

Elder-Tech



KDLA, SEPTEMBER 24 2015

Senior Citizens are Cool!



- More than half use the Internet
- 70 % use a cellphone
- 88 % email
- 25 % social-media



Benefits of Technology



Technology connects us to

- **Friends, neighbors, relatives**
- **Activities**
- **Learning**



Not so fast!



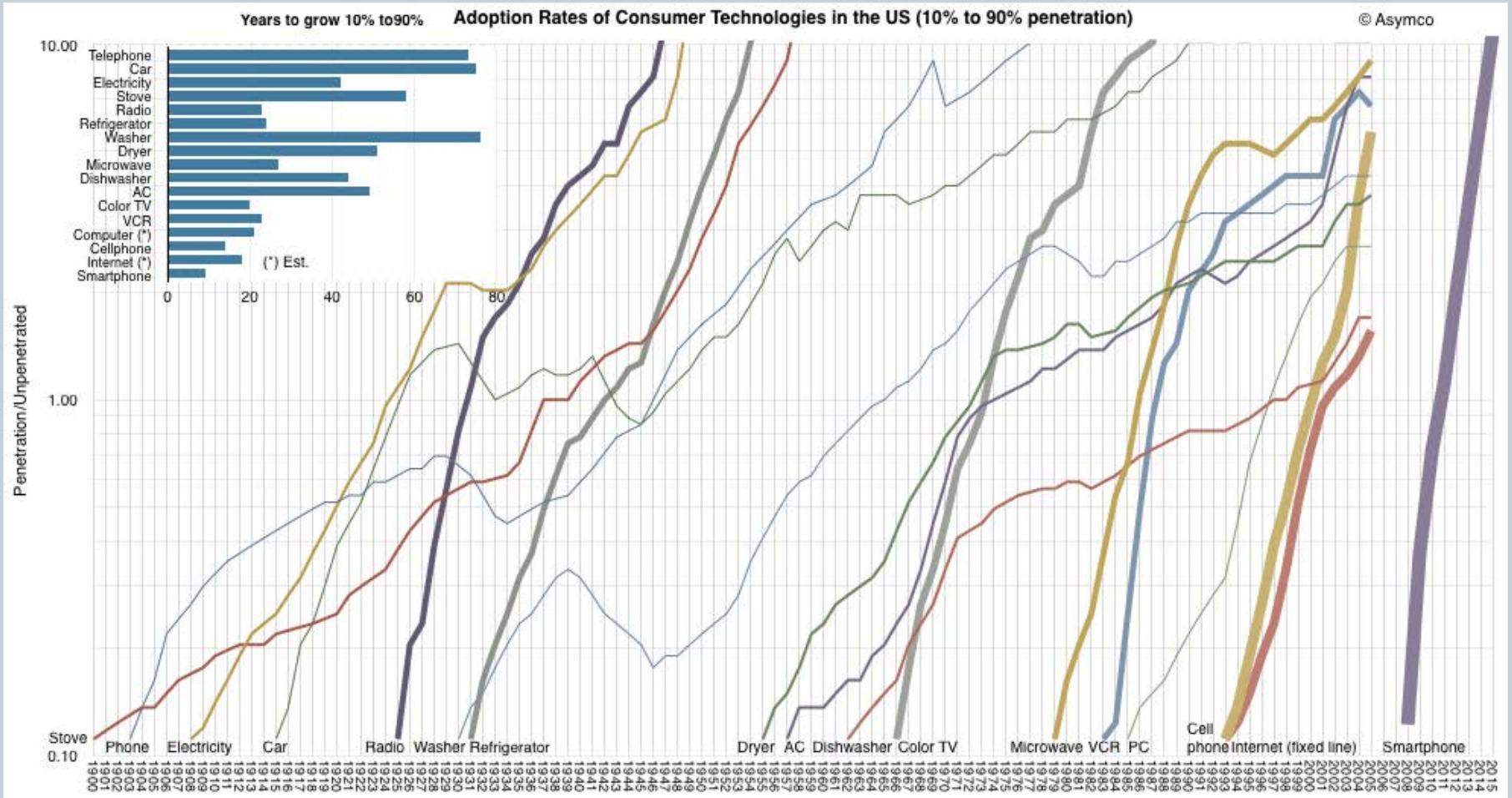
Frustrations



- Small buttons or keys
- Small screens
- Minimal sound
- Setup
- Troubleshooting



