Technology for Senior Citizens

Educational Classes & Smart Home Technologies

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Moose Lake Public Library

#ARSL2017
A Little About Me

- Library Director | Technology Director
- Moose Lake Public Library | Moose Lake, MN
- 3 Years
- Packers Fan
- Love to Golf
A Little About Moose Lake, MN

- Population: 2820
- 2 Hours north of Minneapolis / St. Paul
- 45 minutes south of Duluth, MN
- Two Correctional facilities:
  - Minnesota Department of Corrections (DOC)
  - Minnesota Sex Offender Program (MSOP)
- Record Low Temp of -53°F (State record is -60°F)
- Mentioned in motion pictures!
  - VeggieTales- The End of Silliness (1998)
  - Rio (2011)
  - Strawberry Shortcake: It’s a Meaningful Light
The Moose Lake Public Library

- 5 Staff (1 FT – 4 PT)
- 4,300 Registered Users
- 28,000 Annual Visits
- 37,000 Annual Circ
- Hold Approx. 70 programs/year
- 27,000 Items
- 100 Periodicals
- 31,000 e-books available
Technology Services

- iPad Training
- Technology “Petting Zoo / Open Houses”
- Large Screen Computer w/ Large Key Keyboard
- 3D Printer
- 3D Pens
- Drones
- Droids
- Laser Cutter
- Raspberry Pis
- Genealogy Classes
- Wi-Fi Hotspots
- Smart Home Technologies
Why Work with Senior Citizens?

What channel is The Netflix
1. My Grandma
2. 648 Households in Moose Lake
   - 323 Households have someone over the age of 60
3. High retired/fixed income population
4. A lot of seasonal/recreation housing in area
   - Mainly retired persons summer cabins
5. Large snowbird population
6. Was approached by a local senior citizens group (AWIN)
What is AWIN?

• Senior Citizen Resource Group in Moose Lake
• Part of a Pilot Program that gave them $50,000 over 2 years.
• Identified three needs of the Moose Lake senior citizen community:
  • Transportation / Accessibility
  • Education / Outreach
  • Technology
SCOPE
TECHNOLOGY

Senior Citizen Outreach Program & Education
What is SCOPE Technology?

• A place for seniors to get their technology questions answered.
• A place to learn in a comfortable atmosphere.
• A place to get hands on with current technology.
• A place to connect with other seniors.
• A place away from “Big Box” technology store pressures.
• An opportunity to lose the technology illiterate stigma!
Senior Citizens Want Help!!

“A significant majority of older adults say they need assistance when it comes to using new digital devices. Just 18% would feel comfortable learning to use a new technology device such as a smartphone or tablet on their own, while 77% indicate they would need someone to help walk them through the process. And among seniors who go online but do not currently use social networking sites such as Facebook or Twitter, 56% would need assistance if they wanted to use these sites to connect with friends or family members.”

Five Barriers to Seniors Learning New Technology
Lack of home access to the internet:

Only half of people aged 60-69 have access to the internet at home, but this falls to 17% among the over-70s. Adults over the age of 60 are also less likely than younger adults to get internet access in the next year. The dominant reason for not having or seeking access is that older people don’t feel they need it.
Inappropriate Design:

Digital equipment is designed to attract young buyers who have grown up using technology. Small buttons, fiddly controls and unnecessarily complicated interfaces can all be barriers to older, or less adept, users. The appearance of ‘special’ equipment is also a deterrent for some older people who don’t want ugly objects cluttering up their homes.
Inadequate Marketing:

Technology marketing is generally aimed at the young, promoting gimmicky aspects of products that don’t interest older people. Or, marketing is aimed at the frail elderly, a group with which most older people don’t identify.
Low awareness of what technology can offer:

10% of people aged 60-69 have access to the internet but don’t use it. They feel that digital technology has no relevance for them and that they would gain nothing by using it.
Anxieties:

Older people tend to have certain fears regarding technology. One of them is cost: they assume, for example, that computers cost more than they actually do. Another is breaking equipment or doing something wrong. A third is security: although most older people don’t know enough about technology to be familiar with common security problems, many know enough to be concerned.
What are the Benefits of SCOPE Technology?

