

Technology To Support Aging Adults

Maryland Career Pathways Virtual Summit and Expo

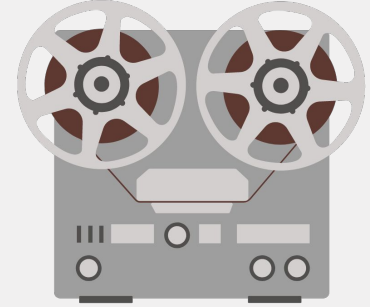
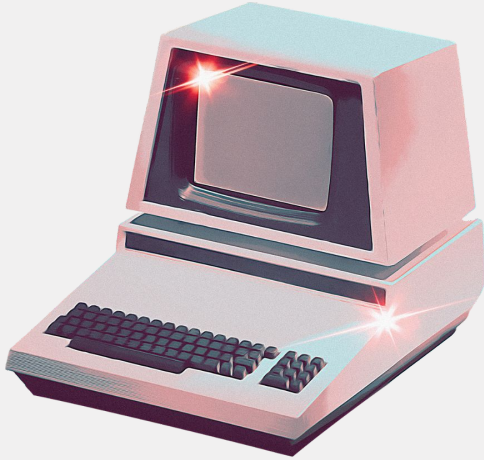
Joan L. Green, M.A. CCC-SLP

Speech-Language Pathologist, Inclusive Technology Specialist & ElderTech Advisor

www.innovativespeech.com

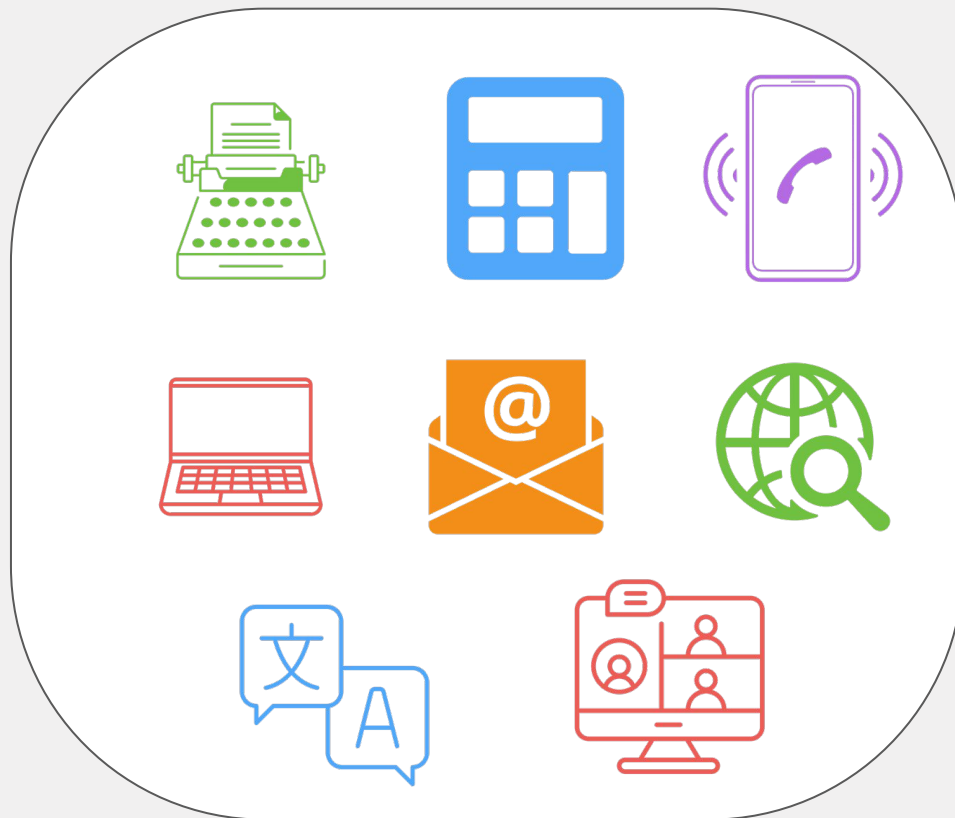
Joan@innovativespeech.com

Remember these?
If not, you are probably a tech native!



Transformative Tech

- Typewriters
- Calculators
- Laptops
- Email
- Mobile phones
- Search Engines
- Wikipedia
- Google Translate
- Video Meetings and Calls
- ChatGPT



Current Tech Use by Seniors and Access to Support



Seniors are often left behind and may resist tech

- Lack of experience and familiarity
- Physical limitations
- Fear of looking incompetent
- Fear of change
- Lack of patience
- Perceive uselessness
- Prefer older methods
- Isolation

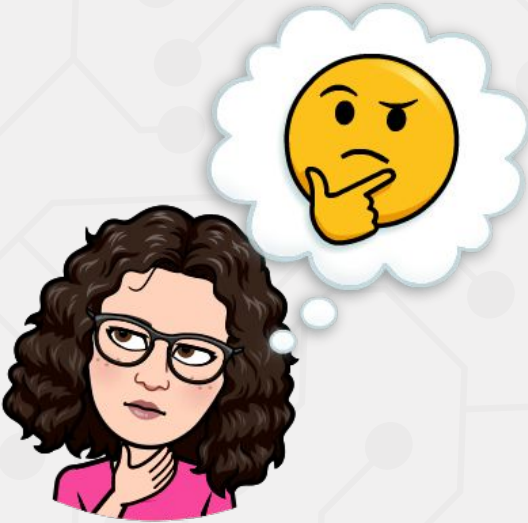


More barriers....

- Desire human interaction
- Prefer status quo
- Fear of breaking it
- Security and privacy concerns
- Distrust
- Policy restrictions
- Staff and volunteer turnover
- **Skilled advisor to match needs with solutions**



New Tech Mindset



“How can current technologies help older adults reduce anxiety, stay connected and enjoy life?”

Joan Green- Your Tech Advisor and Coach





AboutOnline Learning ▼BlogWork With MeResources ▼BooksContact



Innovative Speech Therapy

Hello and welcome!

IST offers a uniquely effective guidance empowering individuals, families and professionals with state-of-the-art local and long-distance therapy, coaching and training programs.

Joan Green is a licensed and certified speech-language pathologist and assistive technology specialist with many years of experience helping children and adults who have communication, cognitive, literacy, learning, and executive functioning challenges.

Let's get startedJoin our email list

Improving Communication, Cognition and Productivity with Tech-Savvy Strategies, Solutions and Support



