

10 Technology Tips for Boomers & Older Adults

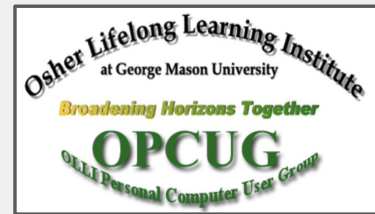


Leverage the Benefits of Your Phone and Computer

Joan L. Green, M.A. CCC-SLP
 Speech-Language Pathologist, Assistive Technology Specialist, ElderTech Advisor
www.innovativespeech.com

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Thank you for the invitation!



<https://www.patacs.org/index.html>

<https://olligmu.org/opcug/index.html>



<https://apcug2.org/>

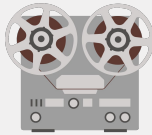
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2

You are informed computer users and early adopters!

Remember these?



And these?



Word Perfect



Palm Pilot



Internet Explorer

3

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4

Today we aren't talking at all about....

- Data privacy
- Avoiding scams and identity theft
- Password management
- Networks
- Backup systems
- IT support
- Linux

not today

Tech use is now a necessity & rate of change has sped up!



5

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Staying Connected and Cognitively Engaged is vital!



In person connections are the best!



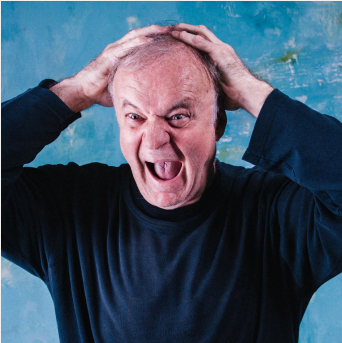
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But tech has changed the way we communicate ..



8

Change can be overwhelming and frustrating!




- Where should I start?
- Who can help?
- What's available?
- How do I know what is a good fit for me?
- Is it worth it?
- Will it make my life better?
- What if I get stuck?
- What if I break it?

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9

This new generation of tech is amazing!

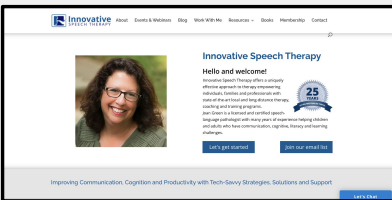


- There are many more ways to stay in touch and engaged!
- Tech can help us overcome  obstacles that hold us back.
- Tech can help us be more efficient, productive and free up time to have some fun!
- We need to work together to figure it all out!

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10

Joan Green- Your Tech Advisor & Coach



- Speech- language pathologist helping adults and kids for 35+ years
- Founder of Innovative Speech Therapy, based in Potomac, MD- 30+ years
- Founder of the ElderTech Advisor and Teacher Cohort
- Author of 4 books about assistive technology
- Mother of 4 grown children
- Senior care provider
- Accessibility advocate

www.innovativespeech.com

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11

My favorite tech tools



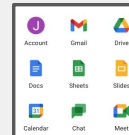
Computers



Tablets



Smartphones



Google Apps



Apple Watch



Amazon's Echo Show

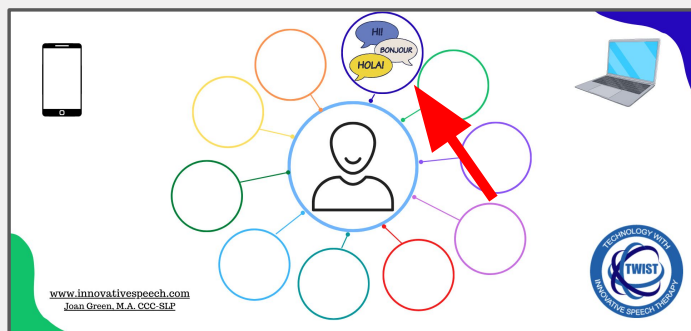
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12

Let's simplify things and learn what's possible:)



Tech Tip # 1 -Demystify the language of tech



What's the secret to feeling more comfortable with tech?

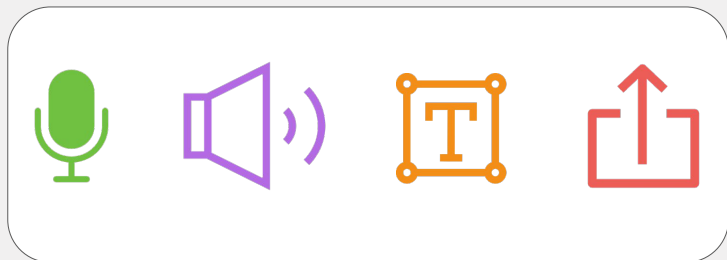


Decode tech's language-
Search for Cues to figure out how to do things!