Technology is becoming a bigger part of everyone’s life, making it easier for people of all kinds to:

• maintain contact with family, friends and a wider group of individuals with whom they have something in common, such as work, hobbies or common experiences;
• gain access to information about activities and services that meet their interests and needs;
• learn;
• engage in paid work and volunteering;
• participate in debates and have their say on issues;
• find the best prices for products and services.

Without the technology that benefits an increasing majority of the population, older people do not have access to the same information and opportunities as their younger peers. They may, as a result, begin to feel over time, that they have less in common with younger people and other members of the community. Quite simply, they lack the same opportunities for engagement.
4 Types of Technology Classes We Do

iPad & Smartphone Training
Covers the basics of an iPad & Smartphone

- Physical iPad (Buttons, screen, camera, etc.)
- Motions (Tap, drag, flick, pinch, typing, speaking)
- Home Screen (Status bar, App Dock, Control Center, Notifications, Search)
- General Settings
- Networks, Bluetooth, Cellular Data
- Apps (Adding, removing, moving around, creating folders, etc)
- Navigating the web
- Photos / Camera
- Care and Maintenance
Technology Petting Zoo (Open House)

- Smartphones (iOS and Android)
- Smart TV
- Smartwatch
- Windows 10 Laptop
- Windows 8 Tablet
- iPad Air / iPad Pro
- Apple Macbook
- Chromebook
- Wireless Printer
- Wireless Router
- Android Tablet
- Kindle Fires
- Droid
- Drone
- 3D Printer
- 3D Pens
- Vinyl Cutter
- Podcasting Equipment (Mics)
Basic Computer Classes

• January: General Fundamentals
• February: Mobile Devices
• March: The Internet
• April: Email
• May: Facebook & Social Media
• June: Digital Photography & Photo Editing
• July: Buying/Selling sites
• August: Kindles & e-Books
• September: The Many Uses of Google
• October: Online Shopping & Online Security/Safety
• November: Video Messaging
• December: MS Office Products
What is a Smart Device?

Smart devices are interactive electronic gadgets that understand simple commands sent by users and help in daily activities. Some of the most commonly used smart devices are smartphones, tablets, phablets, smartwatches, smart glasses and other personal electronics. While many smart devices are small, portable personal electronics, they are in fact defined by their ability to connect to a network to share and interact remotely.
What is a Smart Home?

A smart home, or smart house, is a home that incorporates advanced automation systems to provide the inhabitants with sophisticated monitoring and control over the building's functions. For example a smart home may control lighting, temperature, multi-media, security, window and door operations, as well as many other functions.
Smart Home Benefits to Senior Citizens

• Reminders
  • Taking Medication
  • Turning off appliances
  • Appointments
  • Food timers
  • Key/Purse/Phone Finders
Control household items

- Thermostat
- TV
- Light Bulbs
- Power Outlets
Entertainment

- Have audiobooks read to you
- Control TV with voice
- Listen to music without
- Schedule events and set up reminders
- Get news and weather reports
Security

- Indoor IP Cameras
- Outdoor IP Cameras
- Motion Sensors
- Accelerometers (Detects a fall)
- Smart Doorbells
- Smart Deadbolts (Door Locks)
- Intercoms
- Personal Emergency Response Systems (PERS)
- Door/Window/Refrigerator/Toilet/Cupboard Sensors
- Garage Door Sensors
Demonstrations

- Amazon Echo (Dot)
- IP Cameras
- TrackR / Tile
Amazon Echo (Dot)

- Setting a timer
- Setting a reminder
- Calendar
- News
- General Questions
- Playing Music
- Controlling Devices
IP Cameras

https://user.zmodo.com/

https://www.amcrestview.com/
TrackR & Tile

• Bluetooth Locators
• Never forget where you parked
• Never lose your keys, wallet, phone, etc.

https://www.thetrackr.com/
https://www.thetileapp.com/en-us/how-it-works
Summary

- Seniors should take educational classes to become familiar with their smartphones, tablets, and how their wireless network at home works.
- Seniors should understand that this isn’t an overnight transition.
- Seniors should WANT to make these changes.
- Seniors should understand that there is an initial (and sometimes costly) investment for equipment.
- Seniors should know that there is no “one correct way” to set up a smart home. It’s based off of need and preference.
- Seniors should discuss with family/caregivers prior to beginning to see if/ask if they would like to be involved.
QUESTIONS?
THANK YOU FOR LISTENING!!

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ST. GEORGE, UTAH