www.innovativespeech.com

My favorite tech tools



Computers



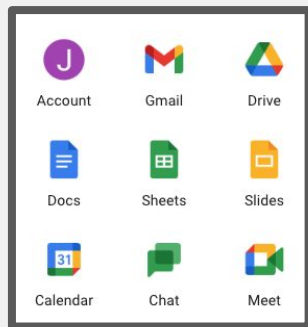
Tablets



Smartphones



ChatGPT



Google Apps



Apple Watch



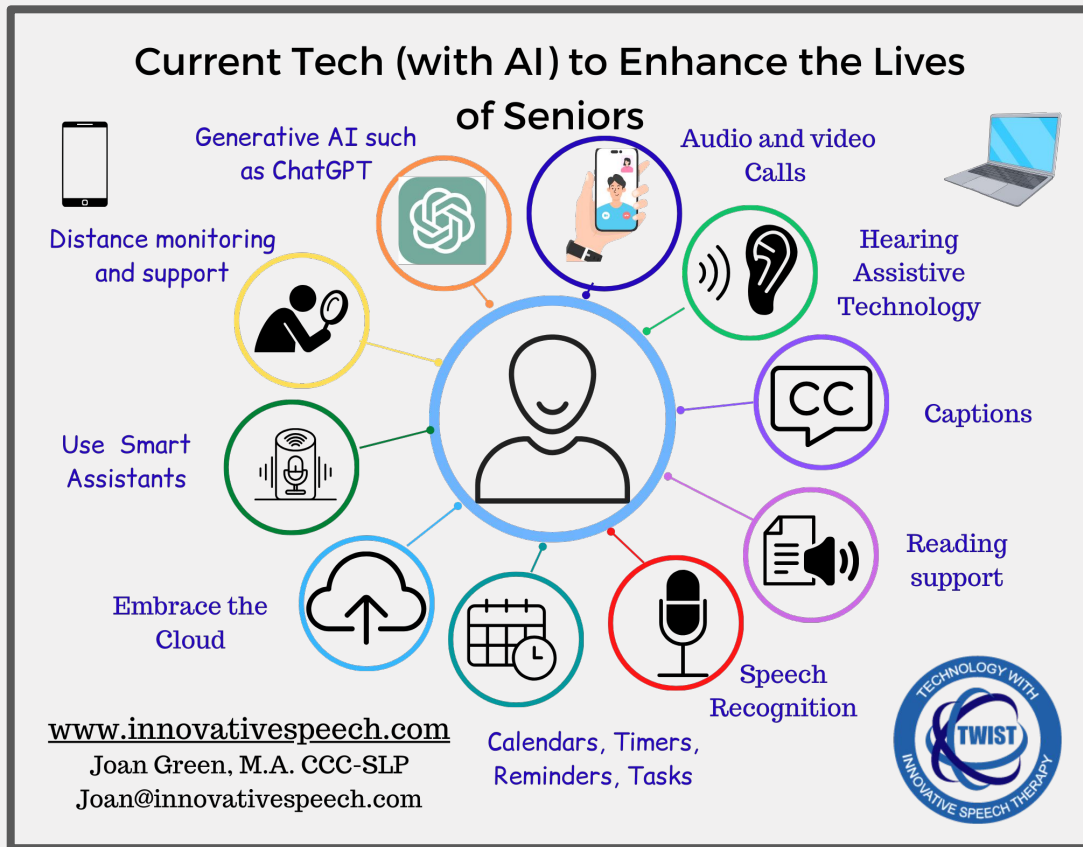
Amazon's Echo Show

Tech can help overcome challenges and disabilities- all ages

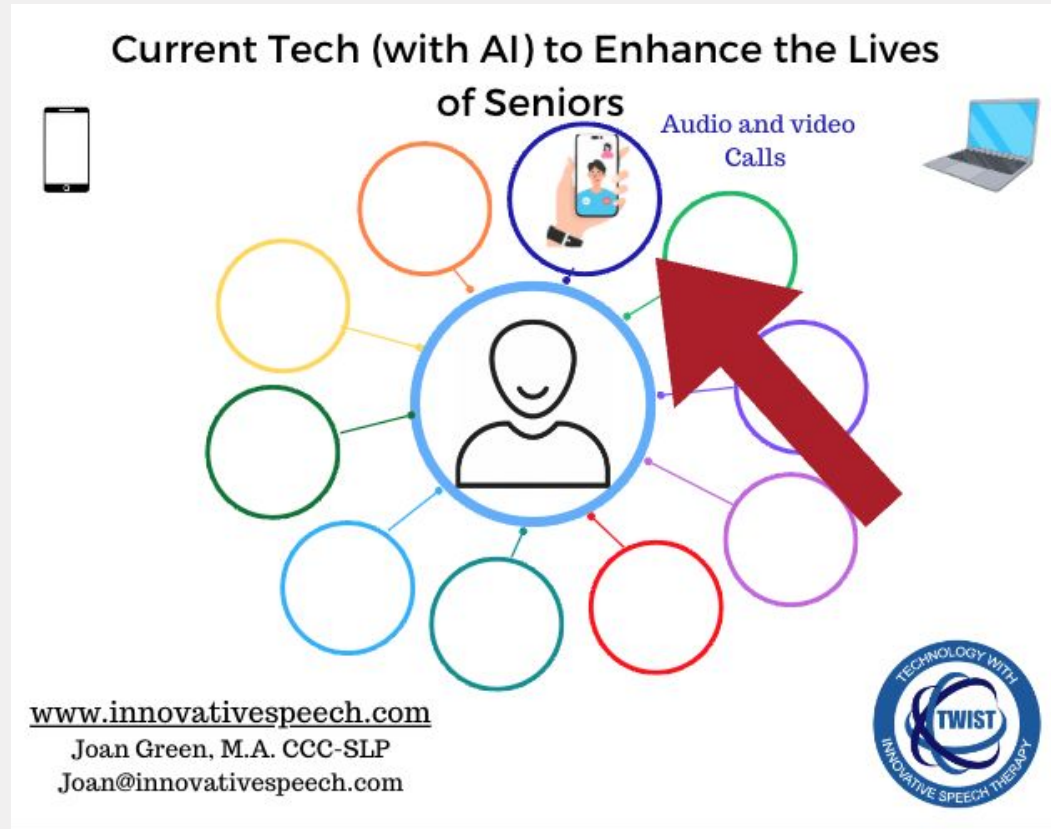
- Expressive Communication Challenges- stroke, head injury, tumor, degenerative diseases
- Vision and Hearing loss
- Mobility Limitations
- Dexterity- arthritis
- Isolation- depression- lack of stimulation
- Memory and Reasoning- Mild cognitive impairment, Dementia



Let's use tech to support aging adults!



Audio and video calling features reduce isolation

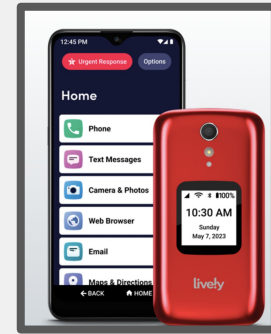


AI can help seniors stay in touch

- Audio and video calls help minimize isolation and loneliness!
- Maintaining social connections is critical for well being as we age.
- Seniors can attend events “virtually” they can’t get to in person.



Vtech



Jitterbug



RAZ
Mobility

Video calls promote social engagement



Facetime

zoom



Google Meet- Free on all phones, tablets and computers

Simpler video call options



Grandpad



Amazon's
Echo Show-
Drop-in



Sociavi360

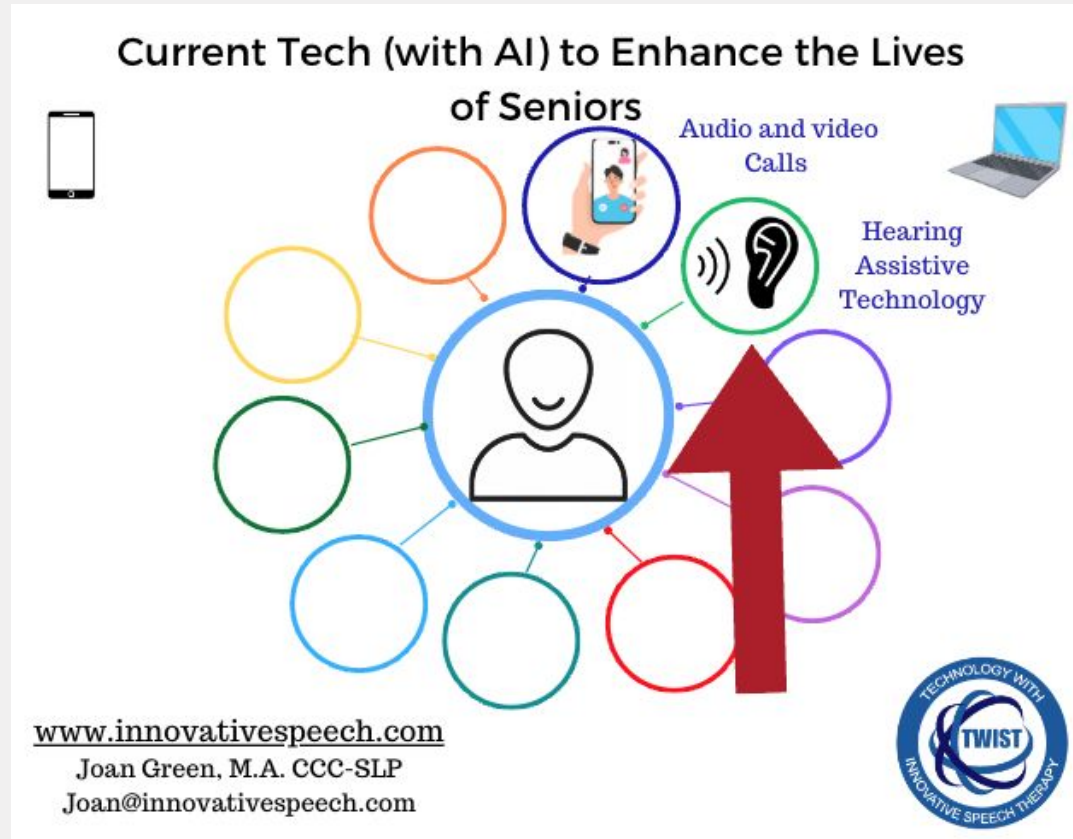


ViewClix



Onscreen-
use TV

Explore hearing assistive technology

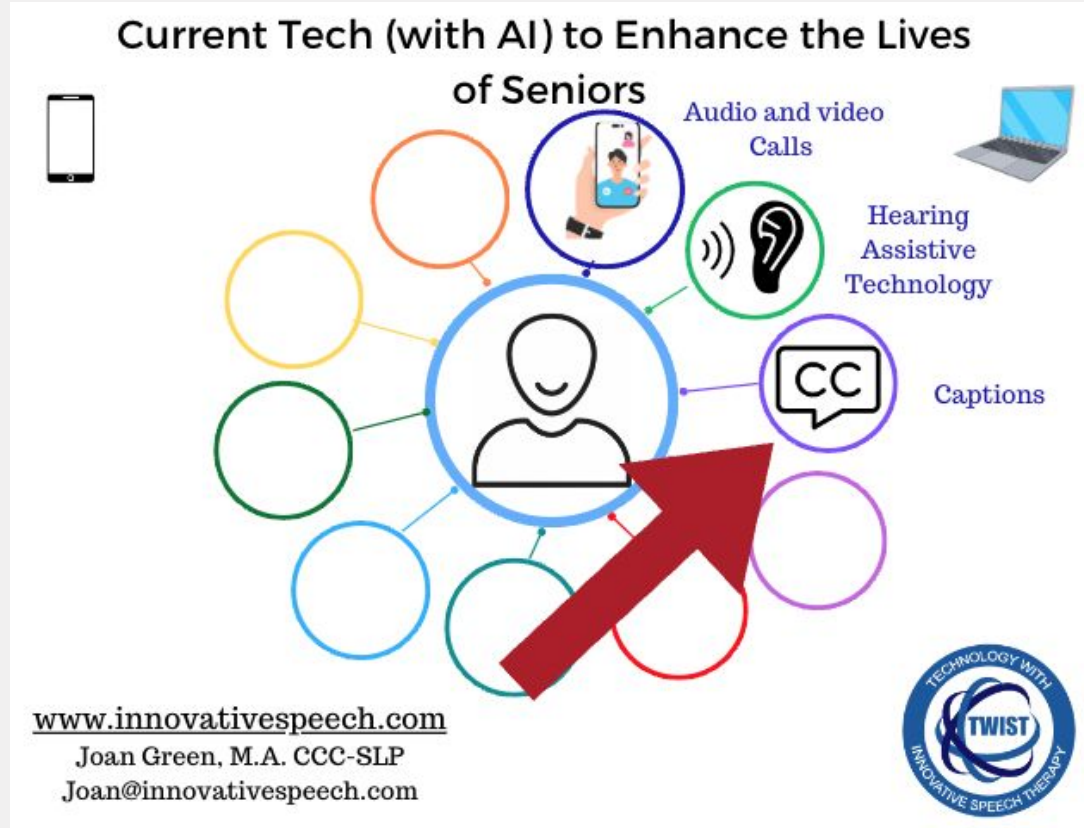


Tech can help people with hearing loss

- Hearing aids- amplify certain frequencies, bluetooth pairs AT to it- microphones, TV, phone
- Flashing lights and vibration
- Over-the-counter solutions for mild-mod loss
- iOS- Live Listen, customize airpods
- Get notified of unsafe hearing levels
- Explore settings on your smartphone



Use captions and transcription

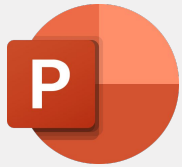


Captions & Transcriptions

It can be helpful to see words as they are said aloud.

Captions are free but the feature may need to be set up in advance.

Transcription may have errors. The quality is dependent on the speaker and environment.

