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FREE WEBINAR SERIES




ElderTech: Top Tech Tools  
for Older Adults

Let's leverage the benefits of tech for older adults!  
June 2, 2022

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## Accessibility Check



- ❖ You are muted
- ❖ We can't see you
- ❖ Close extra tabs and refresh or log in and out again if problems
- ❖ Log out and in again as needed

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## Accessibility Check



- ❖ **Live captioning** is enabled (look near the camera and microphone images for the CC symbol or click on "more" )
- ❖ Everyone will have access to **on-demand recording** for at least 2 weeks- the link is the same as for the live webinar
- ❖ **Explore view options** (if viewing with one screen, side by side option may be preferred.)

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## Joan L. Green



Speech-language pathologist  
Assistive Technology Specialist  
Online Tech Coach  
Author of 4 books about using technology to help people with special needs  
Originally from Buffalo, NY  
Undergrad and grad school at Northwestern University

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## My Family



Allan and Leah Lipman

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## Joan L. Green M.A. CCC-SLP

Free 15 min phone consultations

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# Participate

Let's help each other and connect!



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# IST Tech Savvy Solutions Facebook Group



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

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Free Webinar Series  
TheyMayNotKnow.com

*Dedicated to the memory  
of my wonderful brother  
Robert (Bob) Lipman*

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# Want to learn more?

Watch until the end to learn  
about an exciting new  
opportunity to keep this  
conversation going!!

Let's help older adults thrive  
with the help of tech.



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# Agenda....

- Our accessibility journey
- 6 Tech Treasures
- A new opportunity
- Q & A - Discussion- feel free to ask questions during the presentation



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# Our accessibility Journey... Helpful solutions



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## Accessibility obstacles

- many resolved
- some are ongoing



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## More grab bars for safety in apartment



Replaced two towel bars in both bathrooms with grab bars

Installed another grab bar in the shower

Installed grab bar by door to porch

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## Door issues

Doors may close too quickly if resident is slow moving

Lack of automatic doors in "accessible bathrooms"



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## Wheelchair access in bathroom

Replaced cabinet under sink with floating sink



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## Xfinity

My parents use the voice remote- Free if you have upgraded the Xfinity plan to get Internet- just ask for it!

"Turn on CNN"



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## Hearing issues

Bluetooth enabled hearing aids- stream sound into ears

Ask your audiologist about specific recommendations that are compatible with your hearing aid.

- TV
- iPhone
- Microphone



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## Difficulty hearing in groups/ at events

- Hearing loops may help



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## Clear masks

Communicator Surgical Face Masks

<https://safenclear.com/product/the-communicator-surgical-mask-with-a-clear-window/>



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## Hard time hearing on phone and Zoom sessions

Video calls may help



Use captions and automatic transcription

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## Difficulty hearing from different room

Can call if cell phone is handy

Use Amazon's "Alexa" drop in feature- voice activated

Great if there's an emergency or you want to check in on someone



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## Listening to music and help with memory, current events

Alexa, play Reveille

Alexa, will it rain today?

Echo, what time is it?

Echo, remind me to leave for dinner in 10 minutes.



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## Shopping list

Google Keep- app or [keep.google.com](https://keep.google.com)

Shared

Add items and check off



- Walmart- instant coffee - 3 cat and 3 decaf n/a
- Walmart- PB Chee - 6
- Decaf instant coffee - 1
- Frito's - 3
- spinach - 2

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## Important Documents- Shared files in cloud

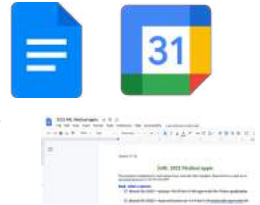
- Copy of MOLST
- Copy of physicians and contact info
- Current med list



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## Coordinating doctors appts- Google Docs