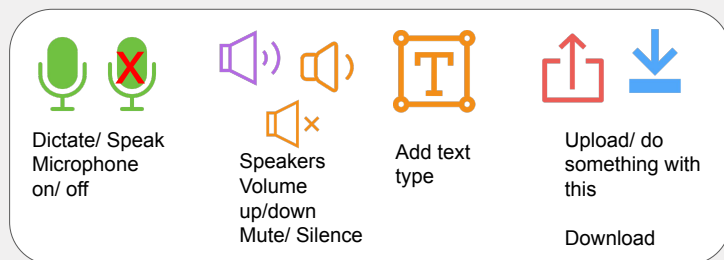


Views change on different devices

The Language of Tech



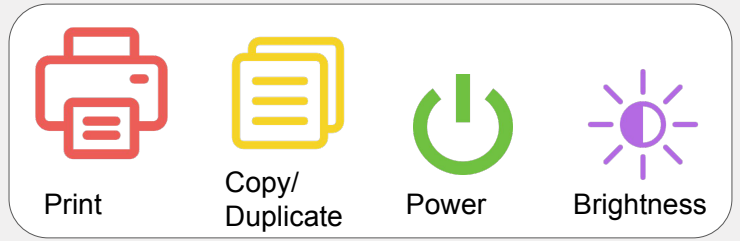
The Language of Tech



The Language of Tech



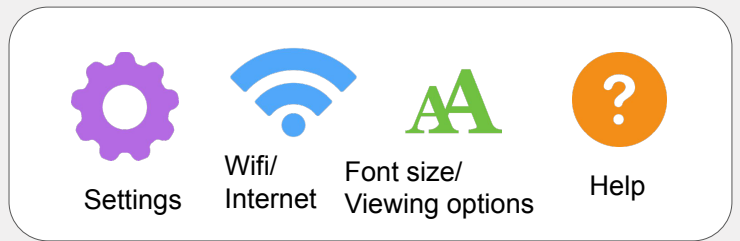
The Language of Tech



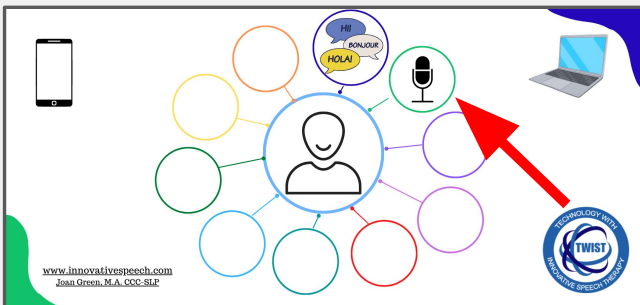
The Language of Tech



The Language of Tech

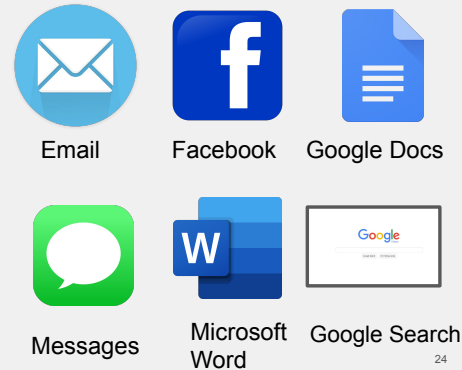


Tech Tip # 2 - Turn speech into text



Speak instead of typing

- Arthritis
- Low vision
- Small devices
- Difficulty spelling
- Slow speed



Mobile phones and tablets

1. Find the microphone on the keyboard
2. Make sure the cursor is in the right spot
3. Tap on the microphone
4. Speak clearly- use punctuation
5. Tap again to stop dictating
6. Edit as needed



