Stay Connected Through Technology

Today, there are more adults over 60 than ever before—and they're living longer than ever before, which is why it's so important that older adults keep their technology skills up to date so they can stay fully engaged in the community.
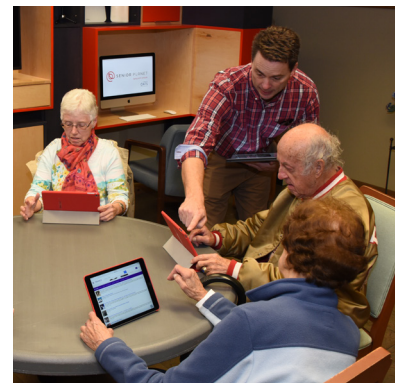
Technology can transform the experience of growing older by:

❯ Connecting individuals to friends and family

❯ Keeping older adults engaged in our communities

❯ Providing older adults with better access to important health information

❯ Bolstering confidence and independence

While new technology can be intimidating, you don't need to be an expert to benefit from it!

Getting Started

Even for those who don't think of themselves as tech savvy, technology training programs are a great way to learn something new, explore interests and make friends. Learning how to use social media, messaging apps and online streaming can connect older adults to the world like never before! And remember, it's not just for socializing. As more and more companies and organizations move their businesses online, it's important to know how to navigate a doctor's web portal, to research options for a major consumer purchase and other basics of managing your household and life.

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Success Story: Michael

Michael lives with a chronic kidney disease and receives dialysis several times a week. He wanted to start a business that would raise awareness of his condition and offer education, training and outreach—but he wasn't sure where or how to get started.

Then Michael signed up for a class to learn how to start his own business using digital tools. The class taught Michael how to write a business plan, conduct online market research and develop a social media outreach strategy—things he had never considered before. Michael even started a GoFundMe campaign to raise capital through crowdfunding!

Now, Michael has recruited lawyers to work pro bono to help him continue develop his business. As a result of his hard work, new knowledge and tech skills, Michael is well on his way to becoming both an entrepreneur and a role model to young people at risk for this disease.

Get Involved in Your Community!

Take the first step to learning about technology by contacting your local **Area Agency on Aging, Lifelong Learning Institute, senior center** or **library**. Most will have free classes or other resources for you to try.

If you already know the basics, there may be advanced classes available at these or other educational organizations, like extension programs or community colleges. Also consider volunteering as a peer mentor, to help other older adults feel comfortable mastering new technology skills!

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