



THE FUTURE IS AGE-FRIENDLY

49TH ANNUAL CONFERENCE
APRIL 23-24, 2025



Bringing Light to the Darkest Part of the Digital Divide



Do you know this person?



Lives alone

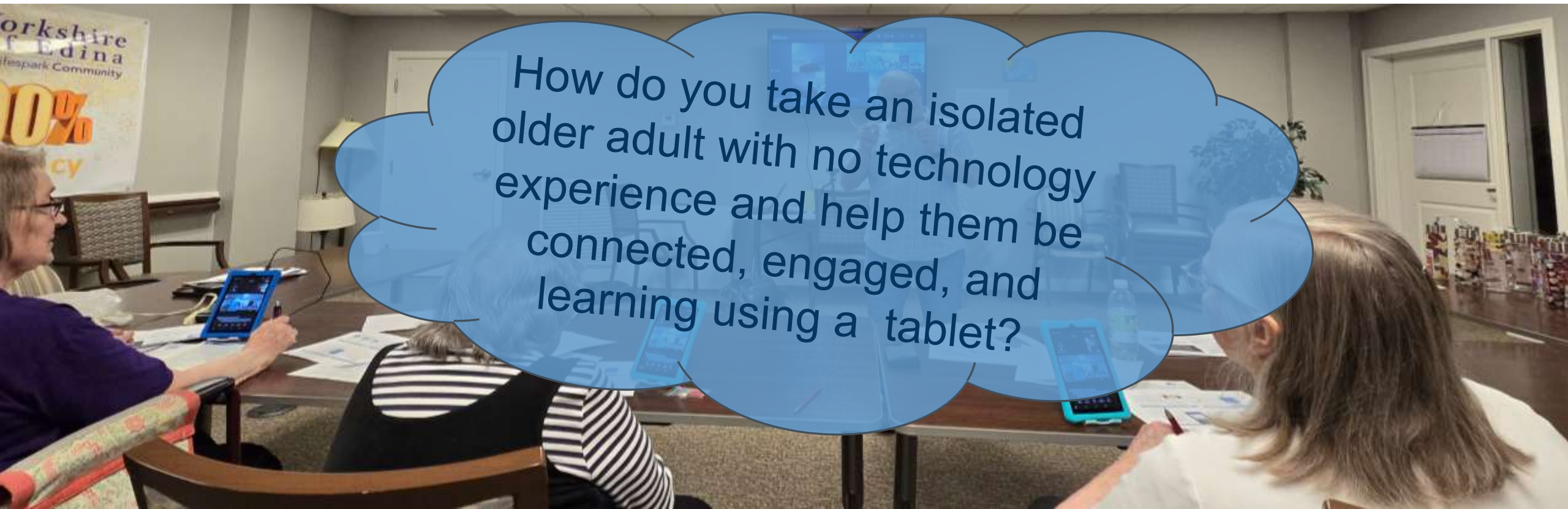
Mobility Challenges

No Technology Experience

Does not have the means
(\$) to purchase technology

The essential benefits of the digital world are far away.

Shining a Spotlight on the Darkest Side of the Digital Divide



Introducing Tech for Seniors

Providing
technology and
training to isolated
older adults to help
alleviate social
isolation and
loneliness.



Our Age-Friendly Theme



PRESENT INFORMATION
ABOUT OUR UNIQUE
PROGRAM



SHARE OUR GUIDING
PRINCIPLES



OFFER OUR LESSONS AND
MATERIALS FOR USE BY
OTHER ORGANIZATIONS



APPROACH POSSIBLE
COLLABORATORS AND
VOLUNTEERS

Your questions too!

Your Online Gateway to continuing action

<https://TechForSeniors.info/MGS2025>

Slide Deck, Links, Sample Lessons, Comments, Volunteer, Collaborate, Contacts



Support Materials and Links for:

Bringing Light to the Darkest Side of the Digital Divide

April 24, 2025

Presenters:

- Don Fredetksen - don@SeniorTechClub.com
- Carolyn Detters - carolyn@GiftsforSeniors.org

This is the online page that provides support materials for Don & Carolyn's MGS Conference presentation.

+ Presentation Slide Deck

+ Links to Resources Mentioned in the Presentation

+ Cohort Lessons

+ Get Involved

+ Contact Us



Agenda

- Gifts for Seniors
- The TFS Opportunity & Mission
- The Tech for Seniors Spotlight
- Sharing Our Guiding Principles
- Listening & Collaborating





Gifts for Seniors

Gifts for Seniors



The social mission:

Gifts for Seniors strives to alleviate the devastating adverse health impacts of loneliness and social isolation for over 8,000 older adults. Our inclusive programs provide life-affirming contact and equitable access to community resources for living and aging well.



Remembering those feeling
isolated and forgotten



Gifts for Seniors



Programs:

Gifts for Seniors - basic needs for living and aging well

Food for Seniors - hunger relief for those in need

Tech for Seniors - affordable Wi-Fi, devices, & digital literacy education

Cards for Seniors - inspiring human connection one card at a time

Volunteer Opportunities:

- Help sort, bundle, & fulfill wishes at our operations center in NE Minneapolis
- Private sessions for teams
- Remote - Card writing, crafters, & makers
- Host a gift drive with your dept., association, union, place of residency, social/book/wine club, faith community, holiday party, or sports team event

The Social Visits:

- Life-affirming contact to ensure health & wellbeing. These periodic check-ins are critical for identifying self-neglect, elder abuse, and financial exploitation.
- Handwritten cards filled with words of encouragement & connection accompany every gifted resource
- Technology plays a critical role for seniors living with mobility or transportation challenges and provides virtual social options

Gifts for Seniors



**Every gift has
the potential to
change a life!**

Contact information:

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Opportunity & Mission

Target Population



Lives alone

Mobility & Transportation
Challenges

No Technology Experience

Does not have the means to
purchase any technology
and assistance.

