

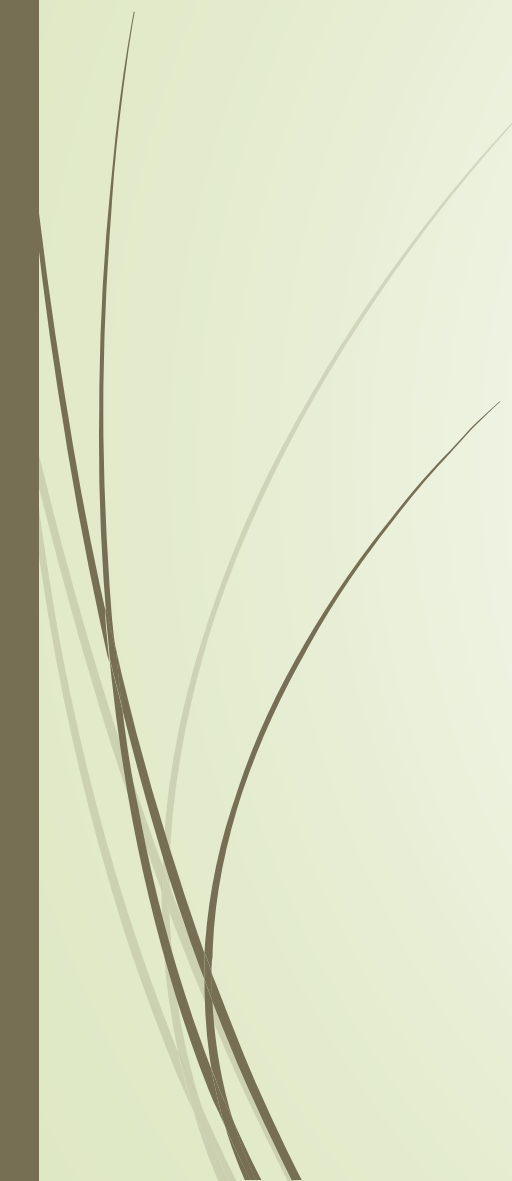


# Tech for the Homestretch

Let your smartphone and computer assist you in  
daily living

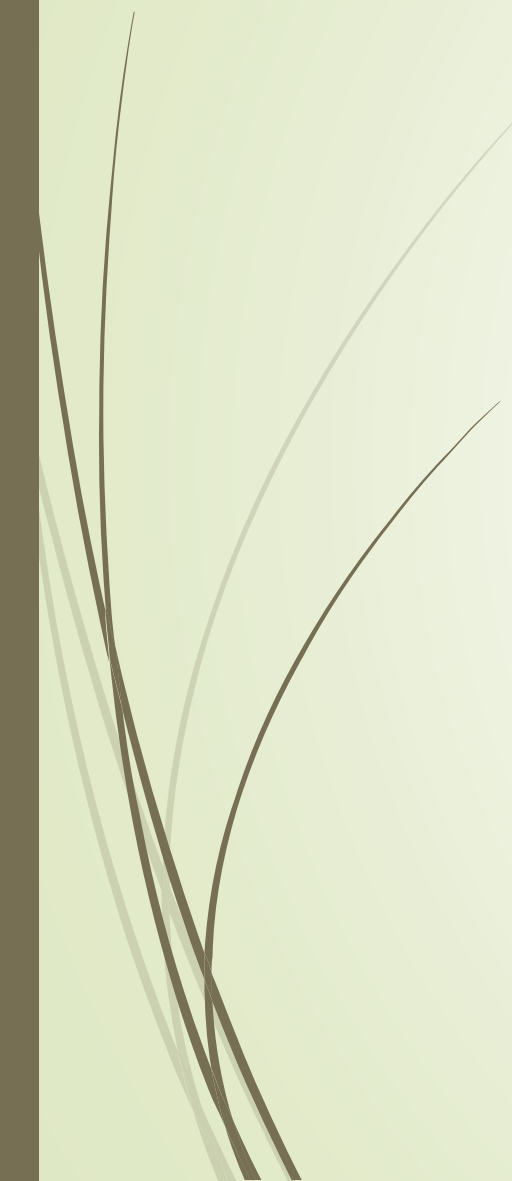


# Introduction

- Life is moving online
  - The process was accelerated by COVID restrictions
  - Imagine the pandemic without Zoom
  - Many essential services will assume everyone has online access
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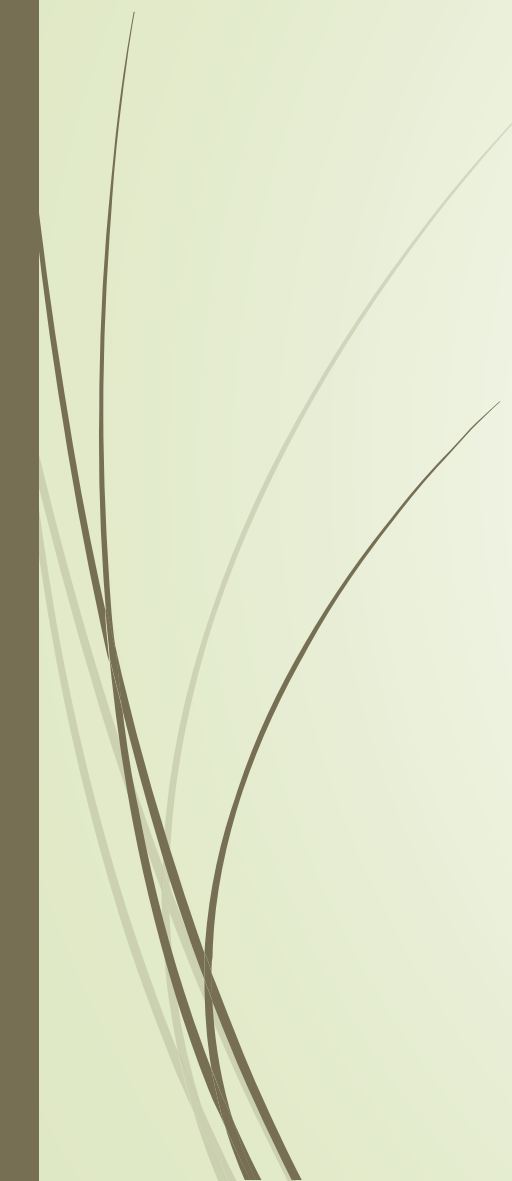




# Intended Audience

- Seniors who own a smartphone and/or a computer
  - People who want to explore how their devices can assist in daily life
  - People who want to use their device for fun and education
  - Please hold questions until the breakout groups
- 



# My Viewpoint

- I use a PC with Windows 10
  - I use an Android phone
  - I don't pay for the fastest WiFi
  - I have a partner with whom I need to share a lot of information
  - More...
- 

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- 
- ▶ I almost never pay for smartphone apps – if you do, read the terms to avoid surprise fees or subscriptions
  - ▶ All the apps I will mention have Mac and iPhone versions
  - ▶ This is my first ever PowerPoint presentation, so be kind





# Hardware for Easier Viewing

- Bigger monitor. 30+ inch monitors for < \$200.
- Wide screen vs normal aspect ratio
- Plug in monitor and keyboard for using your laptop at home
- Your flat screen TV can be a monitor



# Software for easier viewing

- ▶ Ctrl +/- – will magnify and shrink a web page. Cmd +/- for Mac. Finger gestures for phone/tablet.
- ▶ Many programs have a zoom function
- ▶ Be sure to reset the zoom, so stuff doesn't disappear off the edges



# Learning how to do stuff

- Phone a friend. Even better call your child or grandchild 😊
- Ask Google or Youtube
- If you find something that helps, bookmark it and watch it again
- Use natural language to ask for help
- Be very specific about your problem





# Education and Fun

- ▶ There are too many available to even try...
  - ▶ Books to read
  - ▶ Books to listen to
  - ▶ Podcasts to listen to
  - ▶ Games – both strategy and action games
