

 **TheyMayNotKnow.com**
WEBINAR SERIES



Calling all Senior Care Providers and Elder Advocates:
Join us to Explore Technologies for Aging Adults

3/1/23

www.innovativespeech.com

1

Recording

This webinar is being recorded.

Automatic closed captioning has been enabled.



Email Joan@innovativespeech.com for a copy of the slides.




www.innovativespeech.com

2


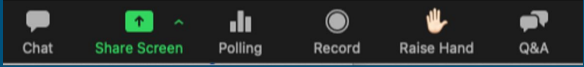
- You are muted
- We can't see you
- Close extra tabs and refresh if having issues

www.innovativespeech.com

3

Please participate





- I highly encourage using chat during the presentation. Let's help each other & learn together!
- Panelists vs Everyone

www.innovativespeech.com

4

Recording




- Everyone can continue to register to view the recording until 3/12/23
- www.TheyMayNotKnow.com

www.innovativespeech.com

5

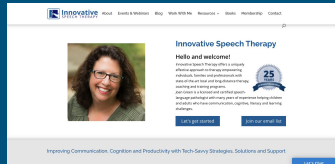
This TheyMayNotKnow.com webinar series is dedicated to the memory of my wonderful brother-
Robert (Bob) Lipman (1961-2020)



www.innovativespeech.com

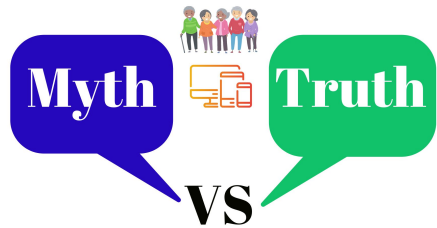
6

Joan L. Green
SLP & Online Tech Coach



<https://www.innovativespeech.com>

Joan@innovativespeech.com



Myth #1- Seniors are not interested in Technology

Truth-

- Many seniors are curious and eager to learn about technology- stay connected, access info, & improve health. It opens new worlds and opportunities!
- Others may need encouragement to see potential benefits. It's now an essential skill for independence.

Myth #2- Seniors are too old to learn new things

Truth-

- Age is not a barrier to learning new things.
- Vision, hearing, physical or communication challenges may make it harder and require the special support and services.
- Supporting older adults requires patience and practice- it's worth it!

Myth #3- Seniors are not comfortable with tech

Truth

- Many seniors have been using technology for decades and have developed considerable skills.
- Technology keeps on changing for all of us and requires a concerted effort and guidance to use it to remain self-sufficient and enhance lives.

Myth #4- Seniors are afraid of technology

Truth-

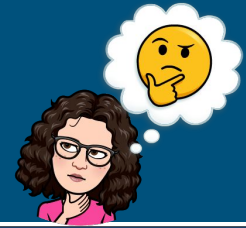
- Fear of technology is not limited to seniors or a universal characteristic of seniors.
- We all need to be vigilant to maximize privacy, safety and security. Learning what to click on and what to avoid is critical.

Myth #5- Seniors only want simple technology

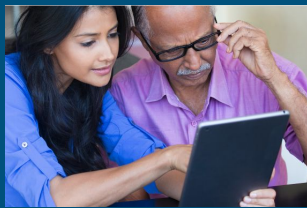
Truth

- While some seniors may prefer simpler technology, others are interested in using more complex devices and software.
- It's important not to make assumptions about what seniors want or need without consulting them directly.

What help do seniors need with tech?



How can we close the digital divide?



Provide a variety of services

- Personalized- 1:1
- Group
- Online
- In-person
- Over the phone
- Computer buddy
- Tech Concierge



How can we support each other as we move forward to provide the help?



This new generation of tech is amazing!

Learn what's possible ★

Match individual needs with tech **features**

Give it a try and adapt as needed



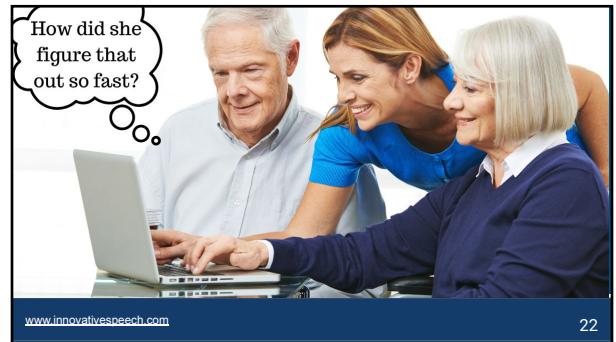
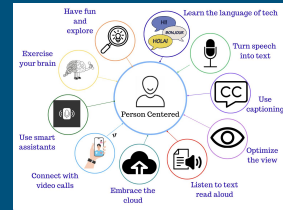
ElderTech Advisors