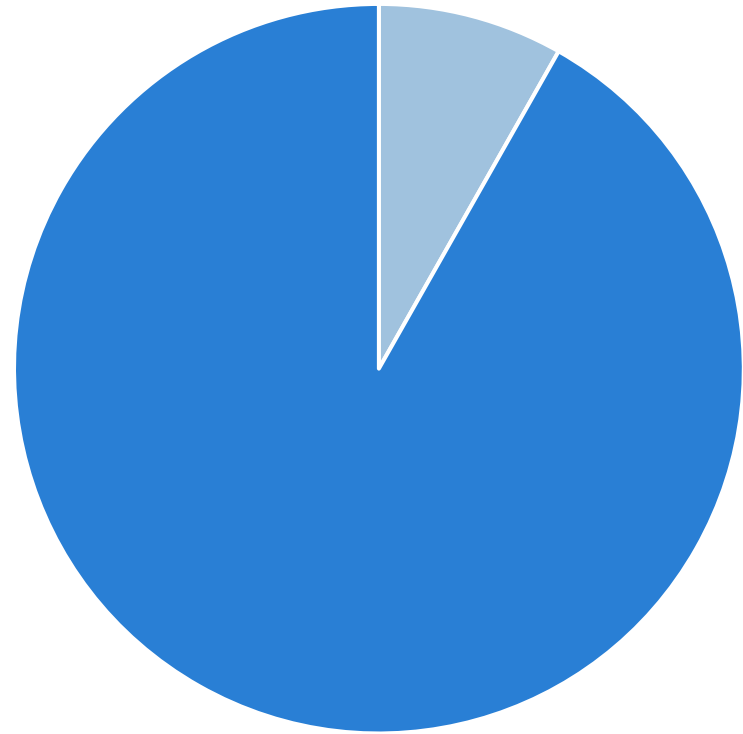
How significant is this target population?

28% of US adults aged 65 or more live alone.

35% of persons aged 70 or more have mobility limitations.

40% of older adults living alone have vision or hearing loss, difficulty living independently, or other disabilities.

Target Population



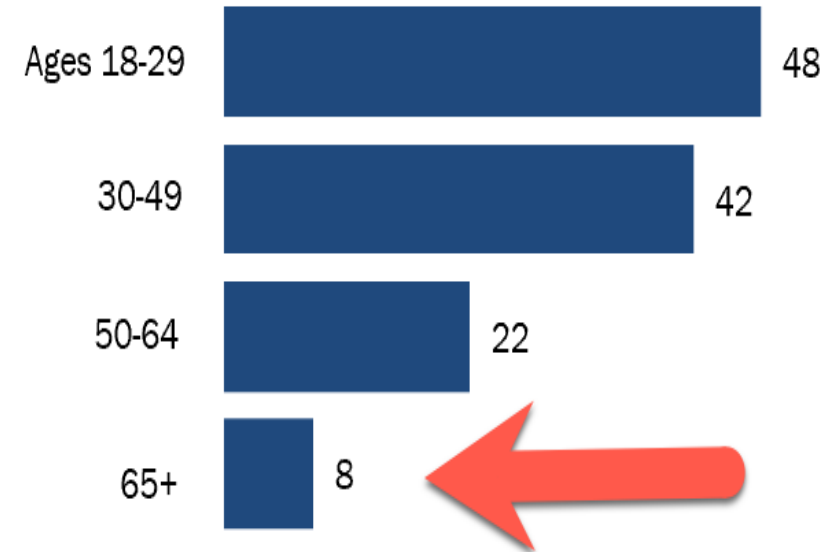
The Opportunity - How Big?

Data for aged 80 and older:

Pew Research Only 17% of group use the internet. Around 8% have broadband at home.

U.S. Census: Broadband adoption about 8% for age group.

AARP: Smartphone ownership < 5% for age group.