Device Accessibility

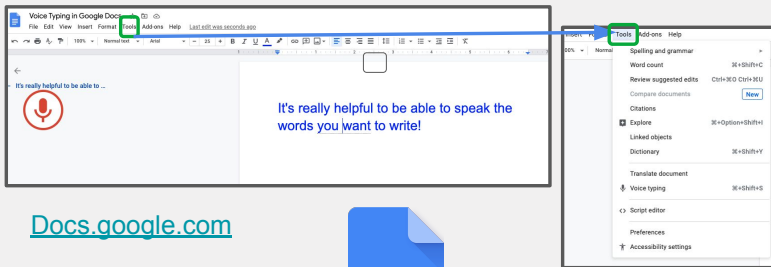


All current computers & mobile devices can turn your speech into text



Shortcuts for dictation on computers

Voice typing in Google Docs on computer

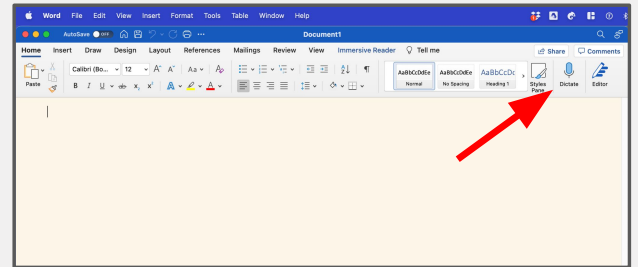


[Docs.google.com](https://docs.google.com)

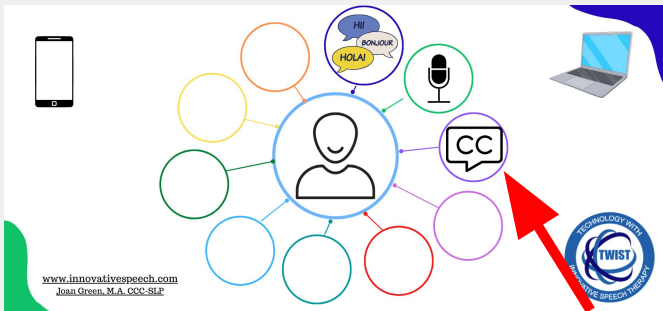
Tools Menu



Dictation in MS Word 365 and Word for Web



Tech Tip # 3 -Use captions



www.innovativespeech.com
Joan Green, M.A., CCC-SLP

It's hard to stay in touch when you can't hear well

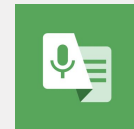
- Have a hard time following conversations in person or online?
- Seeing words live can help!
- There are apps now that you can use to provide text as people speak!



Live Transcribe- iOS



Ava- iOS, Android and desktop



Live Transcribe- Android

Assistive Hearing Technology

- Audio loops may help
- There are special settings on smartphones
- Hearing aid apps can also connect the TV or your phone so the sound goes directly into hearing aids.

Want to learn more? Joan has a self-paced course on this topic!

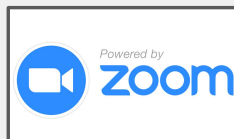


This sign indicated there are devices or services available for the deaf or hearing impaired.

Use Captions

Captions are free

Not perfect- dependent on speaker and environment



Zoom



TV & Streaming apps (Netflix)



YouTube videos

Chrome Browser- Live Caption on Desktop

Chrome Settings > Advanced Settings > Accessibility > Toggle on Live Caption

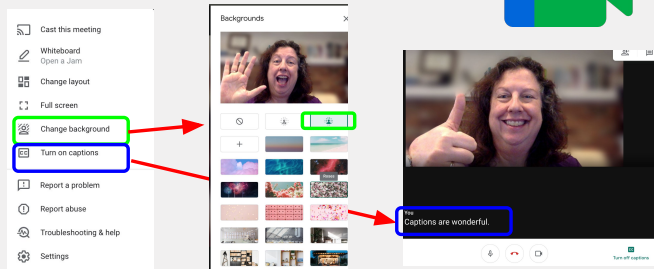
Instantly captions audio and video

Appears in a small moveable black box



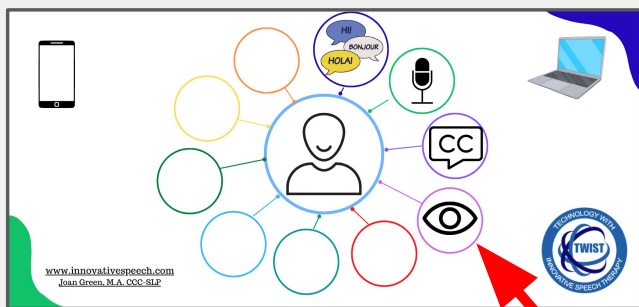
Chrome Browser

Google Meet- Settings and options



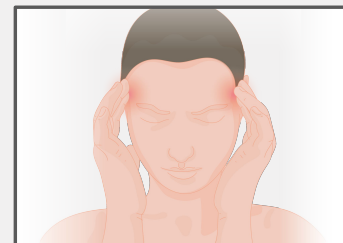
Similar to Zoom. Can also use for 1:1 video calls similar to Facetime on iPhone. There is a mobile app or go to Meet.Google.Com Need a Google user name and password.