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

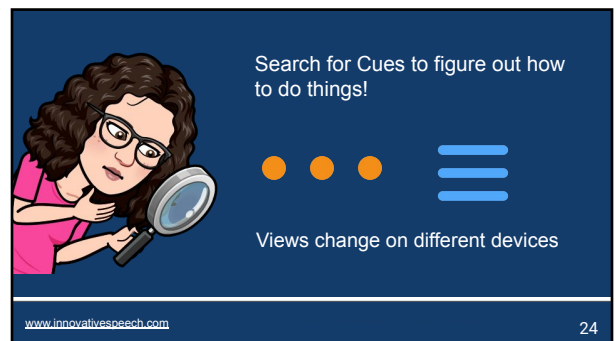
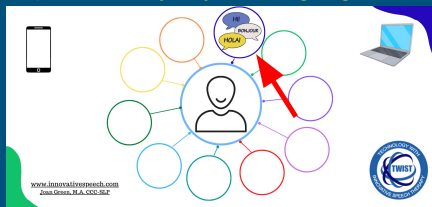
The 3rd cohort starts 3/13/23- "flipped" learning approach



10 Tech Tips for Helping Seniors



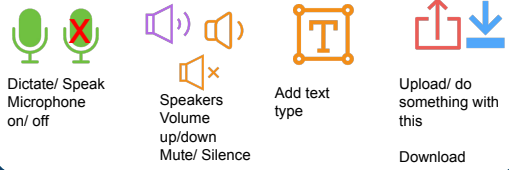
Tech Tip # 1 -Demystify the language of tech



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



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



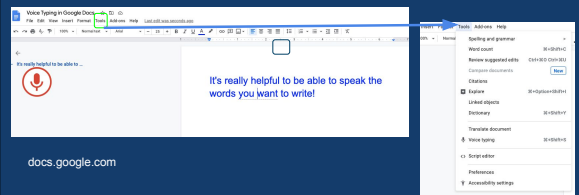
Device Accessibility



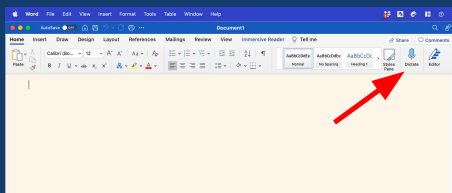
All current computers & mobile devices can turn your speech into text



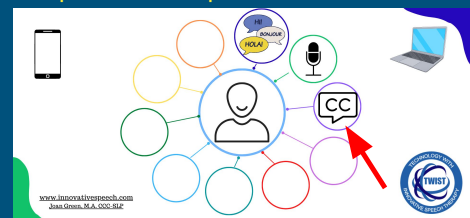
Voice typing in Google Docs



Dictation in MS Word 365 and online



Tech Tip # 3 -Use captions



Presentations, TV, YouTube and online video

Captions are free - may need to be set up in advance
Not perfect- dependent on speaker and environment



Zoom – Automatic closed captioning

Live Captioning available on all accounts

Need to set up in advance



Chrome Browser- Live Caption on Desktop

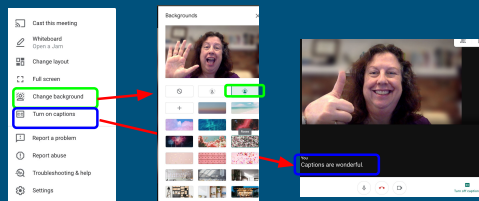
Chrome Settings > Advanced Settings >
Accessibility > Toggle on Live Caption

Instantly captions audio and video

Appears in a small moveable black box



Google Meet- Settings and options



Apps to support conversations

Masks make it harder to hear and understand conversations
A few apps may help with real-time transcription of spoken words. Transcriptions can be saved. Some can caption phone calls.