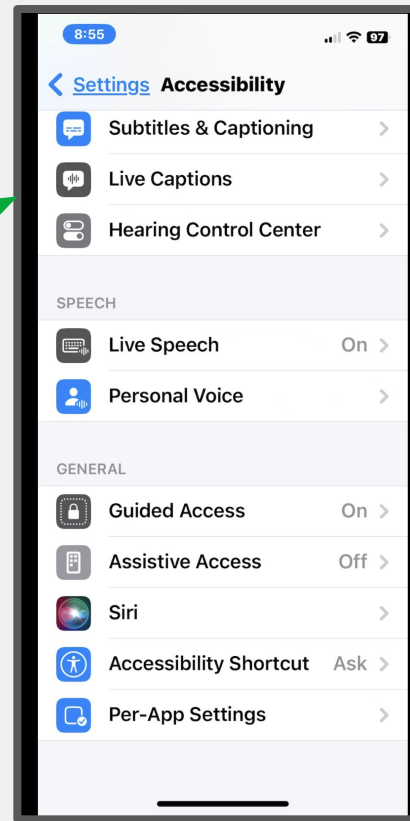
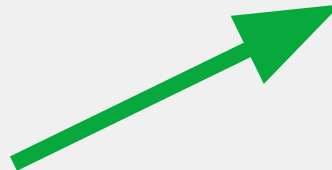


Using iOS 17 or a Pixel phone?

Enable the captions for
in-person conversations or to
use while having a phone call!

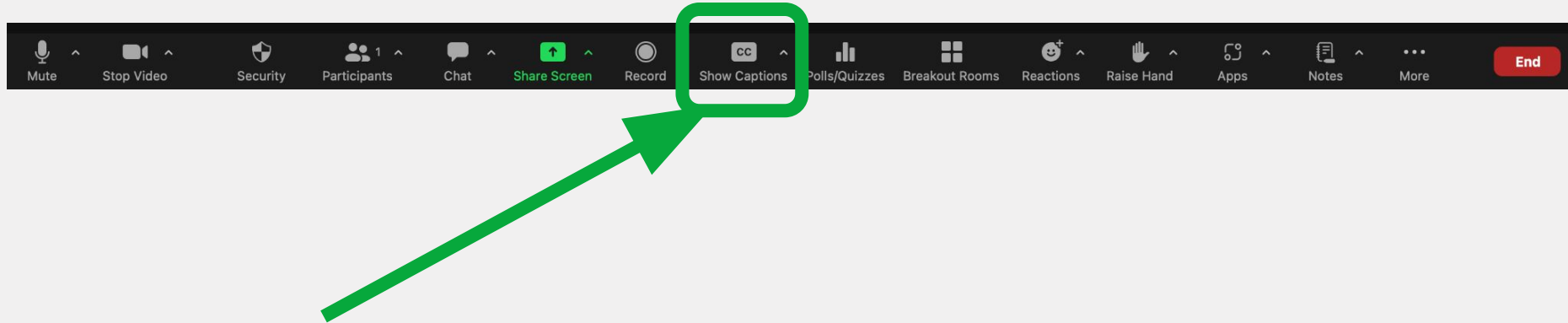
iPhone

Settings > Accessibility > Live
Captions

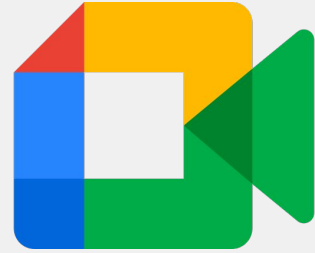


Zoom meetings

The host can set up the ability
for everyone to use live
captioning!



Google Meet- Settings and options



This block contains three screenshots from the Google Meet interface, connected by red arrows indicating a workflow. The first screenshot shows the 'More options' menu with 'Change background' and 'Turn on captions' highlighted by green and blue boxes respectively. The second screenshot shows the 'Backgrounds' selection panel with a green box around the 'My background' icon. The third screenshot shows the main video call window with a blue box around the caption 'You: Captions are wonderful.' and a green 'Turn off captions' button in the bottom right corner.

Cast this meeting

Whiteboard
Open a Jam

Change layout

Full screen

Change background

Turn on captions

Report a problem

Report abuse

Troubleshooting & help

Settings

Backgrounds

You
Captions are wonderful.

Turn off captions

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 username and password.

Terrific note-taking tools with AI

- Meeting summaries
- Smart recordings
- Action steps
- Images
- Study tools
- [Glean](#)
- [Otter.ai](#)
- [Zoom](#)

The screenshot shows a Zoom meeting interface. The main window displays a video of a woman, Joan Green, speaking. Below the video, there is a transcript of her speech. The transcript is generated by AI and includes a search bar, a list of messages, and a summary of the meeting. The transcript is as follows:

Audio Transcript Chat Messages

Search transcript

Joan Green 00:00:06

Let me share again.

Well, welcome today to ElderTech advisors. I'm really glad that you're here. We're going to talk a lot about the course that is starting on on Sunday this Sunday.

So

you're all automatically muted. But there will be plenty of time during this presentation to get to know one another, so feel free. If I call on you, you're welcome to participate and unmute yourself. You can control your video while I love seeing everybody's faces live. I realize it's probably lunch

Only play highlights Edit Highlights Save highlights

Summary and smart chapters My meeting coach **NEW**

Summary

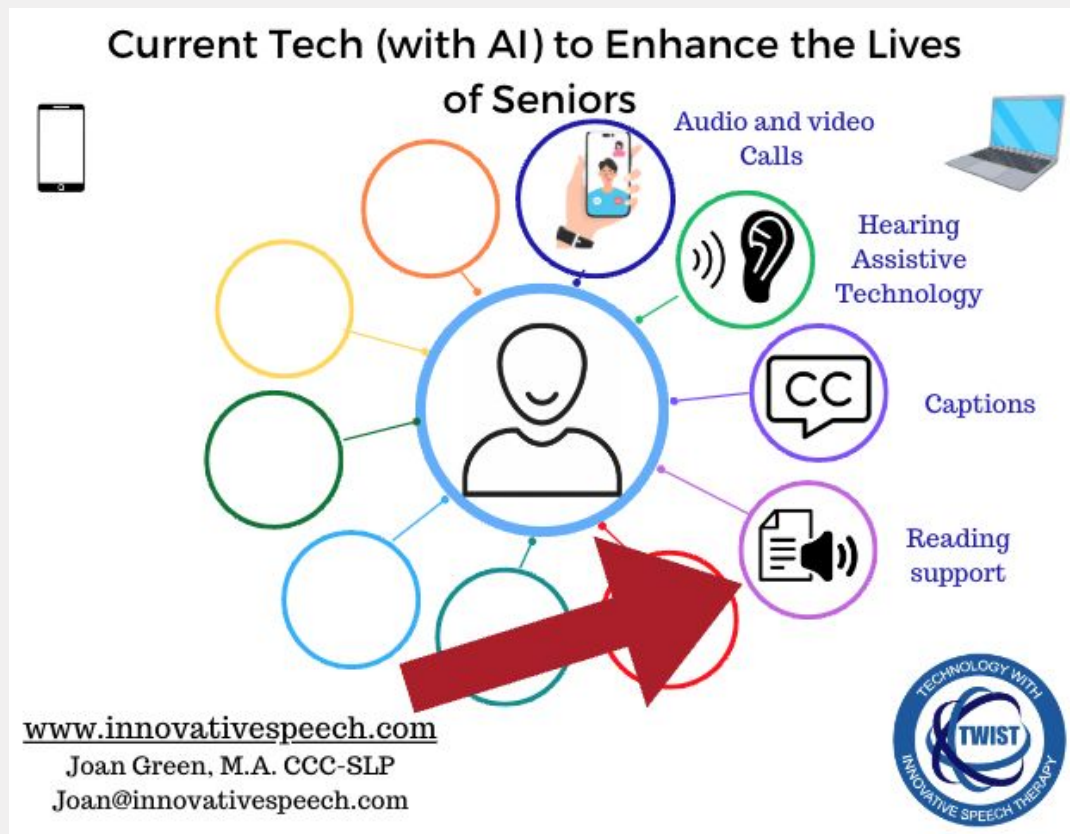
Joan introduced her Elder Tech Advisor course designed to help seniors use technology, emphasizing its importance in maintaining independence and connecting with resources. She also shared her personal experiences and highlighted the course's features, including live sessions, certifications, and ongoing support. The discussion also covered strategies for marketing the course and connecting with seniors, with a ... [View All](#)

Smart Chapters

Next Steps

1. Joan will send out reminders about the live sessions every week.
2. Joan will provide a link to the course materials for those who register.
3. Joan will consider offering the course every 6 months and may offer courses of the content of just one week at a time.

Optimize reading support



Is reading difficult?

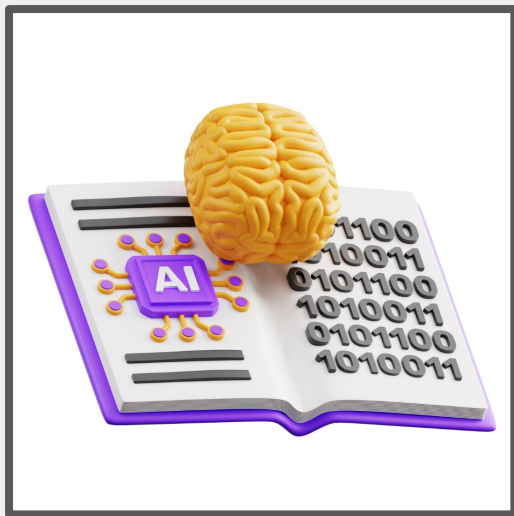
Low vision

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
- [Postlight Reader Extension](#) (Chrome, Edge, Firefox)
(Formerly Mercury Reader)