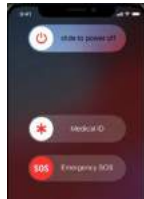
- Shared
- [Docs.google.com](https://docs.google.com)
- Google Docs app on phone or iPad
- Shared Google calendar



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## iPhone- Set up Medical ID in Health App

- Health App
- Summary tab
- Tap profile picture in upper right corner
- Tap medical ID



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## Difficulty typing on small screen

- Use Siri on Apple devices
- Turn speech into text



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## Difficulty reading small print

- Enlarge the font and get rid of digital clutter
- Explore settings

[Libby](#)- get digital books from public library



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## iPhone Magnifier- accessibility feature

<https://support.apple.com/en-us/HT209517>



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## Desire to call people by first name

Need large print name tags  
Many clinicians, nurses and aids have name tags turned around



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## Rehab- request for schedule to set expectations

My parents do best when they know when therapists will drop in for therapy

A weekly schedule was posted in rehab- we realize that schedules may change

Need for balance in the day  
Limited endurance- rest periods



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## What's important in your life?

How can computers, devices and other gadgets help?



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## Let's Maximize Independence and Enjoyment

### Ask yourself:

- Current challenges?
- Strengths?
- Where is the most help needed?
- What is the most important?



Just one or two small changes may make all the difference



## Universal Design

How can I configure accessibility features for success?



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## Reading Challenges



- Is reading on a small screen hard?
- Is there a loss of vision?
- Is reading comprehension difficult?
- Are physical books hard to manage?

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## Tech Treasure # 1



Listening to text read aloud



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All current computers and mobile devices can read aloud for free



The process depends on the device, operating system and format of the material

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3 top picks for free read aloud

- **iPhone** accessibility feature
- **Microsoft Office 365**- Immersive Reader
- **Google chrome** browser- Read and Write for Google Extension



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## iPhones and iPads



Speak Selection  
Speak Screen



- **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
- 

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## Google Chrome Extensions



Google Chrome extensions add functionality - Download them from the Chrome web store when logged in to the Chrome browser

<https://chrome.google.com/webstore/category/extensions>



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## Microsoft Learning Tools

### Immersive Reader

- <https://www.microsoft.com/en-us/education/products/learning-tools>
- Reads text aloud with highlighting
- Help with focus and attention
- Use the view menu



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## Operating Systems

Many recent improvements are available that you may not realize exist



- <https://www.apple.com/accessibility/>
- <https://www.google.com/accessibility/>
- <https://www.microsoft.com/en-us/accessibility>

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## Audio Books

- [LearningAlly.org](http://LearningAlly.org) (Requires documented print disability)
- [Libbyapp.com](http://Libbyapp.com)
- [Audible.com](http://Audible.com)



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## Digital Books - Text to Speech

- [Bookshare.org](http://Bookshare.org) (print disability)
- [Kindle](http://Kindle)
- [Google Play Books](http://Google Play Books)
- [Apple Books](http://Apple Books)
- [Voice Dream reader mobile app](http://Voice Dream reader mobile app)



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## Writing & Typing Challenges

- Is it hard to type on a small screen?
- Are there dexterity issues?
- Is it easier to speak than to write?



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## Tech Treasure # 2

Typing by Speaking  
(speech- to -text/  
Speech recognition)



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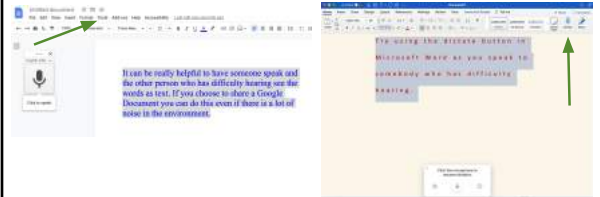
## Speech to text

All up-to-date computers, phones, and tablets- free speech to text



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## Speech to text- Google Docs and Microsoft Word



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## Device Accessibility



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



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## Siri and Alexa can also help



"Siri, send Sally a text and tell her that I will be there soon."