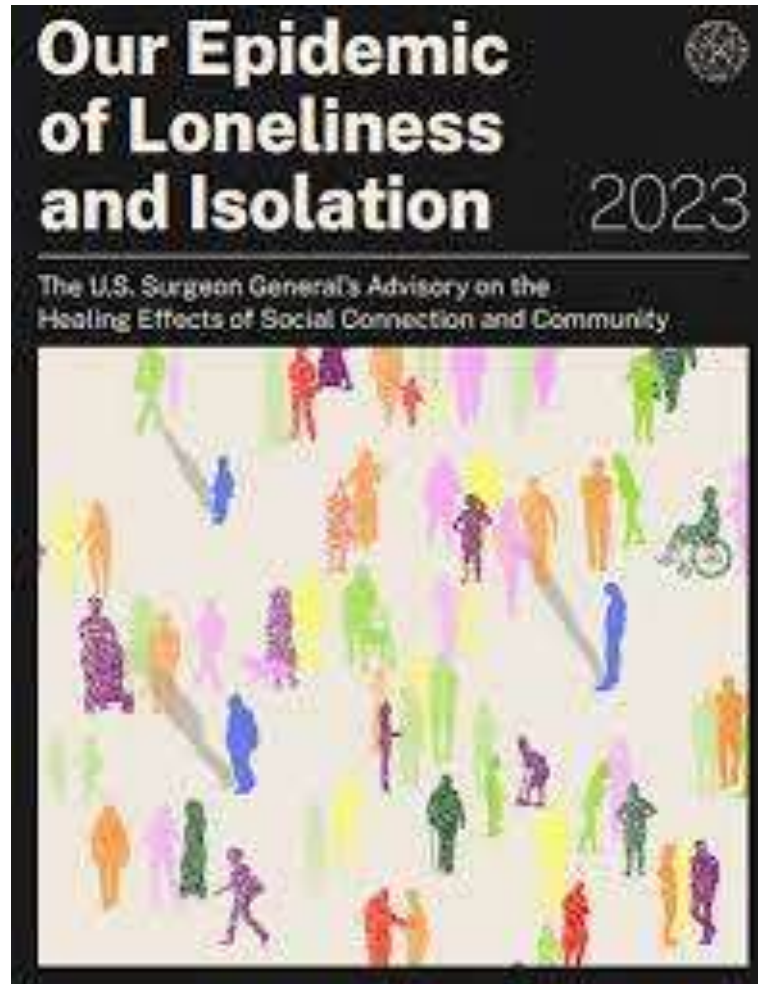


Note: Respondents who did not give an answer or who gave other responses are not shown.

Source: Survey of U.S. adults conducted Jan. 25-Feb. 8, 2021.

PEW RESEARCH CENTER

The Opportunity

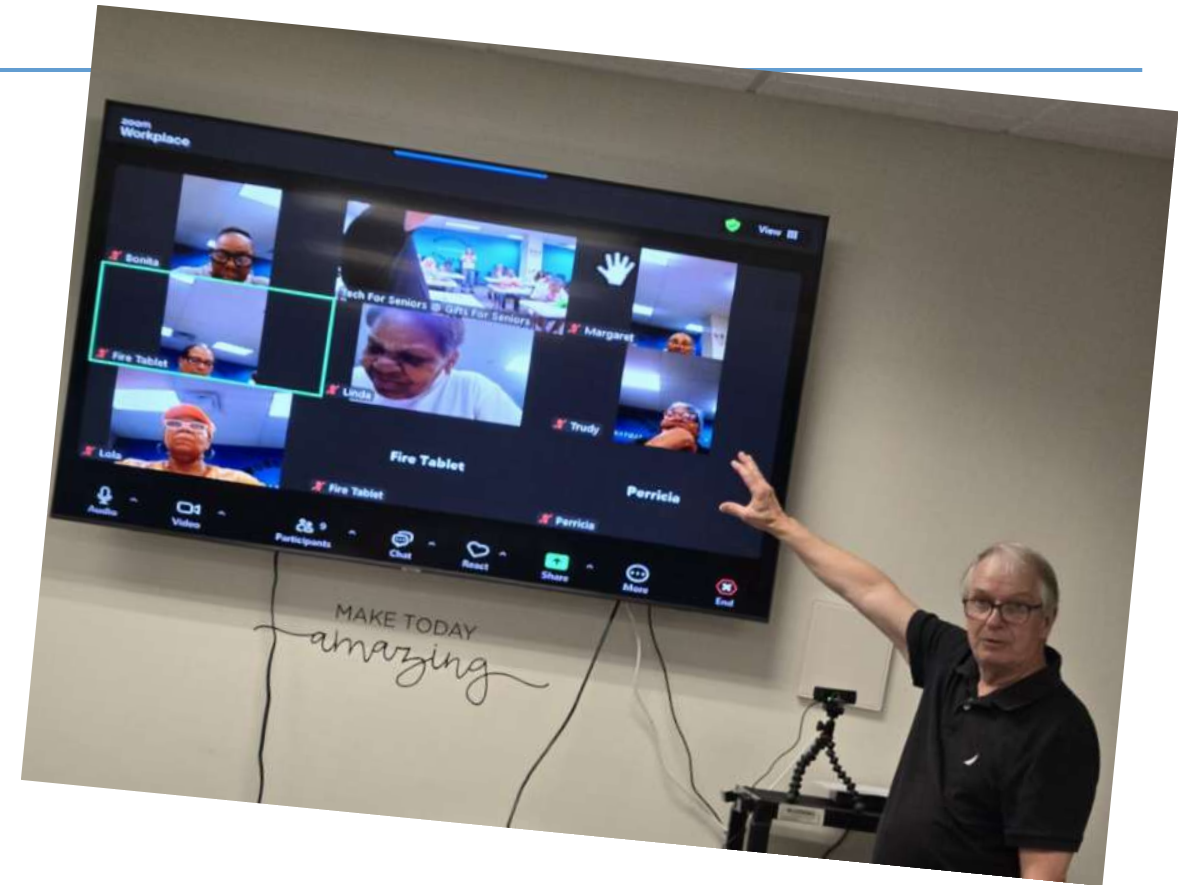


Loneliness and isolation represent profound threats to our health and well-being

U.S. Surgeon General - 2023

It's More than Just Using Zoom to Communicate

Yes, Technology can be used to add communication, but.....