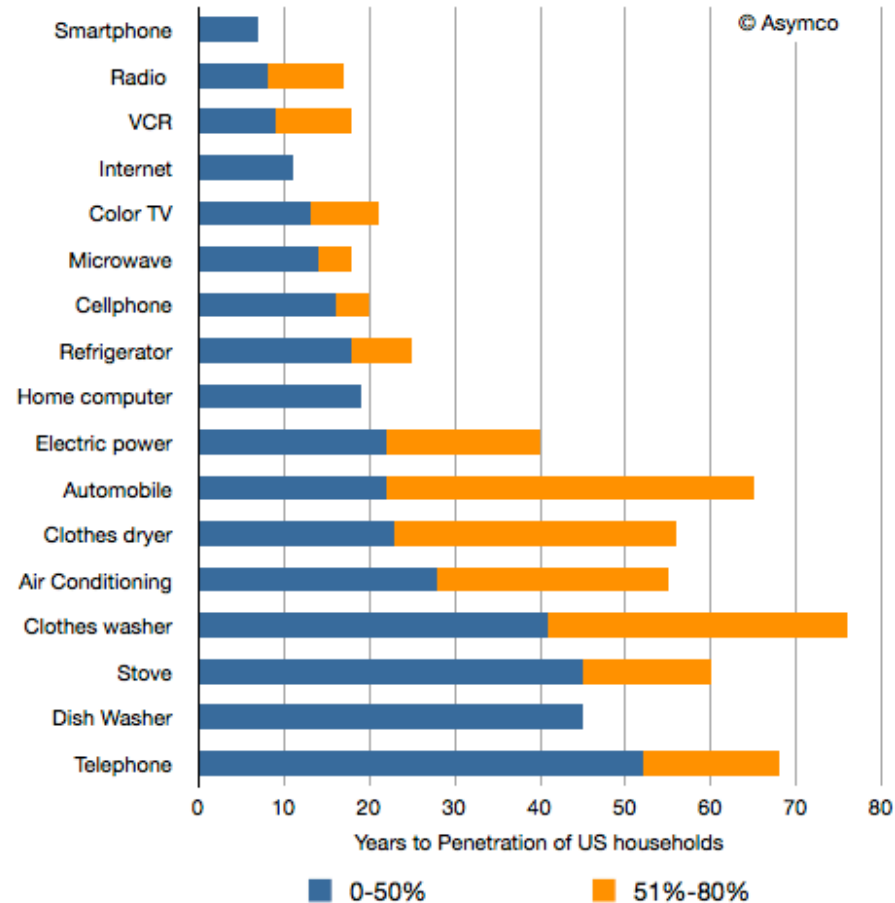
Adoption of Technology



Adoption of Technology



Fastest Growing Consumer Technologies



Adoption of Technology

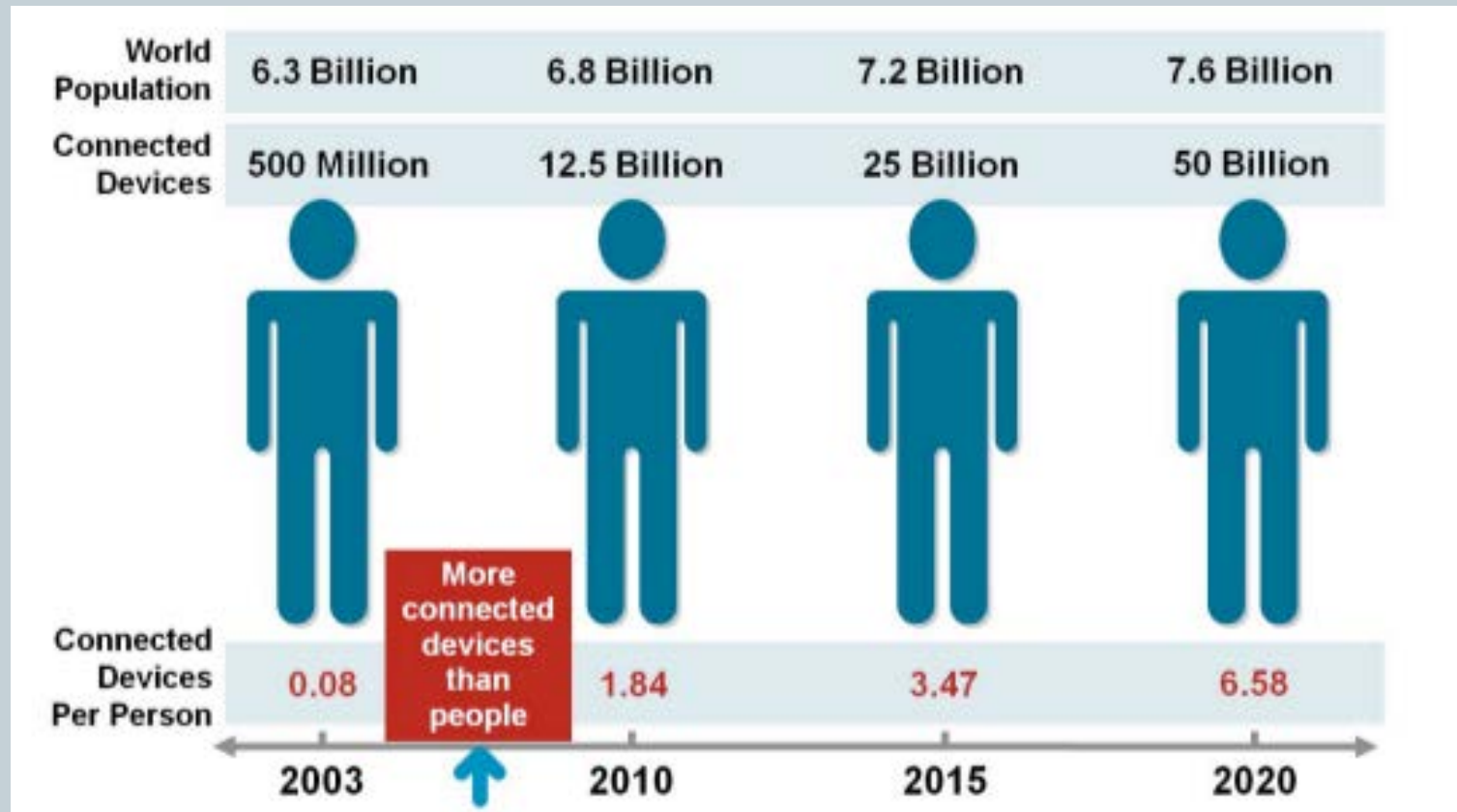


And adoption of technology is accelerating

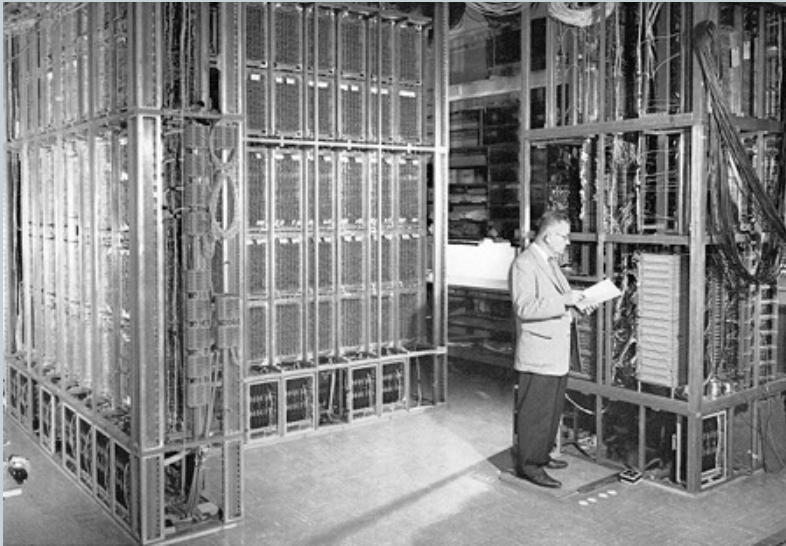


time to reach
50 million
global users

Adoption of Technology



The Incredible Shrinking Technology



Assistive Technologies



- Stylus



Assistive Technologies



- **Keyboard**



Assistive Technologies



- **Floor Stand**



Assistive Technologies



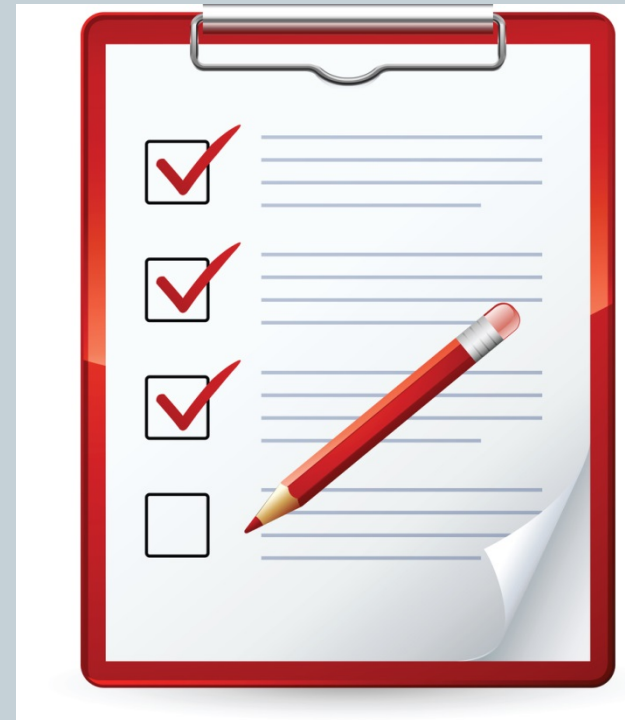
- Ergonomic mouse



Tips and Tricks



- Take inventory
- [Mouserobics](#)



Tips and Tricks



- Use real life analogies



Tips and Tricks



- Use jargon with caution



Tips and Tricks



- Use humor
- Acknowledge the difficulty in learning something new



Tips and Tricks



Delete my
browser history

Tips and Tricks



Laughter

→ is the ←

SHORTEST DISTANCE