  - ▶ Crosswords – free, NYT archive subscription
  - ▶ Foreign language – Duolingo is free



# Organizing and Communicating

- ▶ As my memory recall declines, I supplement it with some well-chosen tools
- ▶ Google Suite is free and reliable (but you give up privacy)
  - ▶ Gmail
  - ▶ Calendar – supports multiple sharable calendars
  - ▶ To Do List – an adjunct to Calendar on the PC, a separate app on phone
  - ▶ Drive – free cloud storage, built in software for word processing, spreadsheet, slide shows and form design
  - ▶ All data is synchronized between your PC and phone
- ▶ Scanner app for you phone – high quality capture of paper documents, no matter where you are



# Personal Support

- Medication Reminder app for phone
- Step tracker for exercise
- Sharable shopping list with multiple lists
- Online shopping for convenience and safety
- Even flip phones can set an alarm reminder



# Financial

- Be sure to use a STRONG password
- Online banking
  - Monitor your accounts, paperless statements
  - Monitor your credit card purchases – get instant text alerts
  - Pay your bills
  - Send/Receive money with other people; Zelle, Popmoney, Venmo and many others
  - More...



# More Financial

- ▶ Let companies pay themselves
  - ▶ For bills that repeat every month
  - ▶ Credit cards, Utilities
  - ▶ You need a separate login for each company
  - ▶ The payment will never be late
  - ▶ You set the rules about how much to pay
  - ▶ More...



# Yet More Financial

- File and pay taxes for free
- If your finances are complex, consider Quicken and download all your transactions and code them to make tax preparation easier



# In Conclusion

- Don't be overwhelmed
  - Pick one app and start
  - Play with the app until you seem to “get it”.
  - If it's not what you expected, uninstall
  - The more you do the easier it gets
  - Watch a Youtube video on how to get started



P.S.

- If the Youtube isn't enough call someone
- I have made a separate list of the apps I use personally
- You can also receive a PDF of the PowerPoint slides
- **Life is moving online. Be connected.**