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



Microsoft Immersive Reader- Free



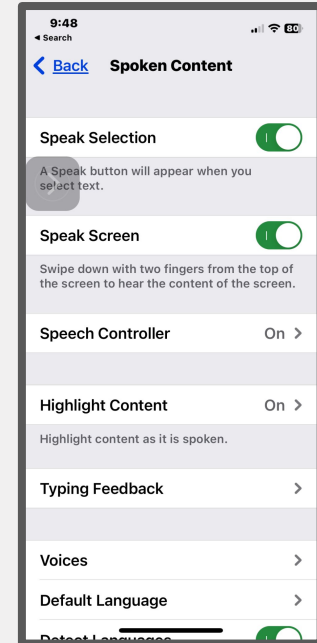
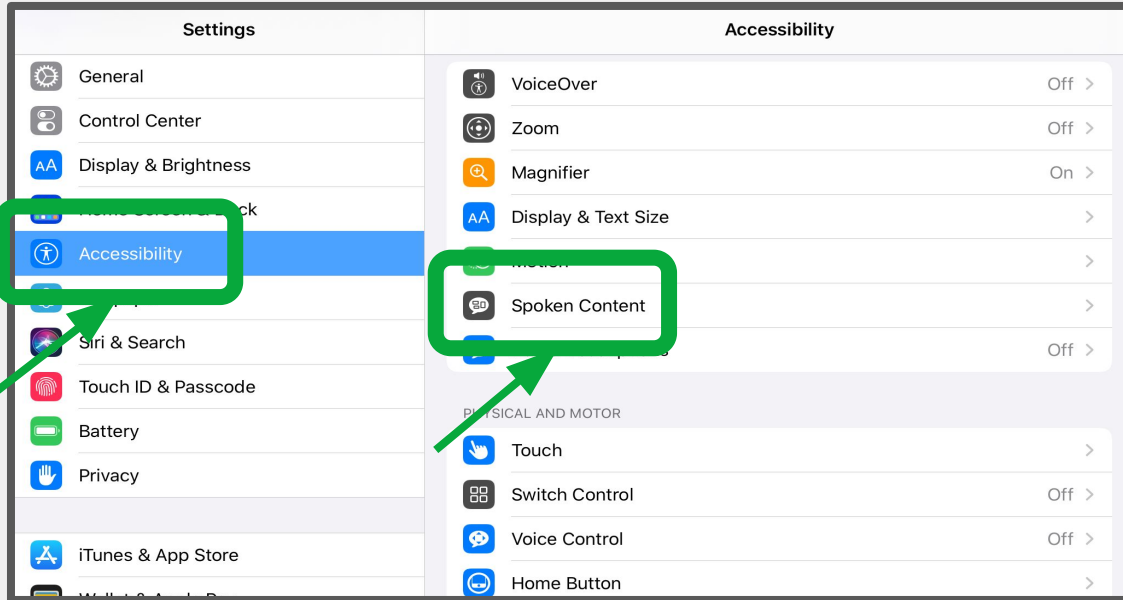
iDevices

Speak Selection Speak Screen



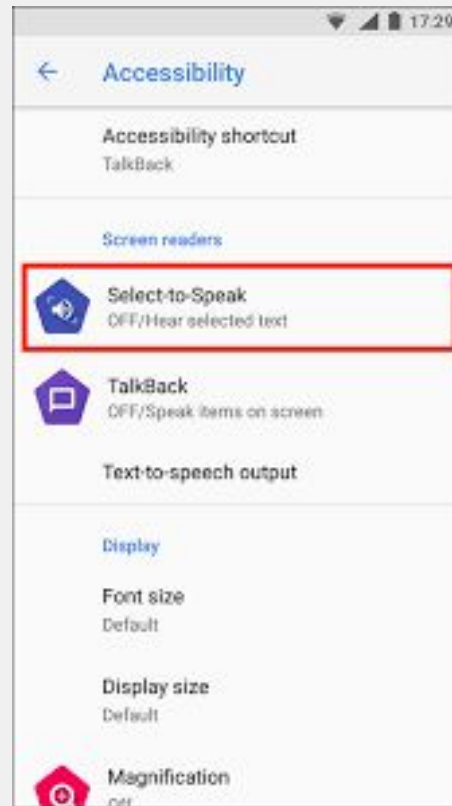
- Settings > Accessibility > Spoken Content
- Speak selection- select text then touch “speak”
- Speak screen- swipe down with two fingers from the top of the screen and then press play (use assistive touch)

Accessibility features- iOS



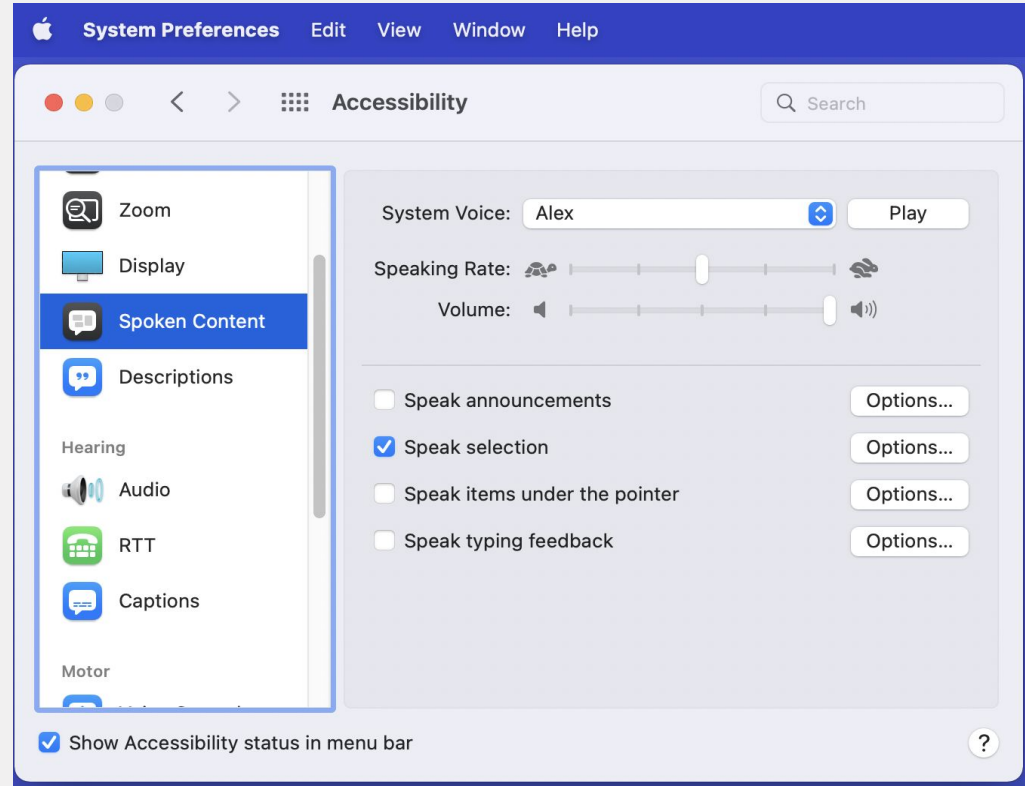
Android phones

- 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



Read aloud- Mac

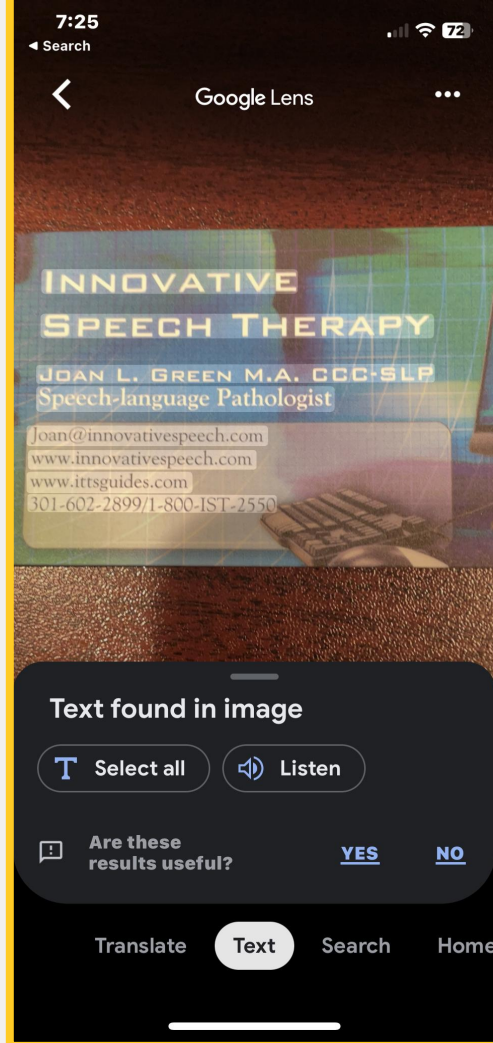
- Apple menu > system preferences> Accessibility> Speak selected text when the key is pressed
- Option + Esc



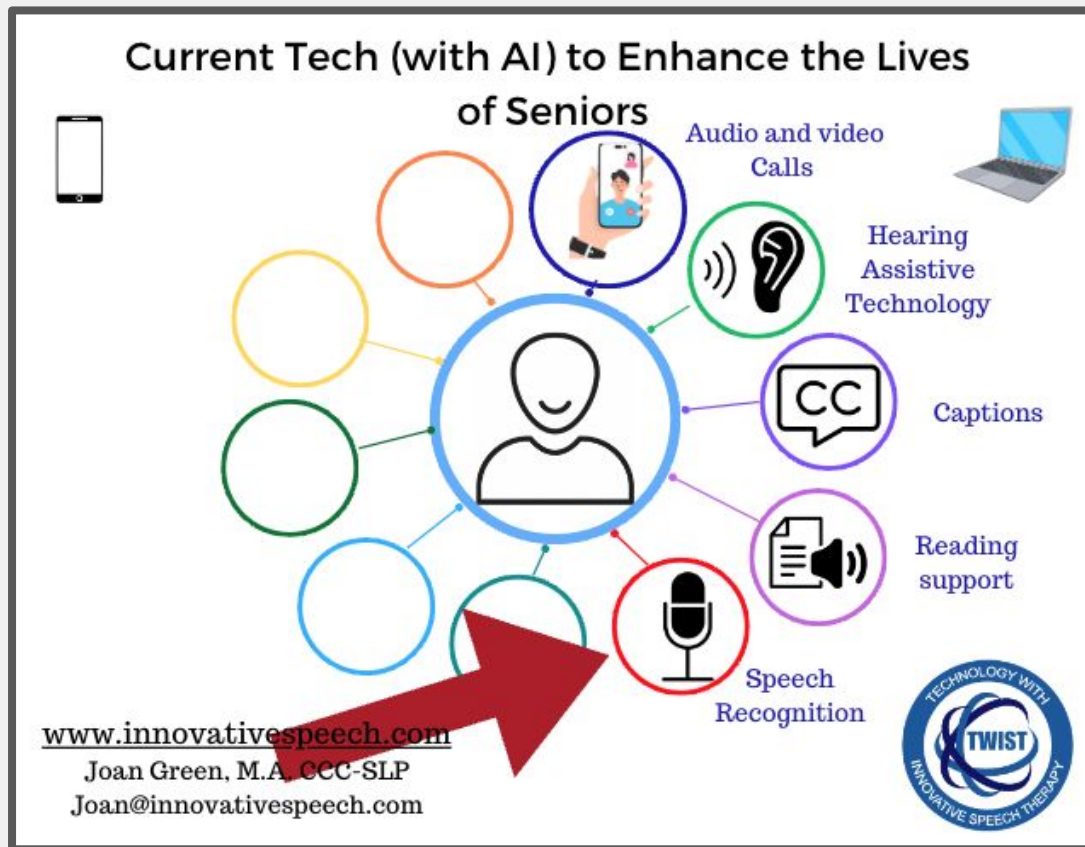
Google Lens



- This app uses the camera on a tablet or smartphone
- On iOS use the Google app and tap on the Lens icon.
- Select either “search” or “text” on the bottom depending on your version.
- Take a picture of text in environment (a sign, book, handout), tap the captured text and it reads it out loud immediately! It can also translate.
- Free



