

# Stay Active Through Technology

*“As soon as you feel too old to do a thing, do it.”— Margaret Deland*

Using technology as a tool to engage and connect with family and friends—and even as a way to attend a doctor’s appointment—has become a common practice. This is why it’s so important to keep your technology skills up to date. Technology can transform the experience of growing older by helping you stay connected to friends and family, providing you with better access to important medical information and appointments, and expanding your access to information.

While new technology can be intimidating, you don’t need to be an expert to benefit from it. There are plenty of ways to learn more skills!

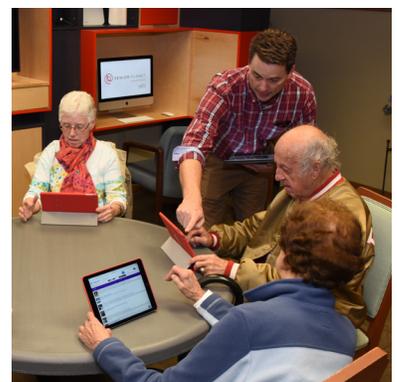
## Getting Started

Even if you don’t think of yourself as tech savvy, technology training programs can help you learn something new, explore interests and make friends. Using social media, messaging apps and online streaming can connect you to the world like never before!

And remember, technology is not just for socializing. It’s important to know how to navigate a doctor’s web portal, research options for a major purchase and avoid pitfalls related to online scams, fraud or manage your finances.

## Success Story: Michael

Michael lives with chronic kidney disease and receives dialysis several times a week. He wanted to start a business that would raise awareness of his condition and help educate others—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. Michael learned 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 (using social networks and the internet to raise funds)! Now, Michael has recruited lawyers to work pro bono to help him continue to develop his business. As a result of his hard work, new knowledge and technical skills, Michael is well on his way to becoming both an entrepreneur and a role model to others.



## Resources

Take the first step to learning about technology by reaching out to the resources below.

- Call the Senior Planet Hotline at 1 (888) 713-3495 to get started with technology. Open Monday through Friday from 9:00 a.m. to 8:00 p.m. ET, hotline staff can help with technology issues you may experience participating in video calls, downloading apps or signing up for social media. You can also find free online classes for older adults on Senior Planet's website: [www.seniorplanet.org](http://www.seniorplanet.org).
- Contact the Eldercare Locator ([eldercare.acl.gov](http://eldercare.acl.gov); 1 (800) 677-1116) to connect to your local Area Agency on Aging to find community classes and events on learning about technology.
- Visit USA.Gov ([www.usa.gov/libraries](http://www.usa.gov/libraries)) to locate your local library. Many libraries also have technology resources!

Contact these resources to learn about free classes or other opportunities for you to try. If you already know the basics, there may be advanced classes available at these or other educational organizations such as extension programs or community colleges. Also consider volunteering as a peer mentor to help others feel comfortable mastering new technology skills!

### In your community, contact:

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August 2023

*This fact sheet was produced by engAGED: The National Resource Center for Engaging Older Adults in partnership with Older Adults Technology Services (OATS) from AARP. OATS serves on the engAGED Project Advisory Committee. engAGED is administered by USAging and funded by the U.S. Administration for Community Living. For more information, visit [www.engagingolderadults.org](http://www.engagingolderadults.org).*

*This project #90EECC0002 is supported by the U.S. Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$450,000 (or 74 percent) funded by ACL/HHS and \$161,554 (or 26 percent) funded by non-government sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.*