- AVA- need to register- ios and android
- Live Transcribe - There is one version for iOS and another for Android



Tech Tip #4 -Change the view



Customize the view

- Font Type and Size
- Background color
- Contrast
- Filters
- Remove ads and pop-ups



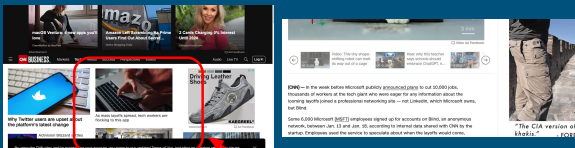
Reader View- Declutter the screen- change font size

Built in to Safari, Edge and Firefox



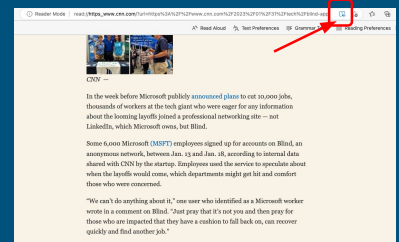
Mercury Reader- Chrome extension

Edge Browser article on CNN



Clicked on article on left and saw image on the right

Immersive reader in Edge browser



Morphic Bar



- Morphic makes computers easier to use
- Displays accessibility features available from home screen
- Can be customized
- Free to use on Macs or PC computers
- <https://morphic.org/morphic-basic/>



Tech Tip #5 -Listen to text read aloud




Windows-Free

Microsoft Word

How to use Immersive Reader

Microsoft Support



www.innovativespeech.com

49

iDevices

Speak Selection Speak Screen



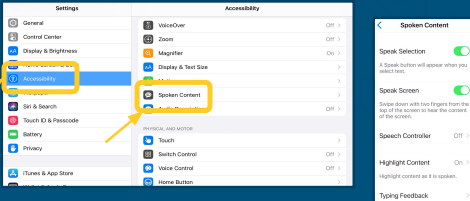
- **Settings > Accessibility > Spoken Content**
- **Speak selection**- select text then touch "speak"
- **Speak screen**- swipe down with two fingers from the top of the screen and then press play (use assistive touch)

www.innovativespeech.com

50

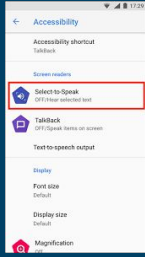
Accessibility Features

iOS



www.innovativespeech.com

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

www.innovativespeech.com

52

Audio Books


- Libby-<https://www.overdrive.com/apps/libby>
- Hoopla-<https://www.hoopladigital.com/>
- Free from the library



www.innovativespeech.com

53

Google Lens



On ios- it's in the Google Photos app or Google Assistant

Android- Google Lens app

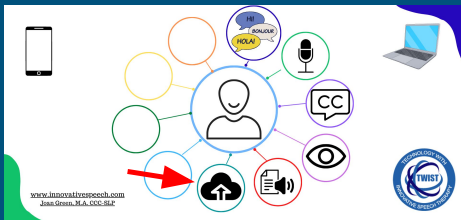
Aim camera at object or text

Lens will then read text aloud, translate text, recognize building or get info or find similar images online.

www.innovativespeech.com

54

Tech Tip #6 - Embrace the Cloud



Cloud based organization and access

Automatically save
Access account from other devices
Automatically sync
Share and collaborate
Stay organized and efficient



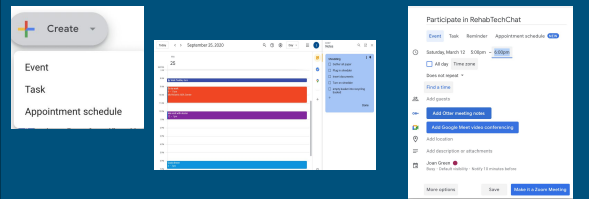
Google Apps

- Google Docs
- Google Drive
- Google Calendar
- Google Keep

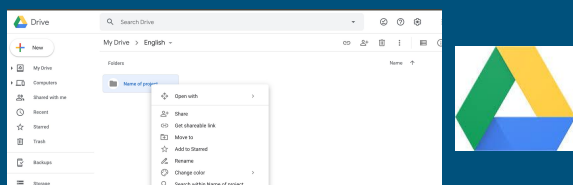


Get Going with Google in 2023! Online Course

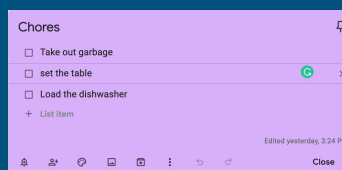
Google Calendar- Views, Reminders & Color