Get help with typing



Speak instead of type

- Arthritis
- Low vision
- Small devices
- Difficulty spelling



Email



Facebook



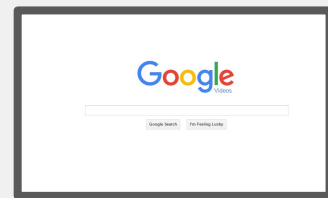
Google Docs



Messages



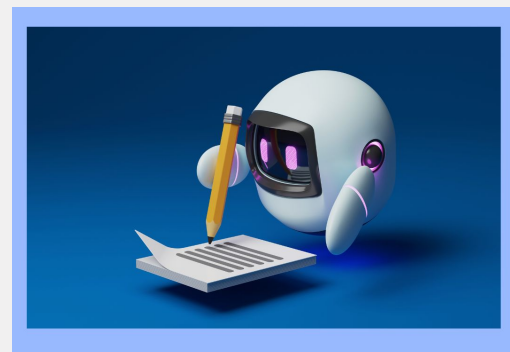
Microsoft
Word



Google Search

Speech-to-text/ Speech Recognition/ Dictation

- Helpful when typing is difficult.
- It's a feature on all current computers, phones and tablets for free!
- Whenever there is a cursor blinking, you should be able to enter text with your speech.
- The process depends on the device, operating systems and format of the material.
- Mobile devices- look for microphone in keyboard
- Google Docs- Tools> Voice Typing

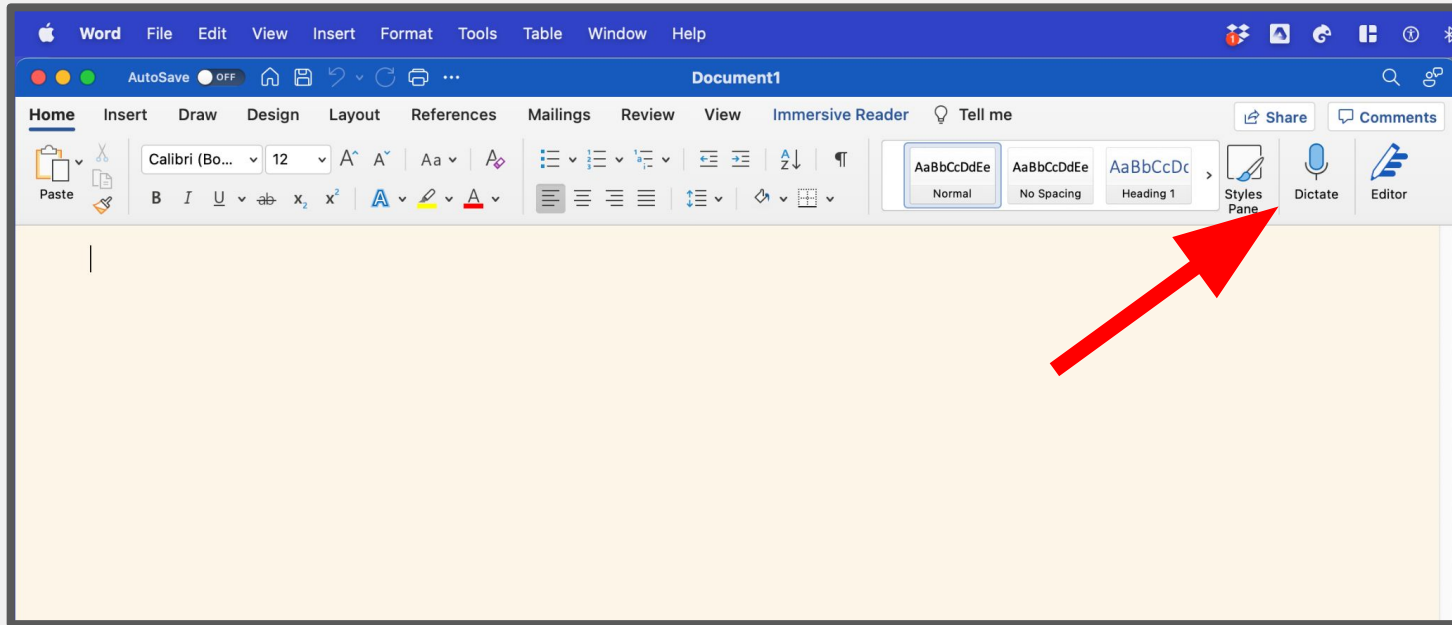


Mobile phones and tablets

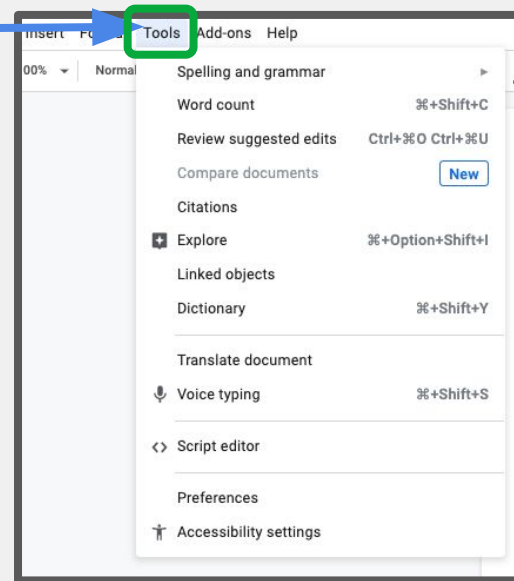
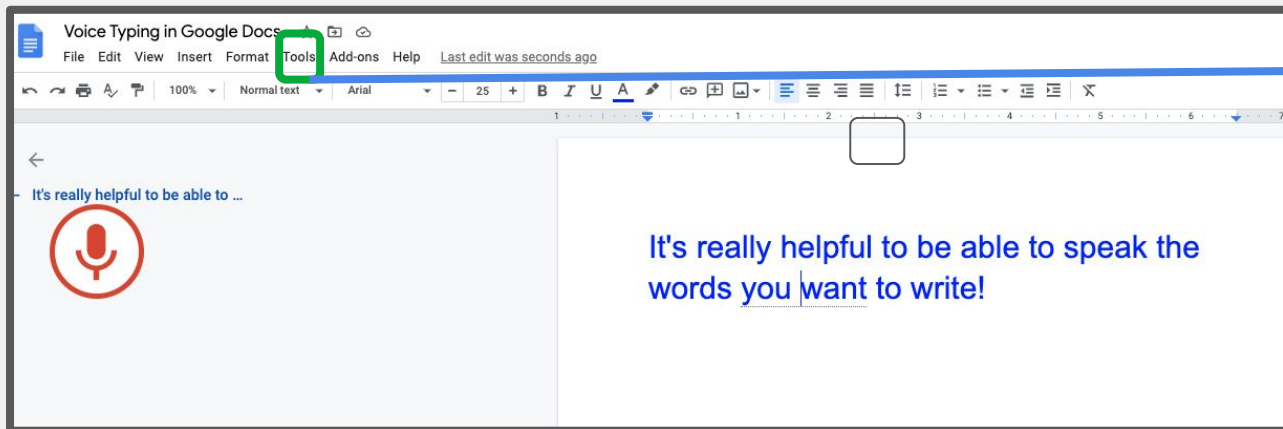
1. Find the microphone on the keyboard
2. Make sure the cursor is in the right spot
3. Tap on the microphone
4. Speak clearly- use punctuation
5. Tap again to stop dictating
6. Edit as needed



Dictation in MS Word 365 and Word for Web



Voice typing in Google Docs on computer

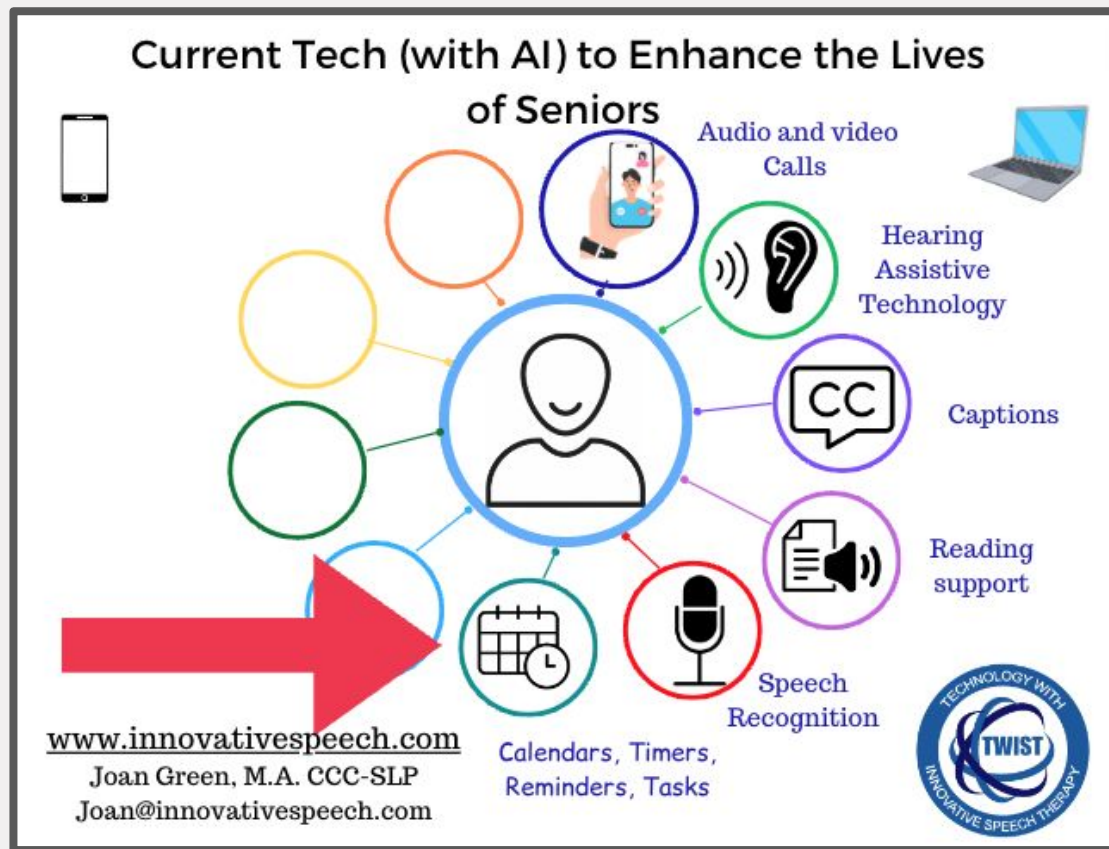


[Docs.google.com](https://docs.google.com)