between two

People.

-Victor Borge



Tips and Tricks



- Celebrate achievements (even small ones)
- Check expectations



Tips and Tricks



- Personalize it!
- Find the touchstone



Tips and Tricks



- Emphasize Caution
- Point out the commercial nature of the web

Beware...

Tips and Tricks



Google diabetes

Web News Images Videos Books More Search tools

About 225,000,000 results (0.26 seconds)

Adult Type 2 Diabetes
Ad www.managing-type2-diabetes.com/
Learn More About A Potential Option For Treating Adult Type 2 Diabetes

Diabetes Information
Ad www.type2-diabetes-info.com/
Do You Have Type 2 Diabetes? Find Info and Treatment Options.

Type 2 Diabetes Medicine
Ad www.type2diabetes-treatment-option.com/
Learn About a Treatment Option. Download a Free Trial Offer.
Healthy Recipes - Education Tools - Recognize Low Blood Sugar - Free Trial Offer

American Diabetes Association®
www.diabetes.org/ American Diabetes Association
Our Mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.
What Can I Eat - Diabetes Basics - Food & Fitness - Recipes

What is Diabetes? What causes Diabetes?
www.medicalnewstoday.com/info/diabetes/ Medical News Today
Diabetes, often referred to by doctors as diabetes mellitus, describes a group of metabolic diseases in which the person has high blood glucose (blood sugar), ...
Diabetes Symptoms - Food Planning - Type 1 Diabetes - Treatment for Diabetes

WebMD Diabetes Center: Types, Causes, Symptoms, Tests ...
www.webmd.com/diabetes/ WebMD
Learn about type 1, type 2, and gestational diabetes symptoms, causes, diagnosis, treatment, diet, management, and diabetes prevention.
Type 2 Diabetes - Health Check: Type 2 Diabetes - Type 1 Diabetes - Quiz

Diabetes mellitus - Wikipedia, the free encyclopedia
en.wikipedia.org/wiki/Diabetes_mellitus Wikipedia
Diabetes mellitus (DM), also known as simply diabetes, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period.