Growing Portfolio of Tangible Benefits



Convenience and
Independence



Staying Informed
about News and
Current Events



Cognitive Stimulation
and Memory Support



Entertainment and
Quality of Life

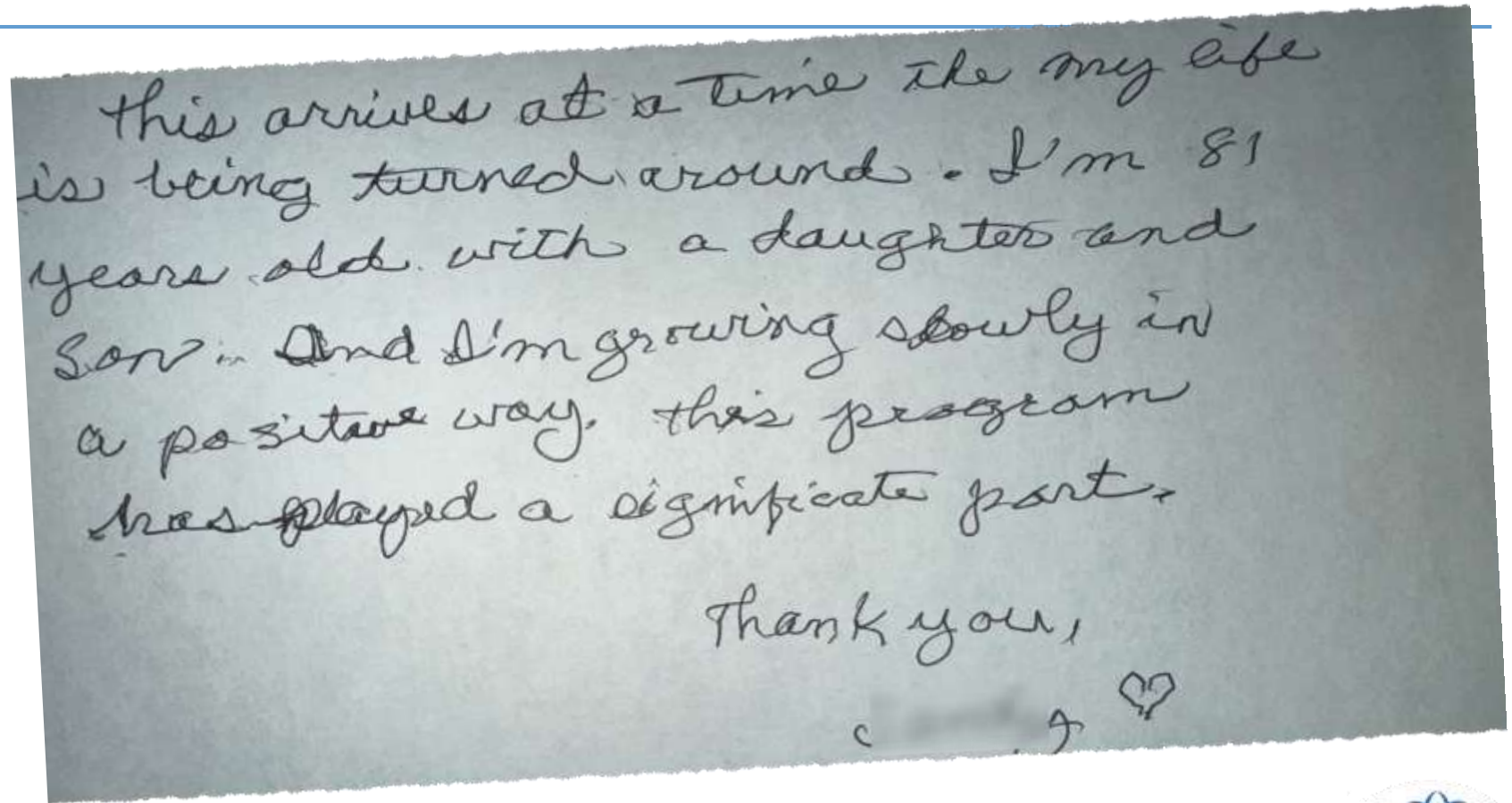


Access to information
and Lifelong Learning

Factors in Building Resilience.....

Perfect Outcome “Growing Slowly in a Positive Way”

“I’m growing slowly in a positive way. This program has played a significant part.”



Tech For Seniors Mission

There are great programs that provide technology help for the general population of older adults.

We are unaware of any other organization that focuses on this population of older adults.



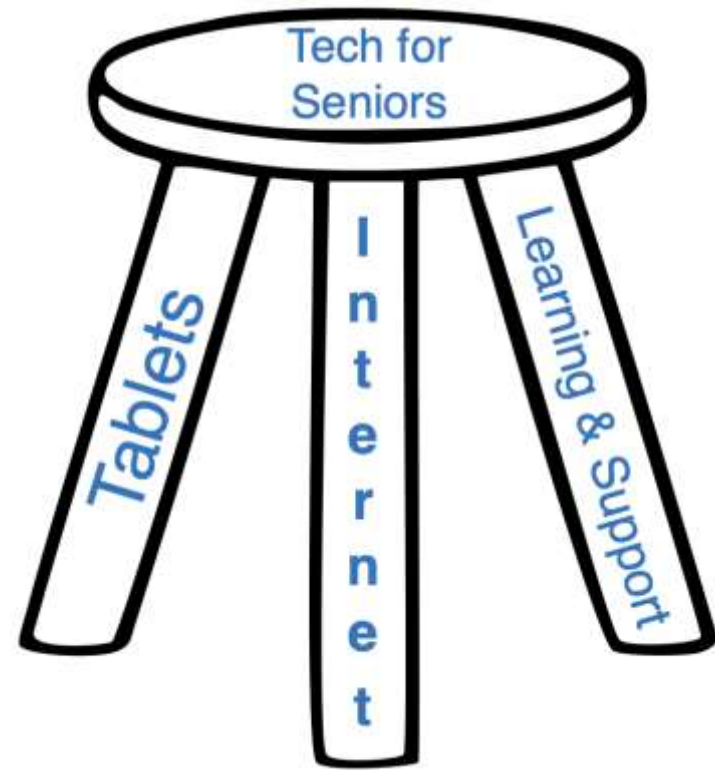
Bringing light to the darkest side of the digital divide.