Tech Tip #4 -Simplify the view



Do you have a hard time reading?

- Low vision
- Headaches, seizure, sensitivity to light
- Too many ads and pop-ups
- Distractions
- Small print



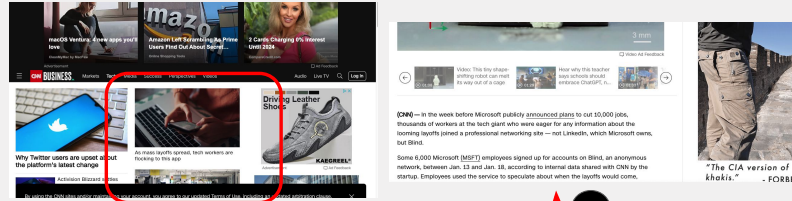
Reader View

Declutter the screen, remove ads, change font size and type

- Built into Safari, Edge and Firefox
- Chrome- Postlight Reader Extension (Formerly Mercury Reader)

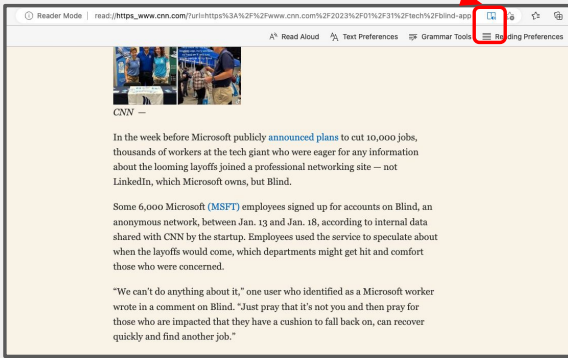


Edge Browser article on CNN



Clicked on article on left then saw image above

Immersive reader in Edge browser



Microsoft Immersive Reader- Free

Microsoft Word
How to use
Immersive
Reader

Microsoft Support



<https://support.microsoft.com/en-au/office/use-immersive-reader-in-word-a857949f-c91e-4c97-977c-a4efcaf9b3c1>

Tech Tip #5 -Listen to text read aloud



Listen to Text Read Aloud

All devices can read aloud for free!

Helpful for :

- Small print
- Low vision or visual perceptual challenges
- attention or memory challenges
- Reading difficulties
- Prefer to listen rather than read with eyes

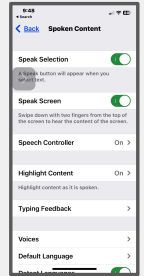
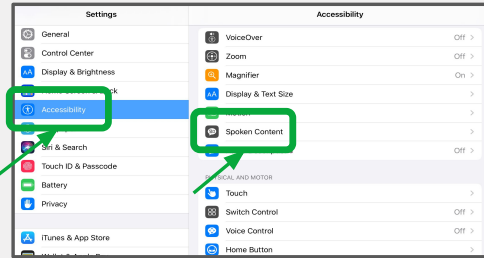


iDevices

Speak Selection Speak Screen



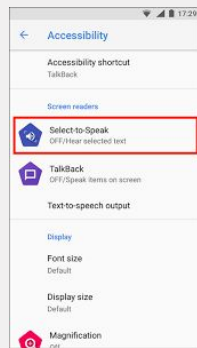
Accessibility Features- iOS



- **Settings** > Accessibility > Spoken Content
- **Speak selection**- select text then touch “speak”
- **Speak screen**- swipe down with two fingers from the top of the screen and then press play (use assistive touch)

Android phones

- Android 11 and up
- Settings > accessibility> Select to Speak
- If doesn't work- go to Google Play store and download the Android Accessibility Suite
- Turn on Select to Speak Shortcut (2 finger swipe up) or 3 finger swipe if TalkBack is on, or tap the accessibility button
- Tap Play



Google - Chrome

To have text read aloud you can add increased functionality using Google Extensions



