPONENTS

- Use of email or social media on a device
- Enlarge screen to make it easier to see photos
- Video uses and volume control / headphones to hear better

Keys to Success in Senior IT Engagement



1. Enlightened Self Interest In seeking behavior change, the first step is to understand why it is personally advantageous to change. For example, understanding that one can interact with family and friends more through technology and knowing that doing so makes a person happy.

2. Peer-reinforcement / peer norms Information and ideas shared by peers are more likely to be a) believed; b) remembered; c) leveraged for change than information shared by

people who are not peers (experts, age-differed, social, cultural differences, etc). This is true for 15 year olds and 35 year olds and 75 year olds. So peer-to-peer education, or – at the least – creating a platform where peers can reinforce IT behaviors as norms will lead to greater IT adoption.

3. Small steps in repeated doses Learning IT is like learning a dance routine. Practice in small steps and learn how to put the small steps together. Suggest to practice in a class and give homework to practice with a friend, family, or peer.

4. One step backward, two steps forward In building concepts on each other, take a minute to review progress and reinforce what students know to increase confidence and the feeling of accumulated learning.

5. Reward perseverance Create a program that rewards and incentivizes buy-in and endurance. For example, a passport to technology where participants receive stamps for each level of progress so they have something to strive for and something to demonstrate their progress. Likewise, peer social commitment supports endurance and accountability (i.e.: we all commit to finishing this 10 week course together.)

Talk about the weather. The weather is always important. Find an app and establish three or four cities as defaults so seniors can keep track of the weather where family members live. Show them how they can access their own detailed local weather. This will keep them safe and prepared. Set up weather alerts to let them know about extreme weather heading their way.

LEARNING COMPONENTS

- Download, open and close Apps
- Connect information on the App to personal behavior / choices
- Link to local resources and readiness



Connections to Friends and Family: Find an App to connect to friends and neighbors.

LEARNING COMPONENTS

- Downloading / using a social media program – limit language, preserve privacy
- Using logins and passwords
- Navigating among components of social media (messages, photos, searching)

Connecting to neighborhood information: Subscribe to a listserv or blog on local events.

LEARNING COMPONENTS

- Understanding the concept of one-to-many and how it works
- Appropriate information sharing norms and privacy
- How to use / filter public information for personal wellness