Tech for Seniors Approach

Essential Elements

- ❖ Device/Tablets
- ❖ Affordable Internet
- ❖ Learning and Support



Device – Amazon Fire Tablet

Adequate & Reliable

Affordable & Donatable

Amazon App Store

Alexa – Voice Assistant

Include protective case, stand and stylus

Highly Curated – carefully selected apps.



Affordable Internet

Crucial Element of the Program for Engagement, Learning, Community and more....

- In the Home Preference

Community WiFi Programs

- Senior Housing with WiFi Throughout the Facility

Subsidized Internet Plans

Check resources from MN Office of Broadband Development Resources

Lifeline Program –FCC Program for Assistance

CONNECTED FOR LEARNING



Learning and Support

Eight Week Program with weekly in person classes

Cohorts with up to 8 people per class (73% work together on homework)

Instructor/Navigator with hovering Volunteers

Modest objectives – keep it flexible

Tech for Seniors Student Apps – Access to lessons primarily for homework and between session review.

Student Manual with printed lessons



What Makes Tech for Seniors Unique?

Work with partners to select participants.

Free Tablet – Thank you Gifts for Seniors Supporters.

Program not a class – 8 weeks - Homework

We go to the students

Cohorts - we love when they work together

Constantly Monitor and Adjust

Mix of Navigators and Volunteers



Engaging
and Fun!!

Our Guiding Principles



Make It Personal
Pursue the Spark
Make it Accessible &
Safe
It Takes A Village



The Development of our Guiding Principles

Digital Connection Committee –
MN Office of Broadband Development

Joyful Work in the Trenches – We
are constantly learning.



Make It Personal



NO Substitute for In Person Training & Coaching

- Digital Navigators Are Critical
- Volunteer who hover!

Personal also Means

- Make it Relevant & Meaningful



Pursue the Spark



Find what is meaningful and FUN for your learners.

Listen, watch and learn from your student's reactions.

Different people respond differently



What is the Spark?

Spark might be delivered via:

- Maps
- Wikipedia
- Word Games
- Camera
- Alexa
- Solitaire
- Chess
- Others....



Pursue the Spark

Teach to Modest Objectives

- Celebrate Success

Paced Deliberately

- Monitor and Adjust
- Be ready to coach students falling behind



YOU WON!

Make it Accessible & Safe



No Logins or Passwords

Limited Ads

Provide Paper

Our Apps

Alexa



Make it Accessible & Safe – Our Tools

Use apps that function
without Logins or
Passwords

Limited Ads or In-app
purchasing



Make it Accessible with Paper

Put it on Paper

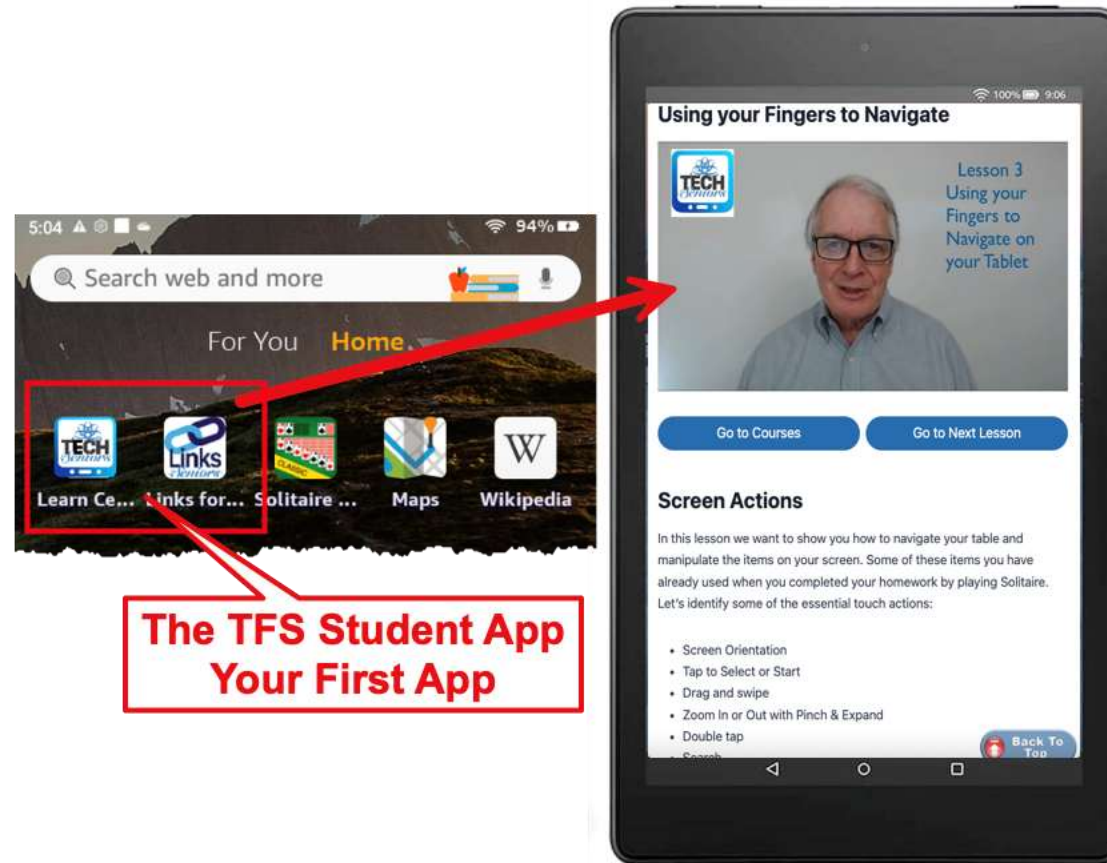
Getting Started Guide (81%)