Tools Menu

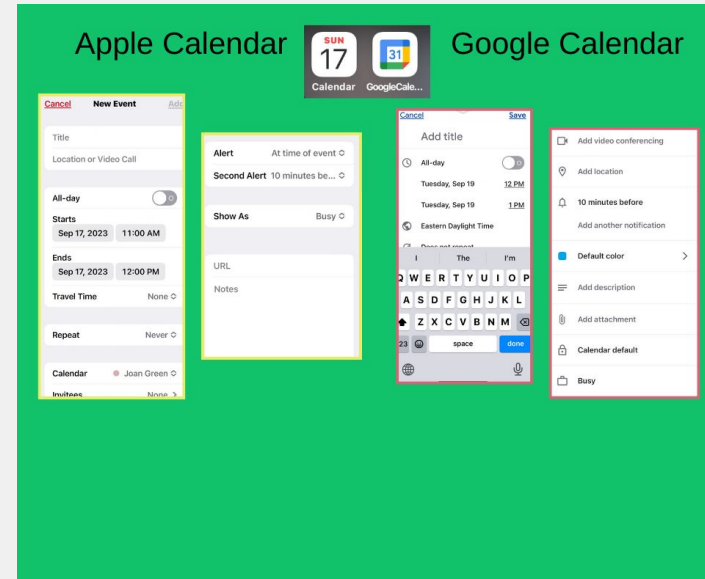
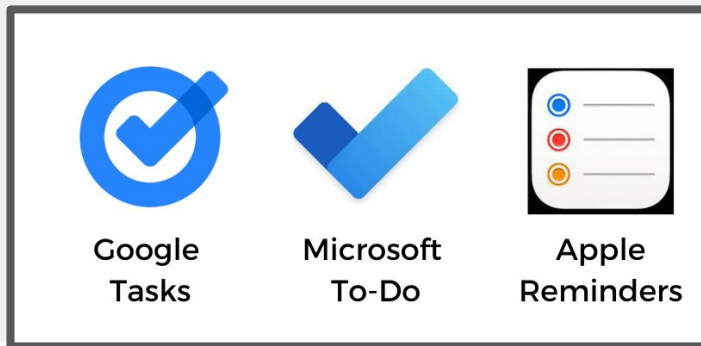


Keeping track of time, appointments, and tasks



Use Digital Calendar and Task apps

- Help with communication and memory.
- Reduce stress and support mental health.
- Coordinate appointments and errands



Free Google Apps are Terrific for Seniors

Google Calendar

Google Keep

Google Tasks

Google Photos

Google Drive

Google Docs

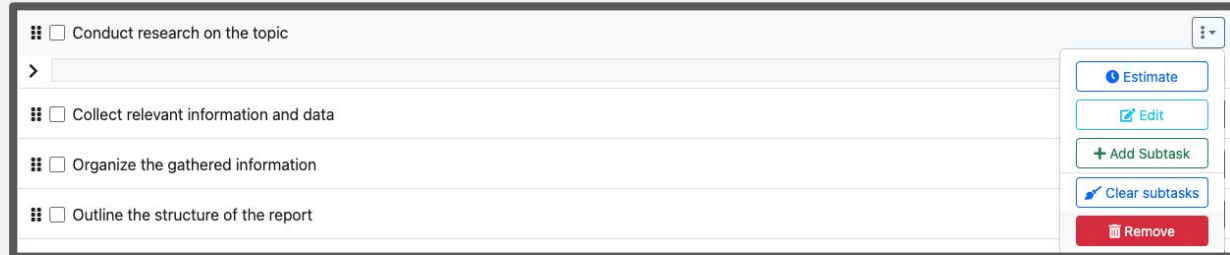
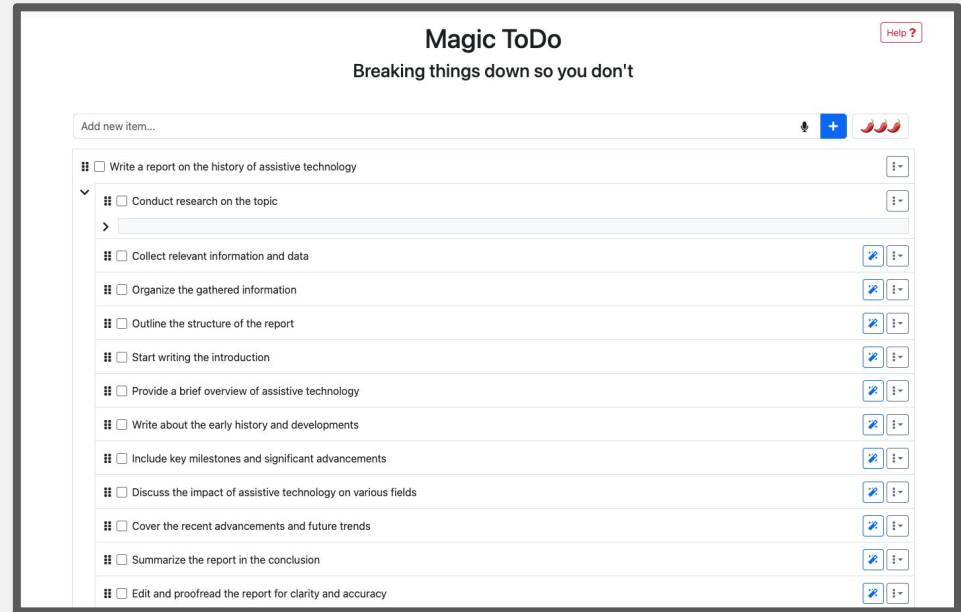


[Joan's self-paced Get Going with Google Course](#)

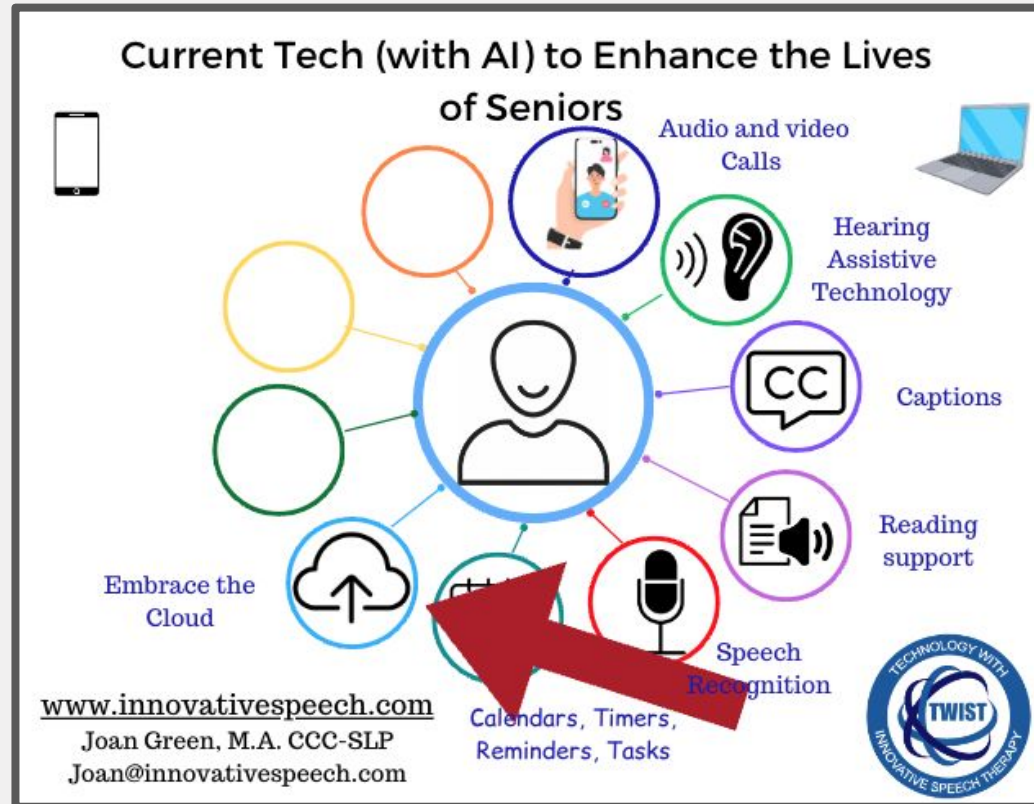
Goblin Tools

<https://goblin.tools/>

- Magic ToDo- Helps break down tasks
- Free
- Web based
- Android & iOS app



Embrace the cloud for access and sharing important information

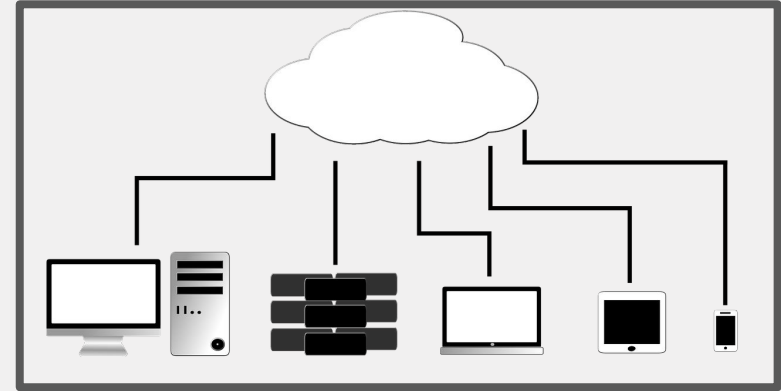


Where are important documents stored?

How do you coordinate support?

Can you access info when you need it?

