

KEEP LOVED ONES SAFE AND CONNECTED

Today with social distancing, many family members and caregivers have a new role; tech support for older relatives who are now connecting online.



Here is a checklist to go through when communicating online:

CHOOSE THE RIGHT TECHNOLOGY HELP YOUR LOVED ONES FIND THE RIGHT DEVICES

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Think about taking a I.T class.

There are a number of online classes especially designed to help older users, search on www.ageuk.org.uk for useful link and information.

A family member could be assigned to help, if you are remotely helping then with your loved one's permission, install an application that allows you to control their computer from afar to help with problems. Assure your loved one they can contact you any time with questions.

ONLINE SAFETY

Warn your loved one about scams, sharing and clicking on links they are unsure about.

Getting online can make life easier in many ways, but also comes with the risk of scams and fraud. Online scams are becoming increasingly common, but you can protect yourself by knowing what to look out for, and what to do if you suspect a scam.

Update your passwords regularly: use a combination of uppercase and lowercase letters, symbols and numbers and use your computers software virus protector.

SETUP AN EMAIL ADDRESS

One of the first things you should do online is set up an email (electronic mail) account. It's a free and easy way to stay in touch with family and friends, and the main way that organisations and companies will communicate with you.

You'll need an email account to access online services, shop or bank online, set up a social media account, and to sign up to email newsletter

HOW CAN I SOCIALISE ONLINE?

There are a number of different ways to keep in contact with friends and family online, such as messaging apps, video calling and social media.

There are many examples of people hosting activities such as exercise classes online, or holding virtual meetings with their book clubs.

Social networking websites like Facebook, Instagram and Twitter are a great way to keep in touch with family and friends, follow public figures and organisations, and meet people with similar interests or hobbies.

THINGS TO DO ONLINE

The internet is full of resources to help keep you busy, learn new skills or practise your hobbies. Here are just a few:

Cooking - is a great way to encourage yourself to eat well and pass the time. There are plenty of online cooking classes, available for free on the video hosting website Youtube.

Family history - There are a number of websites that you can use to research your family tree.

Gardening - There are hundreds of websites with gardening tips, and you can buy gardening equipment online. We have some advice on how to make the most of your outdoor space.

Learning new skills - You could take the opportunity to explore an interest or learn a new skill. The University of the Third Age (<https://www.u3a.org.uk>) has lots of ideas on how you can keep learning online.

Getting creative - Try your hand at painting, drawing or even knitting. This might seem daunting at first, especially if you're new to it, but you don't have to be an expert to get arty. There are plenty of YouTube tutorials that can help you get started, and the website or app Pinterest has lots of ideas for inspiration.

How do I shop online?

Shopping online is quick and convenient and can be done from home. You can shop online from most major supermarkets and high street shops, as well as smaller independent shops.

Goods can be delivered directly to your house (usually for a small fee), or you can also use a service called 'click and collect', where you order online but collect items in store, or even from a local convenience store or newsagents.

How do I bank online?

Using online banking means you can keep control of your finances from home or whilst you're out and about, using your bank's website or smartphone app.

With most banks, you can use online banking to check your balance any time of day or night, transfer money between your bank accounts, send money to people you know and more.

Contact your nearest bank for help with how to get started, most banks offer free advice to help set this up and how to use their online apps.