Google Drive or OneDrive- Organize folders



Google Keep- task manager- keep.google.com



- Use color
- Reminders
- Share lists
- Searchable

Gmail mail.google.com

Start a new email

Reduce distractions

Emails can come back later

www.innovativespeech.com

61

Tech Tip #7 - Connect with Video calls

www.innovativespeech.com
25a Orono, R.I., 02882

www.innovativespeech.com

62

There are lots of video call options!

www.innovativespeech.com

63

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

www.innovativespeech.com

64

Three simpler options

Grandpad

Amazon's Echo Show

Sociavi

ViewClix

www.innovativespeech.com

65

Tech Tip #8 - Use Smart Assistants

www.innovativespeech.com
25a Orono, R.I., 02882

www.innovativespeech.com

66

Siri, Alexa, Google Assistant

- Play music
- Send a text or email
- Keep a shopping list
- Control your household devices
- Make calls
- Play games
- Answer questions
- Reminders
- Appointments



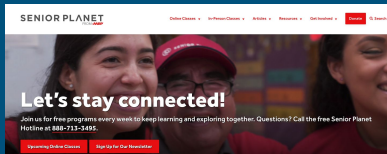
Tech Tip #9 - Keep exercising your brain



Senior Planet from AARP

<https://seniorplanet.org/>
Hotline- 888-713-3495

All types of classes and opportunities for connection



More online resources

- <https://www.getsetup.io/exp-home>
- <https://cyberseniors.org/>
- <https://carevocacy.com/>
- <https://www.seniortechclub.com/>
- <https://www.candootech.com/>
- <https://www.techforsenior.com>



Brain games or apps to develop skills

- There are many apps and online sites to exercise and improve skills.
- We need to match interests and ability with available programs
- Here are a few:
 - Lumosity
 - BrainHQ
 - Elevate
 - CogniFit Brain Fitness
 - Constant Therapy
 - Dakim Fitness
 - MindMate
 - Tactus Therapy apps



Tech Tip #10 - Have fun and explore



Fun things to do and explore

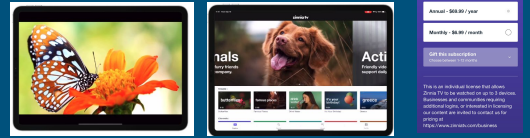
<https://games.aarp.org/>

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



Zinnia TV

"Life-enhancing videos that support and uplift people facing cognitive changes and dementia." <https://www.zinniatv.com/>



Older adults need help with:

- Using keyboards, mice, microphones, and touch screens
- Setting up phones and tablets and installing apps
- Sending and receiving messages, calls and emails
- Viewing and interacting with social media
- Creating and storing documents
- Participating in virtual health visits
- Searching for and accessing information

Older adults need help with:

- Initiating and participating in video calls and meetings
- Depositing checks and banking online
- Watching movies and other forms of entertainment
- Listening to music
- Taking, sharing and downloading photos
- Setting up shopping accounts and handling transactions

Older adults need help with:

- Troubleshooting when things go wrong
- Setting up accessibility features to make it easier to use devices
- Protecting personal information online and avoiding phishing and scams
- Setting up systems to help find lost items
- Remembering how to go places

Best practices for service delivery

- **Hands on help is often best**
- **Accessible**- affordable, appropriately paced, quiet environment, visual supports
- **Offered in places where seniors gather**- community centers, independent and assisted living communities, libraries, and senior centers
- **Supplement with 1:1 tailored support**- set up accessibility features, accounts, password management etc.

Best practices for service delivery

- Promote **user-friendly devices** with large fonts, clear contrast, read aloud and dictation options
- **It takes a village-** Include family, caregivers and "computer buddies" to help with practice, encouragement and support
- Make sure there is **reliable internet access**
- Provide access to a **tech concierge** or quality tech support to troubleshoot issues and help maintain and update devices.

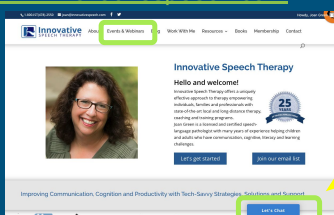
IST Tech Savvy Solutions Facebook Group



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

Let's Chat! www.innovativespeech.com

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



ElderTech Advisors and Teachers

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



5-week "flipped" course experience with like-minded colleagues to become more tech-savvy

Get Going with Google in 2023

- A self-paced online course
- One private online tech coaching session with Joan is included
- <https://innovativespeech.com/get-going-with-google-course/>



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- @jgreenslip
Instagram- joanlipmangreen