Diabetes Definition - Diseases and Conditions - Mayo Clinic
www.mayoclinic.org/diseases.../diabetes/basics/.../con-20033... Mayo Clinic
Mayo Clinic in Minnesota has been recognized as the best Diabetes & Endocrinology

Diabetes
Consult a doctor if y
Diabetes is usually r
levels of sugar in the
Causes - Symptoms
National Library of M
More

Ads
Diabetic Meals
www.fit2me.com/T
Adult Type 2 Diabet
You Manage Sympto

Type 2 Diabete
www.diabetes-typ
Control Blood Sugar
Daily Treatment Opt

Adult Type 2 D
www.type2diabete
Learn About A Presc
Find Out About Man

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www.type2-diabet
Clinicians—Learn At
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Diabetes: Infor
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Tips and Tricks



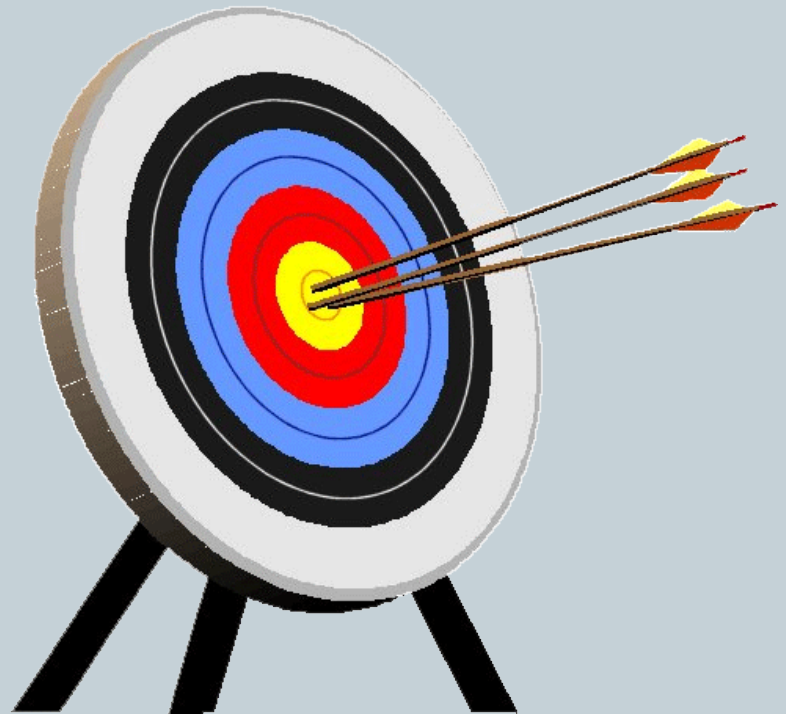
- Use handouts
- Make handouts



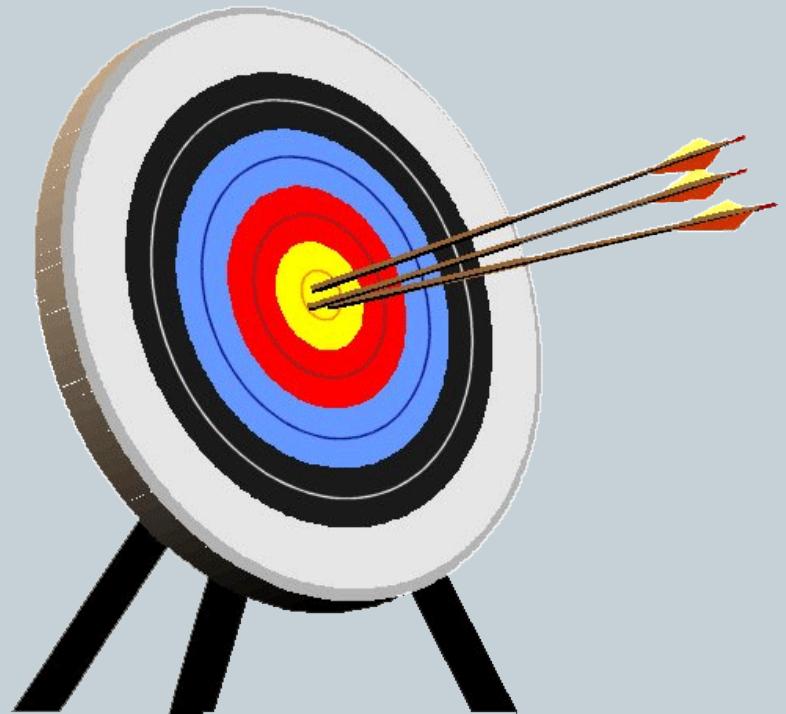
Tips and Tricks



- Practice
- Practice
- Practice
- (then practice some more!)



Conclusion



Sources



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