Google Chrome web store
<https://chrome.google.com/webstore/category/extensions>

Read and Write by Texthelp- Extension

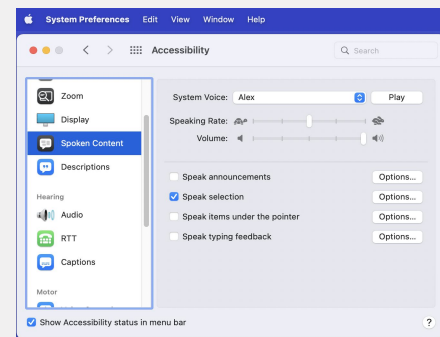


- The text to speech and translate features are free forever.
- Works in Chrome and Edge browsers
- Read online accessible content and Google Docs
- Mac, PC and Chromebooks

<https://www.texthelp.com/en-us/products/read-write/>

Read aloud- Mac

1. **Apple menu** > **system preferences**> **Accessibility**> **Speak selected text when the key is pressed**
2. **Option + Esc**



Books- Digital and Audio Options

Libbyapp.com-

Free digital and audiobooks from your public library



Hoopla is another app often connected to libraries.

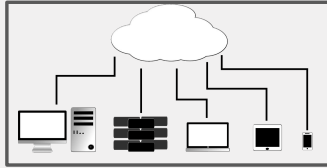
Tech Tip #6- Embrace the Cloud



Is your important info at home on paper?

How do you coordinate support?
Can you access info when you need it?

- Important for emergency situations
- calendars-appointments
- Documents
- Groceries needed
- Questions for doctors



Cloud based organization and access

Automatically saves

Access account from other devices

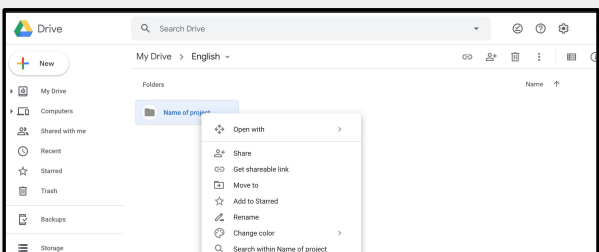
Automatically syncs

Share and collaborate

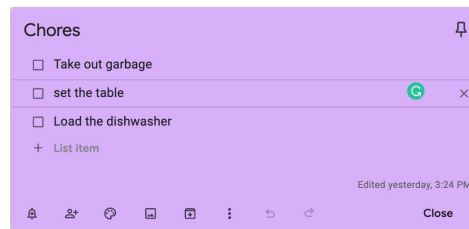
Stay organized and efficient



Google Drive or OneDrive- Organize folders



Google Keep- task manager-



- Use color
- Reminders
- Share lists
- Searchable

Keep.google.com or mobile app (iOS, Android)

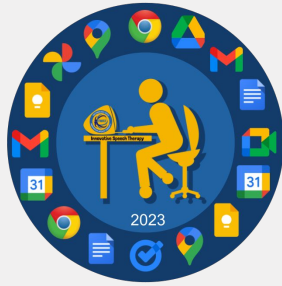
Google Apps

[Google Docs](#)

[Google Drive](#)

[Google Calendar](#)

[Google Keep](#)



[Get Going with Google in 2023! Online Course](#)

Email Joan for a special discount code for this group!

Tech Tip #7- Connect with Video Calls



Can't see someone in person?

Video calls are the next best way to stay in touch!



There are lots of video call options!



Facetime- on iPhones



Google Meet- Free on all phones, tablets and computers



Video Calls- Group Facetime Calls

- Android users can participate with a link
- People with hearing aids can set it up so audio goes straight to hearing aids



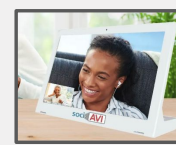
Simpler options



Grandpad



Amazon's Echo Show-Drop-in



Sociavi



ViewClix



Onscreen-use TV

Tech Tip # 8- Use AI and Smart Assistants- Alexa, Siri



Could you use an assistant?

Get help with

- answering questions
- managing your calendar
- turning on and off lights
- accessing information
- playing music
- fixing tech
- writing documents



Smart Assistants can help you stay in touch!

- Send a text or email
- Make calls
- Reminders
- Alarms
- Music
- Games
- ...And so much more!