- Important for emergency situations
- calendars-appointments
- Documents
- Groceries needed
- Photos- search and share



Cloud based organization and access

- Automatically saves
- Robust searching
- Access account from other devices
- Automatically syncs
- Share and collaborate
- Stay organized and efficient

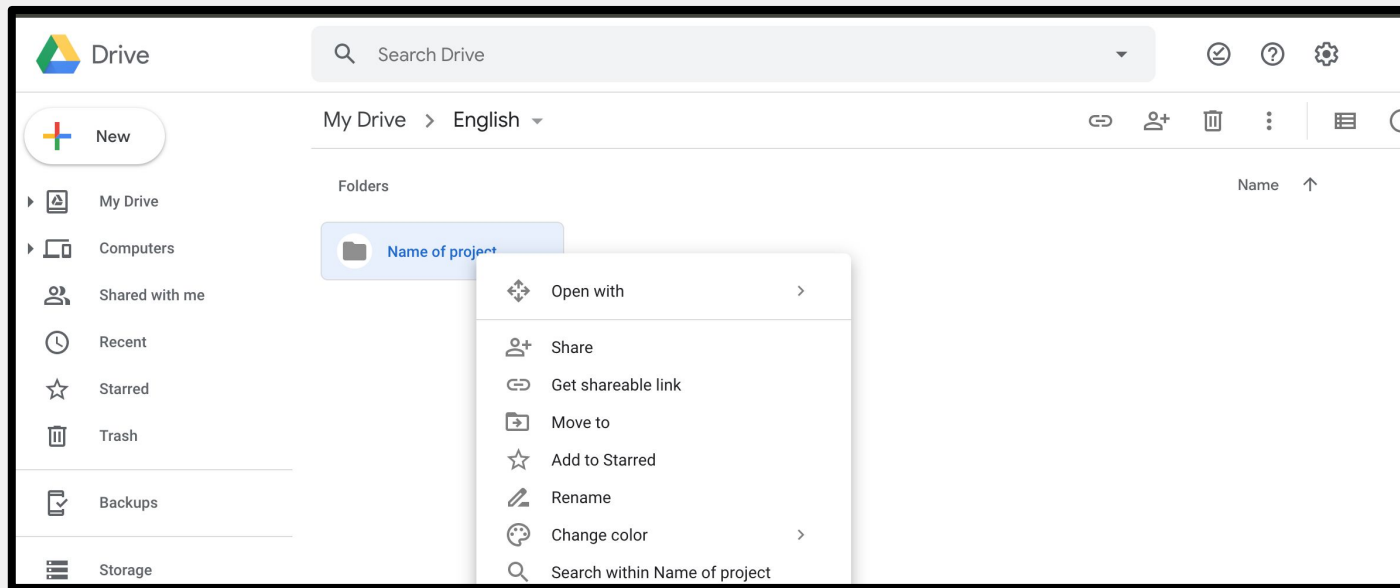
The Google logo, consisting of the word "Google" in its signature multi-colored font.

Microsoft 365

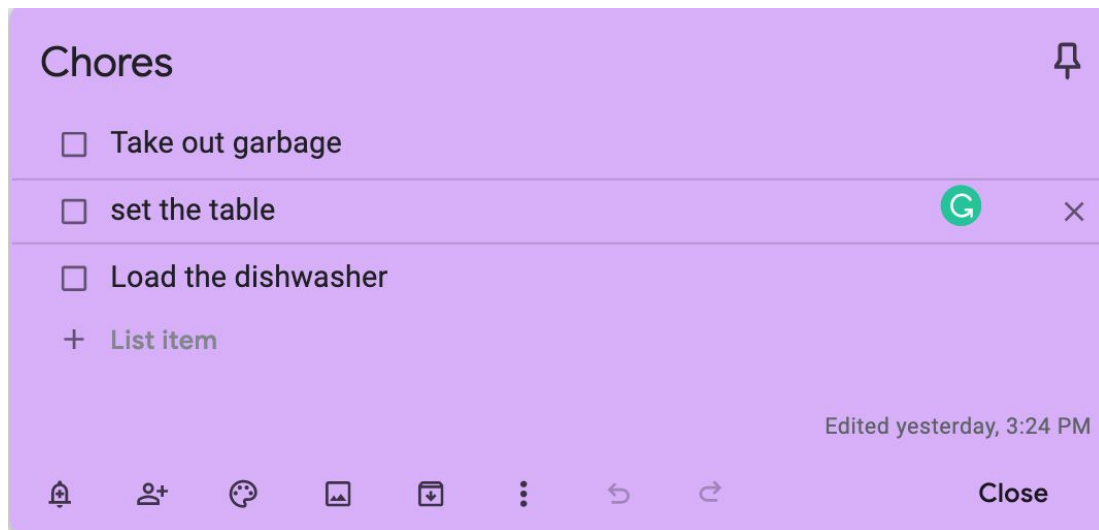


iCloud Drive

Google Drive & OneDrive- Organize folders



Google Keep- task manager and note taking

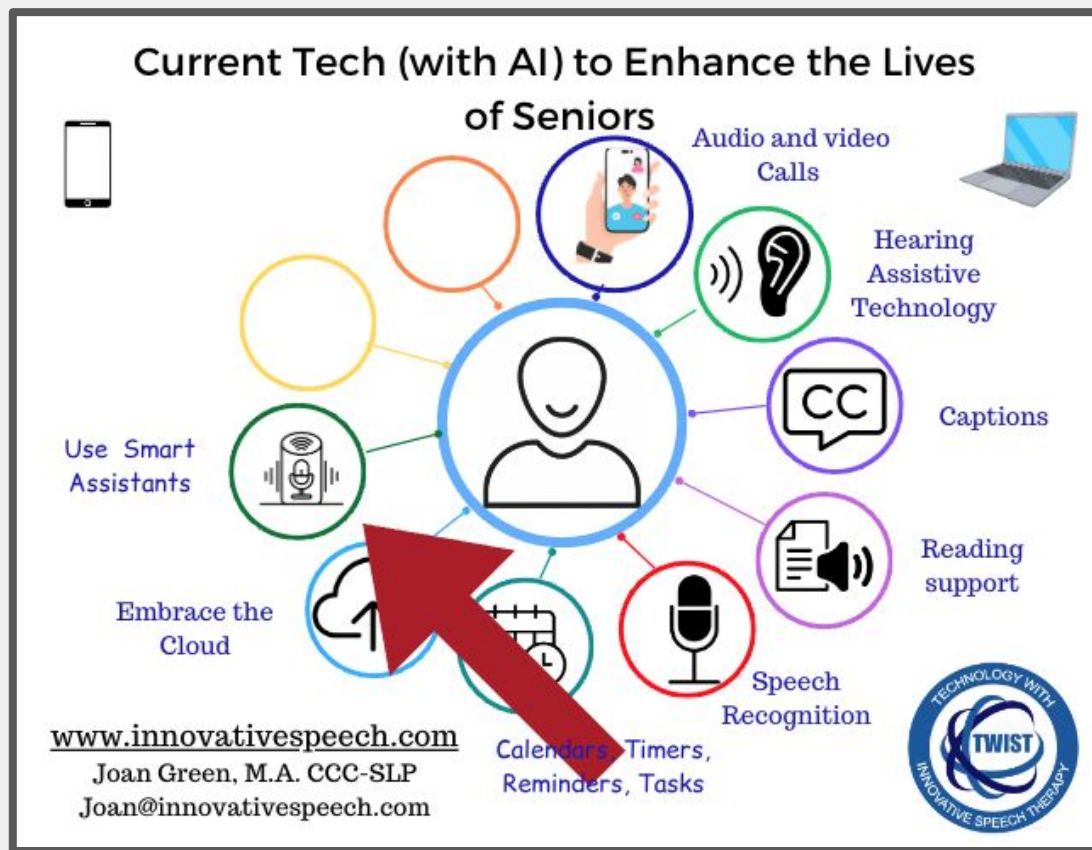


Keep.google.com or
mobile app (iOS, Android)



- Use color
- Reminders
- Share lists
- Searchable

Get to Know Alexa, Siri and Google Assistant



Smart Assistants make life easier

- Send a text or email
- Make calls
- Get Reminders
- Set Alarms
- Listen to Music
- Play Games
- Weather
- News
- Answer Questions
- Turn on lights

Alexa- Echo Dot

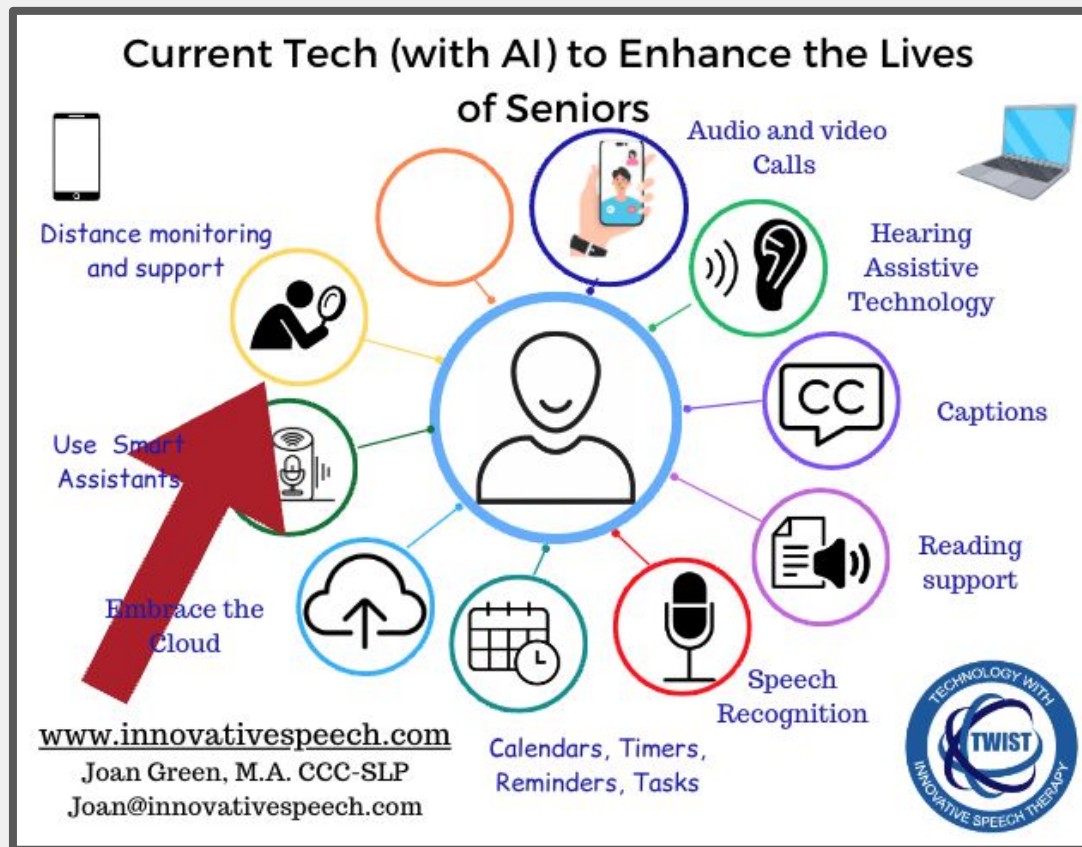


“Hey Google”- Google Home



Siri

Maximize Independence- Distance Monitoring and Support



Smart home automation

- Security cameras- see who's at the front door
- Adjust lighting and temperature
- Motion sensors
- Smart Locks

