

Course Purpose & Outline

Senior Citizen Interactive Technology Enrichment

The purpose of this 16-hour course is to equip senior citizens with the skills to safely navigate social media platforms, use mentally stimulating applications, and embrace digital tools that enhance overall wellness. This course will address the importance of cybersecurity, helping seniors protect their personal information online, while also promoting social engagement and cognitive health to combat loneliness and dementia.

Learners will actively participate in hands-on training and receive instruction using a device that they will be able to keep upon course completion, in addition to utilizing their own mobile devices where applicable. Through this course, seniors will gain confidence in managing digital interactions, maintaining their privacy, and fostering both mental and physical well-being.

Training Objectives:

- **Day 1 - Setting up Key Accounts** (Gmail, YouTube, Facebook, Instagram): Ensure all participants have functioning accounts on the platforms they'll need for the rest of the program and provide a space for questions and troubleshooting.
- **Day 2 - Cybersecurity and Scam Prevention for Senior Citizens:** Equip senior citizens with knowledge to recognize online scams, protect personal information, and confidently navigate the internet safely.
- **Day 3 - Using Facebook Groups to Combat Loneliness and Build Community:** Teach seniors how to find and join Facebook groups that align with their interests and how to engage in these communities to foster social connections.
- **Day 4 - Managing Health Online:** Equip seniors with the knowledge to access digital health tools, learn about Meta Care for managing health, and actively track physical activity through fitness apps.
- **Day 5 - Tech Support and Troubleshooting:** Teach seniors how to troubleshoot common tech problems, understand basic technical terms, and find reliable tech support or resources.
- **Day 6 - Cloud Storage and File Management for Seniors:** Help seniors understand how to use cloud storage services, organize their files and photos, and securely back up important data.
- **Day 7 - Digital Entertainment and Learning (Brain Games):** Introduce seniors to digital platforms that offer entertainment, learning, and interactive activities, with a focus on brain games to help combat dementia.
- **Day 8 - Smartphones and Mobile Apps:** Help seniors feel confident navigating their smartphones, understanding app permissions, and using essential apps, followed by a celebratory graduation ceremony.

After completing this training, learners will confidently navigate multiple social media platforms with a clear understanding of how to stay connected with family and friends while maintaining their online safety. They will learn how to build new friendships and engage with like-minded communities through social media, as well as use digital tools to enrich their daily lives, foster mental stimulation, and promote overall wellness.

Additionally, participants will have the opportunity to contribute their knowledge and experiences by writing or blogging for **TheWisdomStreak.com**, potentially earning extra income or supporting a charitable cause of their choice.

Contact Keisha D. Hunter at 682-999-8340 or email info@thehunterlegacygroup.com, to set up a 20 minute presentation to learn more about how the course can benefit your facility and residents.