Student Manual with Printed Handouts (91%)

Six Questions (Survey)



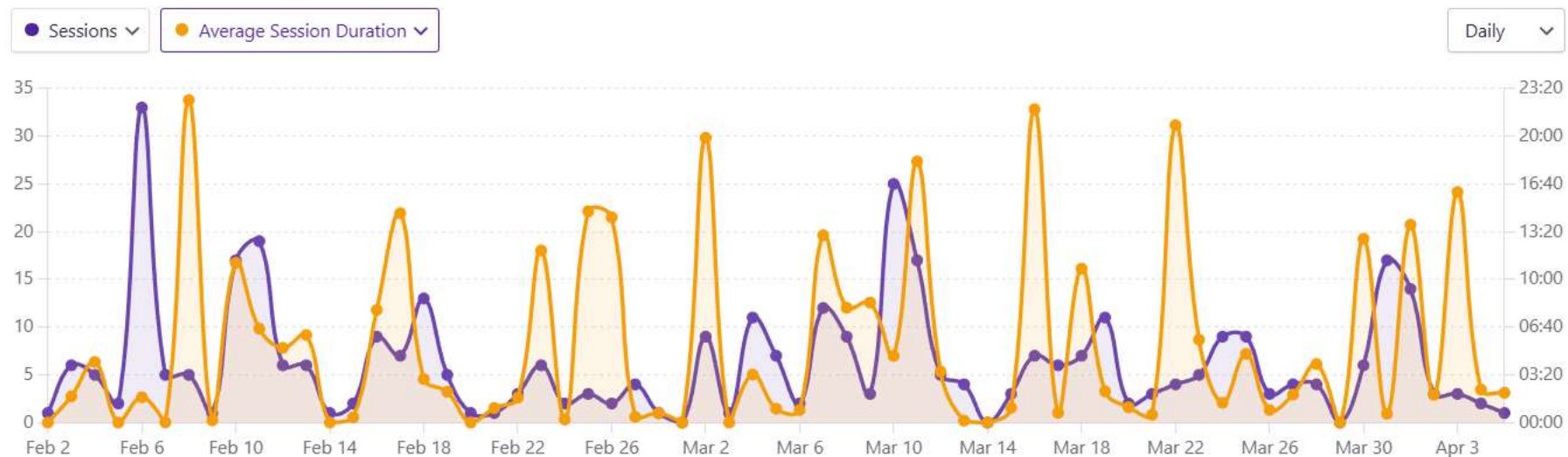
Make it Accessible with Custom Apps that support learning



Our Custom Apps

Place Online Lessons & Video Front and Center on the tablet.

Used as a secondary learning tool in support of homework and review.