Alexa- Echo Dot



"Hey Google"- Google Home



Siri

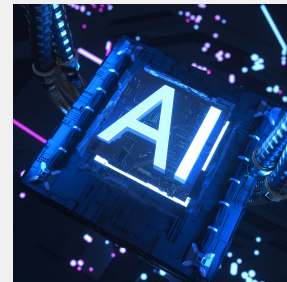
Artificial intelligence- AI

Has had a profound impact on tech for a while.

It's built into many of the apps and devices we already use and wear

ChatGPT - Released in Nov. 2022- now up to ChatGPT4.0 Generates novel text

There are now image, video and music creation tools



Supports for Aging in Place and Preserving Independence

- Medication reminders
- Get help in emergency situations
- Virtual Checkins
- Fitness support
- Hearing support
- Vision support



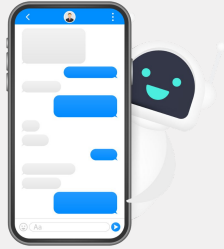
Supports for Aging in Place and Preserving Independence

- Security cameras- see who's at the front door
- Motion sensors
- Smart Locks
- Controls for lights and thermostats



Text and Idea Generation

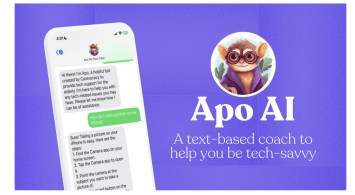
- ChatGPT- <https://chat.openai.com/>
- QuillBot- Integrated into Chrome and MS Word
- Jasper
- Copy.ai
- Get help brainstorming ideas by using prompts to interact with chatbots



AI Tech Support- Beta

<https://apotutor.com/>

Apo AI: The Digital Literacy Coach



A text-based coach to help you be tech-savvy.

Sign up for free. No credit card required.

Phone Number Email Address

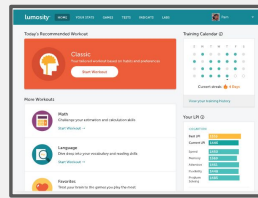
[Receive Your First Text](#)

Tech Tip #9- Keep Exercising your Brain



Brain Exercise

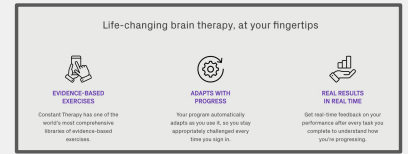
Games to exercise the brain- language, memory, attention, problem solving
Match the app with the abilities of user



www.Lumosity.com



www.ConstantTherapy.com

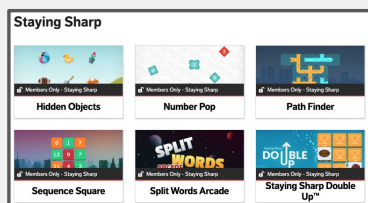


Cognitive Exercise Apps

Games to exercise the brain- language, memory, attention, problem solving
Match the app with the abilities of user



<https://games.aarp.org/>



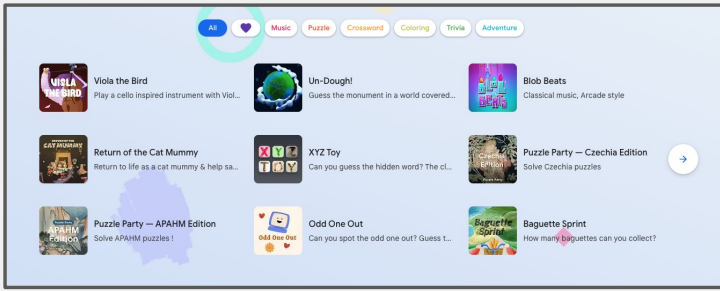
<https://www.mindmate-app.com/>

Fun things to do and explore

<https://artsandculture.google.com/explore>



Google Arts & Culture

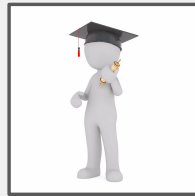


Tech Tip #10 - Keep Learning, Have Fun and Explore



Strategies for success

- Pick one new thing to learn at a time that matters to you!
- Find a tech buddy
- Practice with peers- small groups are great!
- Find someone you can go to for help when stuck
- Watch a video- pause as needed
- Write down key things to remember
- Practice practice practice
- Join a class



YouTube Videos

Explore YouTube videos to help you become more tech savvy.