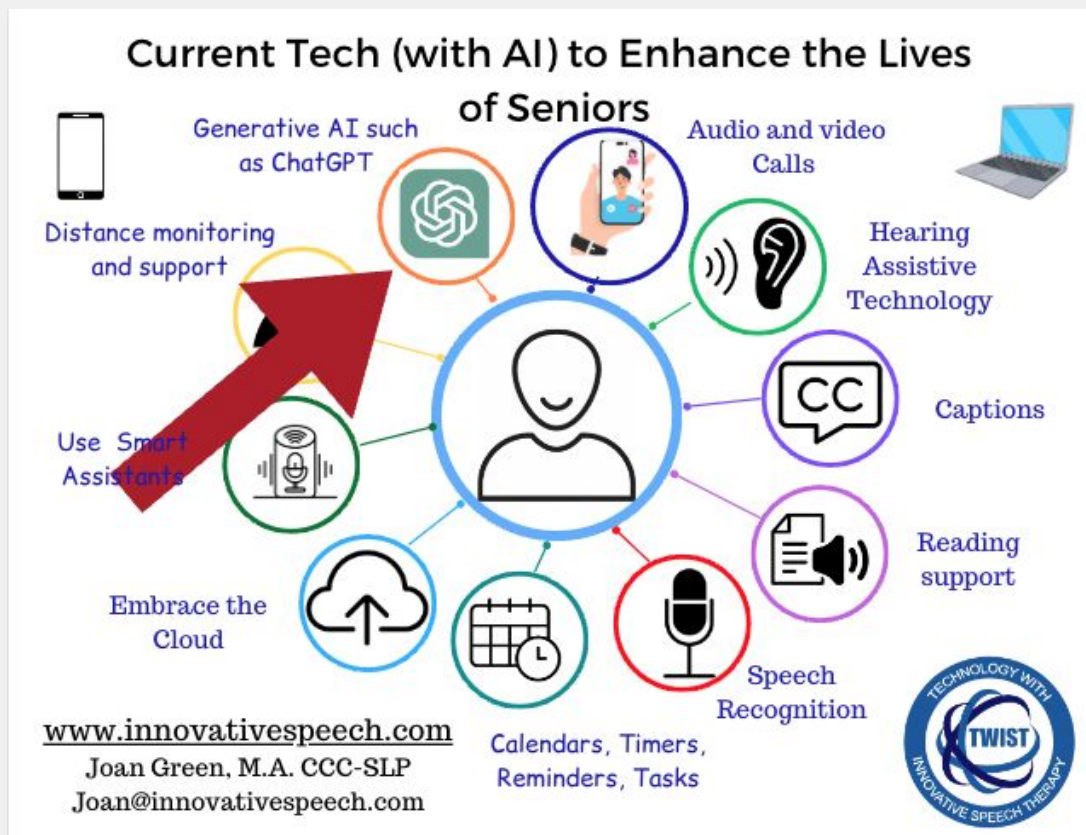


Supports for Preserving Independence

- **Medication management**- reminders, tracking and alerts re potential drug interactions
- **Fall detection systems**- AI enabled sensors detect falls in real-time and alert caregivers or emergency services. Reduce response time for better outcomes
- **Remote monitoring systems**- track vital signs, activity levels, and sleep patterns.
- **Virtual Check Ins**
- **Fitness support**- Monitor heart rate

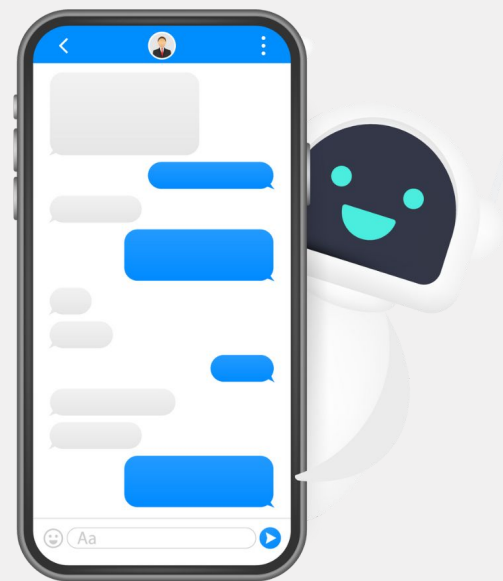


Generative AI such as ChatGPT



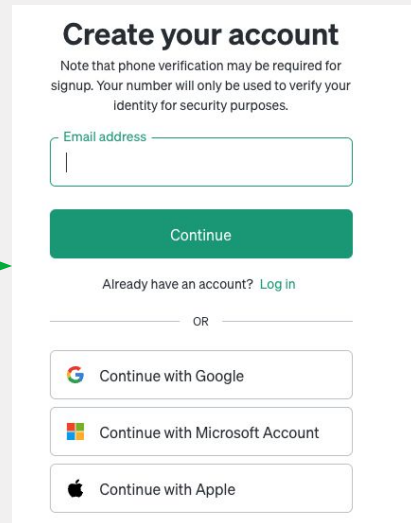
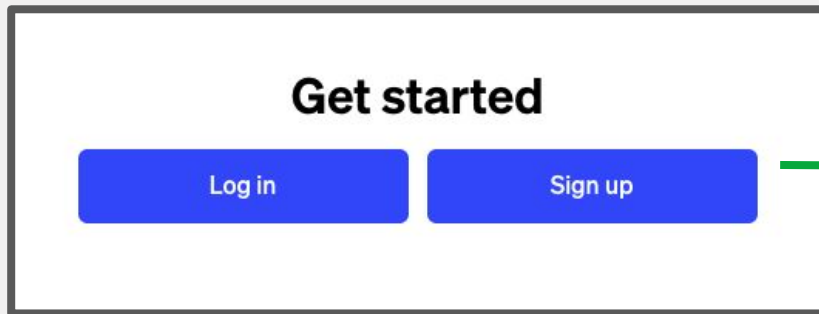
Text and Idea Generation

- **ChatGPT**- <https://chat.openai.com/>
- **Gemini**- (formerly Bard)-
<https://gemini.google.com/app>- need a free Google account to sign up
- **Copilot**- (formerly Bing) uses chatgpt 4- sign up at <https://bing.com>
- **Claude** - <https://claude.ai>
- Some now also generate artwork,songs and even video.

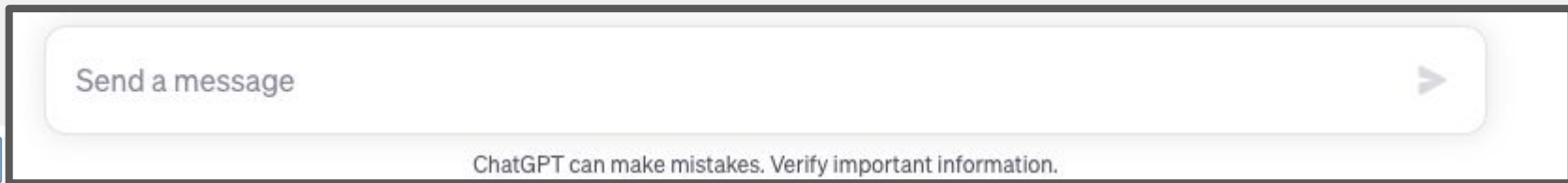


Getting started with ChatGPT

- Go to <https://chat.openai.com/>



A screenshot of the 'Create your account' form. The title 'Create your account' is at the top in bold. Below it, a note states: 'Note that phone verification may be required for signup. Your number will only be used to verify your identity for security purposes.' There is an input field for 'Email address' with a green border. Below the input field is a green 'Continue' button. Underneath the button, it says 'Already have an account? [Log in](#)'. A horizontal line with 'OR' in the center separates this from the social login options. There are three buttons for social login: 'Continue with Google' (with the Google logo), 'Continue with Microsoft Account' (with the Microsoft logo), and 'Continue with Apple' (with the Apple logo).



More Practical Applications of Generative AI



- Generate recipes
- Explain complex topics
- Provide step-by-step instructions
- Give ideas about how to fix computer problems
- Create jokes
- Summarize books, articles and movies
- Plan trips and sightseeing
- Brainstorm and generate ideas for work or writing projects- get “unstuck”

Chat GPT Prompts

- “Please summarize this article and simplify the content so a 5th grade student can understand it.”
- “Please create an outline of this article and create 5 bullets for key ideas.”
- “Summarize the following text in 500 words.”
- “Provide a concise summary of the book..... In an easily understandable format highlighting the themes.
- “Please suggest a few books I might like to read that are similar to
- “Create a list of books to read to help me learn about...”

Be careful!

- Don't believe everything they tell you. "Hallucinations". Need to fact check.
- Don't share your full name, address, phone number, passwords, financial info, or private or proprietary information.
- If very risk averse, may want to set up a new Gmail address and free Google Voice telephone number for accounts.

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

- The need for digital literacy support is growing.
- The rise in technology use in older adults and the ever expanding need for it in society in placing a strain on caregivers, staff and families.
- As technology advances, the necessity to provide residents in senior care communities and homes also grows.
- We need to both empower caregivers to become more comfortable with readily available game-changing technology and provide expert personalized tech assistance.



Tech for All! Empowering Students, Seniors and You!

- Newly updated online course
- Registration starts today!
- Early bird price- \$297.00
- 4 weeks- New content each week
- Weekly discussion/ Q&A
- Certificate of completion available upon request.



Advanced Tech Empowerment Courses- “Train the trainer”

Aging Adults- Support seniors left behind by tech. Teach classes, provide tech support. “ElderTech Concierges”

Students- Support students with learning, attention, communication and cognitive differences and disabilities.

Adults- Support adults who need help with organization, productivity and getting things done with the help of personal tech.

Free Private Facebook Group - IST Tech Savvy Solutions



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

Just answer a few questions

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

Let's stay in touch!

Joan Lipman Green

www.innovativespeech.com

Joan@innovativespeech.com

Facebook– [Innovative.Speech.Therapy](https://www.facebook.com/Innovative.Speech.Therapy)

FB Group– [IST Tech Savvy Solutions](#)

LinkedIn– [Joan Lipman Green](#)

Instagram– [joanlipmangreen](#)

[Free 15 min phone consultations](#)