"Siri, schedule my next dentist appt for this Wednesday at 2:00"

"Alexa, add apples to my shopping list."

And so much more...

<https://support.apple.com/siri>

<https://www.amazon.com/b?ie=UTF8&node=21576558011>

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## Paper management & sharing files

Do you have trouble finding documents when you need them?

Could you use help from someone who isn't with you?



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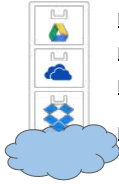
## Tech Treasure # 3

Online file storage and collaboration platforms

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## Cloud- based organizational systems

Robust mainstream platforms for creating, sharing and storing content



<https://Drive.google.com>

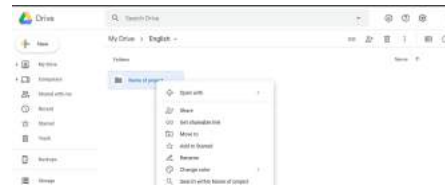
<https://onedrive.live.com/>

<https://www.dropbox.com/>

<https://www.apple.com/icloud/>

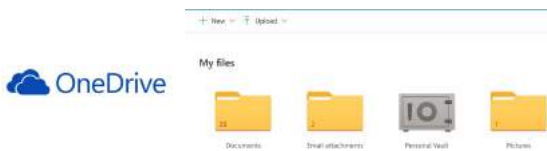
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## Google Drive



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## Microsoft OneDrive



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## Online documents can come to the rescue!

- Emergency contacts
- Medical records
- Lists of physicians
- Schedule of upcoming appointments
- Copy of MOLST document



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Do you miss appointments or forget to do things?



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## Tech Treasure # 4



Digital lists, reminders and calendars

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On Mobile devices use an app

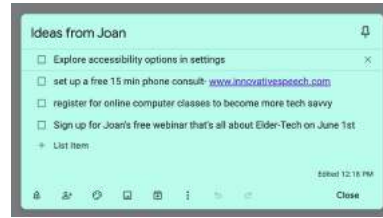
On the computer- use the online version

Use the same app/ program logged into same user on all devices- actively sync



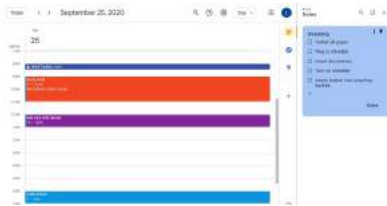
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Google Keep- task manager- [keep.google.com](https://keep.google.com)



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Google Calendar- Views, Reminders & Color



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Apple's Reminders app



"Siri, remind me to walk the dog when I get home."  
"Siri, remind me to give my boss the project when I get to work tomorrow morning."

- Searchable
- Share and collaborate using lists with others
- Time or location based

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Trouble understanding what you hear?



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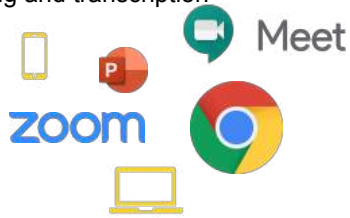
Tech Treasure # 5

Captions and live transcription

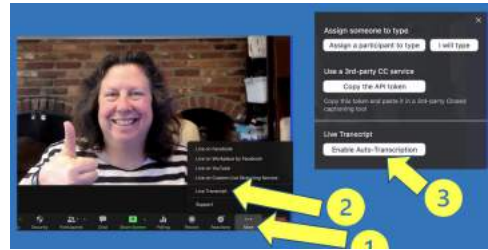
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## Real time captioning and transcription

Virtual Meetings  
Browsers  
Presentation Tools  
Mobile devices



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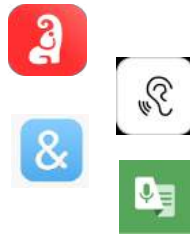
## Apps

[Live Transcribe](#)- Live transcription in 50+ languages ios

[Hearing Helper](#)- Live Captions ios

[Ava](#)- Helpful in groups. Everyone in conversation logs into the app. ios Android, web, Mac and Windows