Check out Rich Bowlin's iPhone tips for Seniors-

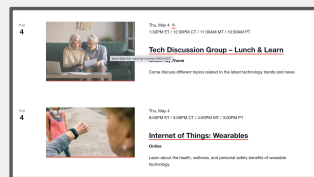
<https://www.youtube.com/watch?v=-Q-fvcy20Jq&list=PL6CRpzAdjBZkdDcgU3nAAHrw31PNDGWOT>



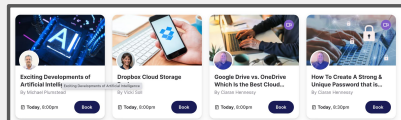
Online groups and classes

Senior Planet- Tech hotline- 888-713-3495

<https://seniorplanet.org/>



GetSetUp- <https://www.getsetup.io>



Online Groups and Classes

Boomer' Em- <https://www.theboomerem.org/>



Cyber Seniors-

<https://cyberseniors.org/breezeline/>



Join the IST Tech Savvy Solutions Facebook Group



Let's help each other. Everyone is welcome to join!!

Just answer a few questions
There are 1.1K+ members

<https://www.facebook.com/groups/ISTTechSavvySolutions/>

ElderTech Advisor and Teacher Network

- <https://innovativespeech.com/eldertech-cohort-2-2>
- Promote the idea of a “tech concierge” for personal tech support and teaching in all senior living communities, senior centers, and other places boomers and older adults “age in place”
- Create a network of “in the know” senior tech consultants
- Provide ongoing support



Global ElderTech Advisor and Teacher Cohort- Now Forming

For SLPs, OTs, IT specialists, and elder advocates to

Let's help aging adults.

Check out this 5 week collaborative online experience!

<https://innovativespeech.com/eldertech-cohort-2-2/>



Free info and networking session- August 24

Excitement is building for the 3rd [ElderTech Advisor Cohort](#) launch on September 18, 2023! I hope you will be part of it!

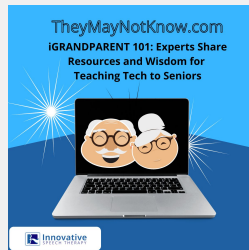
It's a transformative 5- week experience. You'll build relationships with others who are also passionate about helping boomers and older adults. During the course, you'll learn about the latest resources and technologies available to enhance the lives of seniors.

To help you learn more about this opportunity, I invite you to a Zoom meeting on **Thursday, August 24, from 4:00-5:00 PM ET.**

We'll get to know each other, review plans for the upcoming ElderTech Advisor Cohort, and engage in a productive brainstorming session to address specific challenges you may be facing.

Register on Zoom by visiting this link- <https://bit.ly/Aug242023ElderTech> to secure your spot. Be sure to save your personal link in your calendar.

Past presentations are available



<https://innovativespeech.com/past-events/>

Free until end of day 8/23/23

iGrandparent 101: An Expert Panel Shares Wisdom for Teaching Tech to Seniors

Available on-demand at [TheyMayNotKnow.com](https://www.theymaynotknow.com)



New Assistive Technology Network of Greater Washington

ATNGW

Do you help people use accessibility features or special devices to overcome obstacles?

Do you have a business?

Contact Joan@innovativespeech.com to learn more about this new group.

Individual Tech Advising and Coaching with IST

We provide individualized support to get you up and running quickly with the tech you need to make life easier!

We can work directly with seniors or with caregivers and family to set up the environment for success.

<https://www.innovativespeech.com>

It starts with a free 15 min phone consult-

<https://bit.ly/ChatwithJoanGreen>



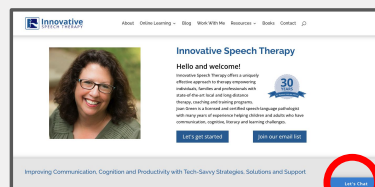
What's your next step?

This is the perfect time to figure out how tech can improve your life!



Free phone consults

Pick a time for Joan to call you to figure out your next steps toward becoming more tech savvy! Absolutely no cost or obligation.



www.innovativespeech.com

Let's stay in touch!

Joan Lipman Green

www.innovativespeech.com

Joan@innovativespeech.com

Facebook- Innovative.Speech.Therapy

FB Group- IST Tech Savvy Solutions

LinkedIn- Joan Lipman Green

Twitter- @jgreenslp

Instagram- joanlipmangreen