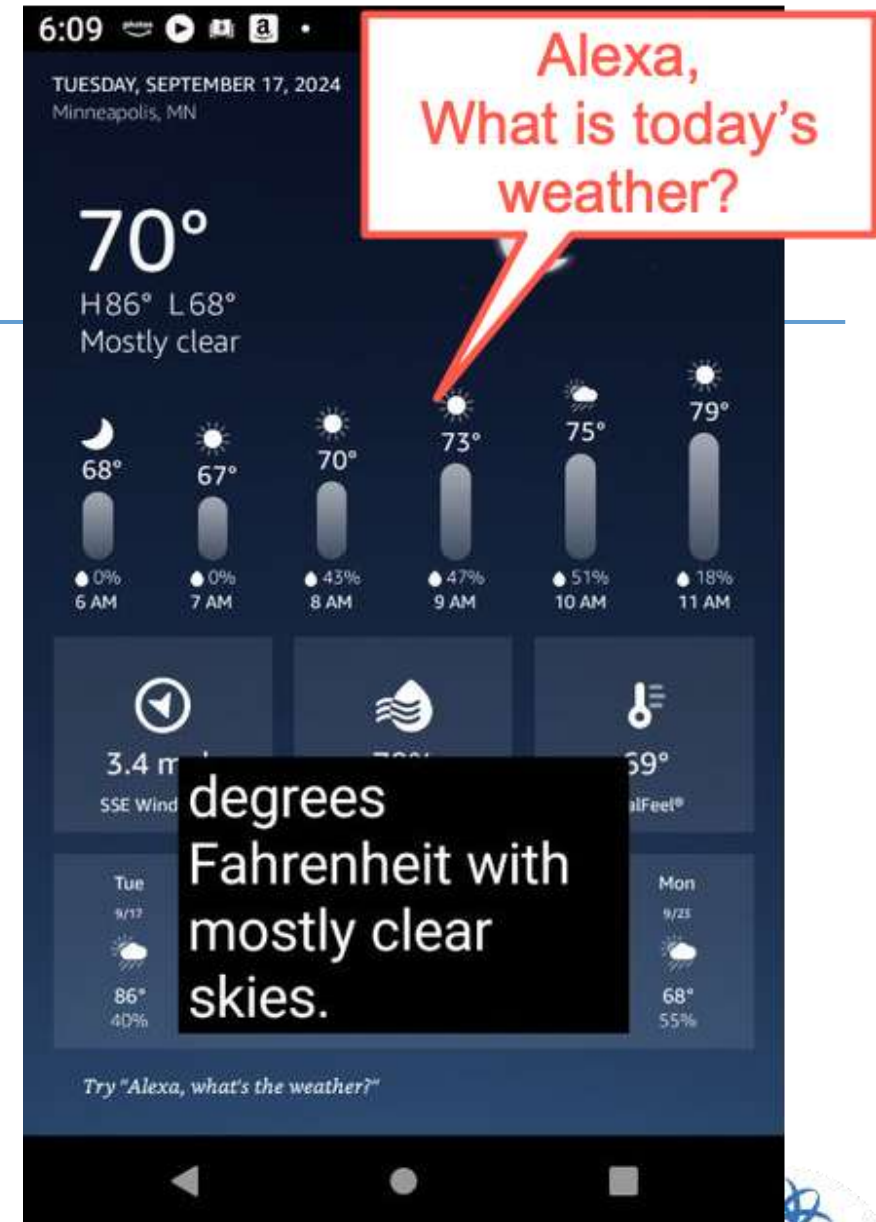
Make It Accessible with Alexa

Teach learners how to have a conversation with Alexa.

Good for integrating the tablet into their lives.

Provide example commands

- Information
- Organization
- Entertainment & Fun
- Radio & Podcasts



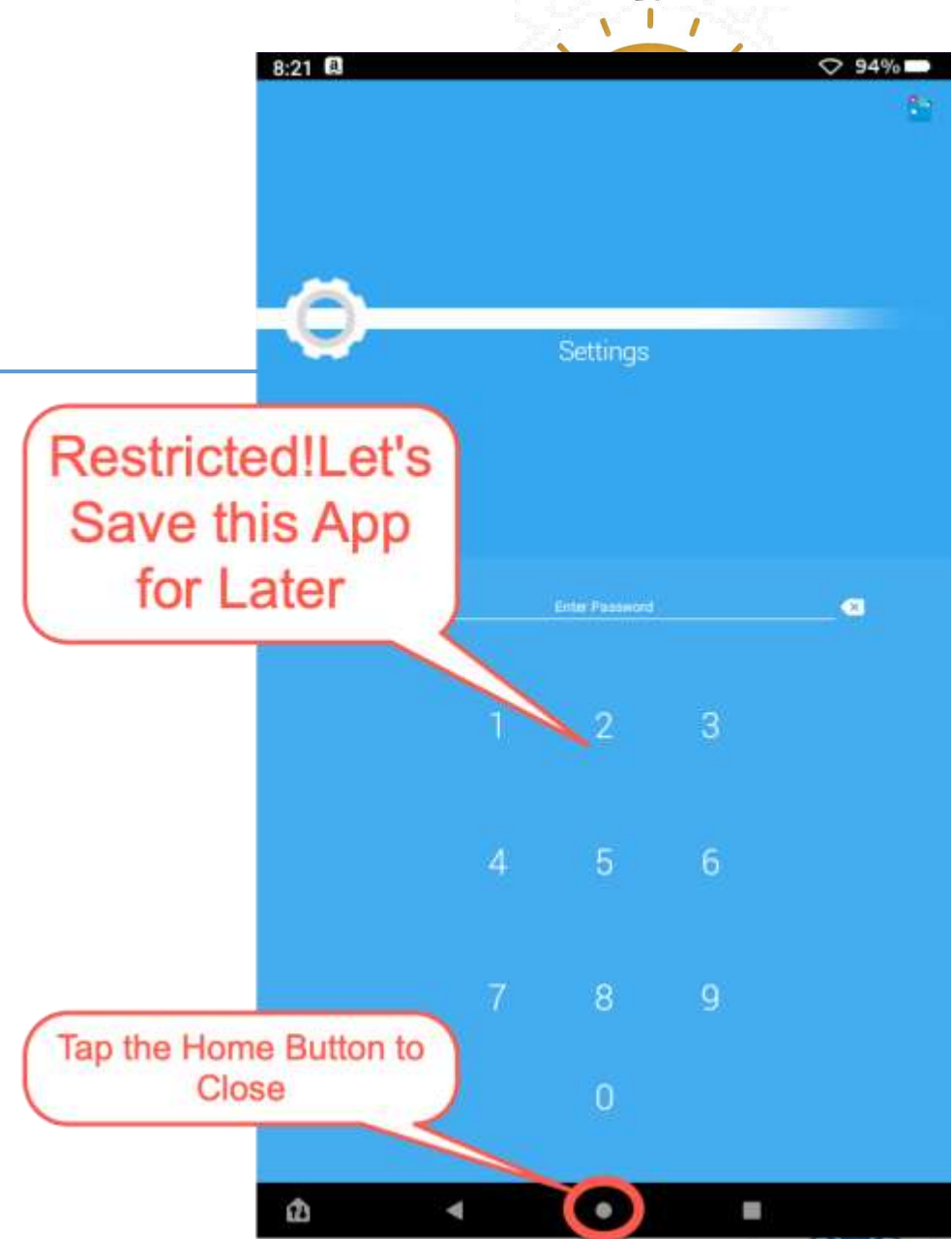
Make it Safe

Parental Controls – Lock “trouble” apps

- Web Browser
- Anything w/ Purchase
- App Store

Curate Safe Apps

- No Logins or Passwords
- No Privacy Concerns, Ads or Distractions



It Takes A Village



- Agency Partners and their staff
- Digital Navigators
- Volunteers
- Sponsors

The Insight and Experience of
people like YOU!