[Live Transcribe & Notification](#)- Android



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## Tech Treasure # 6



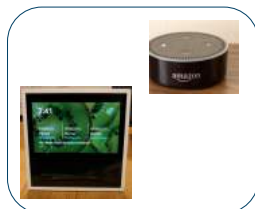
More gadgets to consider

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## Smart Assistants- Alexa and Echo devices

"Alexa, Remind me to leave in 20 minutes"

"Echo, play soft classical music"



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## Grandpad

Video calls-family manager can set up device from a distance



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## Amazon's Echo Show

[Amazon's Echo Show](#)- "Drop- in" and video calls

"Alexa, Call Grandma"

"Alexa, drop in on Mom"



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## How can older adults learn about all this?

## What is the ideal learning scenario?

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## GetSetUp 1-888-559-1614

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



**iPhone Tips & Tricks**  
By Wade Yarbrough - United States



**All About Web Browsers**  
By Bob Cohen - United States



**Telehealth - How to Have a Virtual Visit with Your Doctor**  
By Lee Wainwright - United States



**Computers for Beginners**  
By Bob Cohen - United States

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## GetSetUp



**Amazon Alexa - What It Is & Why You Might Want One**  
By Wade Yarbrough - United States



**How to Schedule & Host Zoom Meetings**  
By Vicki Sell - United States



**Apple Watch: Learn the Basics**  
By Cynthi Mccaskey - United States

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## Senior Planet from AARP - virtual classes

In person in NYC and Palo Alto, CA

<https://seniorplanet.org/classes/>



**All Things Zoom**  
By Bob Cohen - United States



**Tech Talks about Streaming and Smart TV's**  
By Bob Cohen - United States



**Smartphones**  
By Bob Cohen - United States

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## PositiveAging Community with Steve Gurney

<https://www.retirementlivingresourcebook.com/digital-discussions>

Free Live and interactive events

Many archived recordings



**PositiveAging**  
Connections • Choices • Community

Plan Your Month: Live & Interactive Discussions

- JUNE 01 - One Reality to the Limitless Number
- JUNE 02 - Home Maintenance & Accessibility Aid
- JUNE 03 - Ready to Retire? Exploring All "Options" As We Age
- JUNE 04 - Home as Your Last Best Friend: Create Memory in Places for an Aging Loved One
- JUNE 05 - Pay Later in the Moment to Transform Online to Personal Finance: The Green House Program and Power Network
- JUNE 08 - Healthcare Matters: Empowering Older Adults with Cognitive Decline
- JUNE 09 - Addressing COVID-19: Preparing Older Adults for the Age
- JUNE 22 - Exercise & Diet: The Best Ways to Stay Healthy as an Older Adult
- JUNE 23 - Exercise with a Twist: Fun and Healthy Ways to Stay Healthy as an Older Adult
- JUNE 24 - The Health & Wellness Virtual Resource Fair

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## Cyber Seniors

Free

Intergenerational tech support and programs

Hundreds of tech-training resources and self-lead tutorials



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## ReThinking Aging Club Age-Friendly Products Alliance

Linda Sherman- LinkedIn

Audio only



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## Abbie Richie Tech Tuesdays Senior Savvy Guru

Watch on YouTube



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## Announcing a private cohort now forming!

<https://forms.gle/qZwQ3ZFcEYot4WnY7>

- Google Form- This is the first step to apply

Interested in honing your skills and sharing your expertise in an innovative program to promote tech savvy solutions for seniors?

Let's talk!



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## Let's Chat! [www.innovativespeech.com](http://www.innovativespeech.com)

I offer free 15 minute phone consultations to help you figure out your next steps...



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## Let's stay in touch!

Joan Lipman Green

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Twitter- @jgreenslp

Instagram- [joanlipmangreen](https://www.instagram.com/joanlipmangreen)



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