The Important Role of Agency Partners

- Identify Qualified Individuals
- Share Site Needs and Challenges
- Coordinate Host Facility
- Communicate with Residents
- Share the Agency's needs
- Help with Sessions and Support



The Important Role of Volunteers

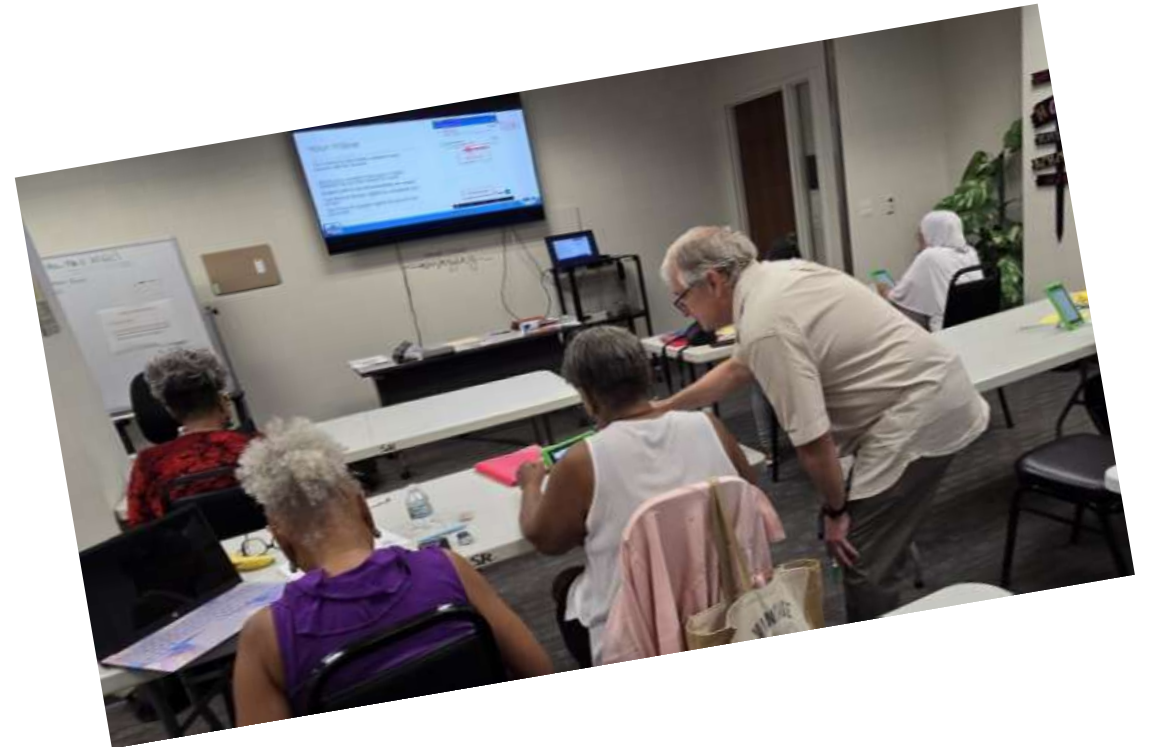
Tablet Set Up

Training Assistance – Hovering

Special Project/Research

- Find the best apps, games and sites

A Rewarding and Fun Volunteer Opportunity!



We Share

TFS is committed to making our portfolio available to other organizations pursuing this mission.

- Online lessons
- Custom apps
- Slide decks
- Student Manual

— Cohort Lessons

We welcome collaboration and sharing of our learning programs. Our library of lessons continues to grow.

Below you will find the core lessons from our 2025 eight-week program.

Title	Description
Week 1 – Getting Started with Your Tablet	This lesson identifies how to charge your tablet and how to start it. This reviews topics that are also covered on your printed Quick Start Guide
Week 2 – Using your Fingers to Navigate on your Tablet	This lesson will teach you basic gestures and actions for your tablet using the MapQuest app. We'll also introduce you to typing using the onscreen keyboard.
Week 3 – Controlling your Tablet with your Voice and Alexa	You can use your voice to control your tablet. Amazingly, no tapping or typing is required. Just use your voice! This course will get your started.
Week 4 – Wikipedia & Seven Little Words	We want your tablet to add connection, fun, and learning to your life. So your ...
Week 5 Joining a Zoom Video Meeting & Links for Seniors	This course will teach you about Zoom and joining Zoom video call.
Week 6 – Games and Utilities	Welcome to the Week 6 Tech for Seniors Lesson. The Week 6 Lesson for the ...
Week 7 – Camera & Calendar	Welcome to the Week 7 Tech for Seniors Lesson. The Week 6 Lesson for the ...
Week 8 – Class Wrap up, Zoom, Links, Music	Welcome to the Week 8 Tech for Seniors Lesson. Thank you for participating in our ...

Go to our [Learning Center](#) site to watch our progress as our catalog grows.



Our Guiding Principles

Make It Personal

Pursue the Spark

Make it Accessible &
Safe

It Takes A Village



Thank You!



It has been our honor to share
our vision for Tech for Seniors



Thanks to Minnesota
Gerontological Society and
all Sponsors to the mission



Presentation Page





Questions & Comments

You can also leave questions and comments on the “It Takes a Village” form.