



Gluu Society
Digital Skills for Older Adults



CONNECTED SENIORS

- How seniors can to use technology to stay connected
- gluusociety.org





Gluu Society
Digital Skills for Older Adults

Hi. We're Gluu!

The Canadian nonprofit helping seniors learn to use technology to stay happy, healthy & connected.

All of our resources are 100% free:

- **Online learning platform**
- **Live online events**
- **Print resources**
- **Volunteer training & support**



→ **Linda Fawcus**
Gluu Society
Founder & CEO



Let's Talk About Age

→ Who is an older adult?





What Will the World Look Like in 50 Years?

→ And why we should we care





Before We Look Forward, Let's Take a Quick Look Back

→ Technology highlights of the past 50 years





Technology in our Time

→ Technology highlights of the past 50 years

- Computers
- DNA testing & sequencing
- GPS
- Laser & Robotic Surgery
- ATM Machines
- Electric Cars
- Space Travel
- Solar Panels
- Internet
- MRI Imaging
- Wi-Fi
- Mobile Devices



It Only Sounds Like Science Fiction





“

**There's room in
the world for
maybe five
computers.**

Thomas Watson, IBM founder,
1943



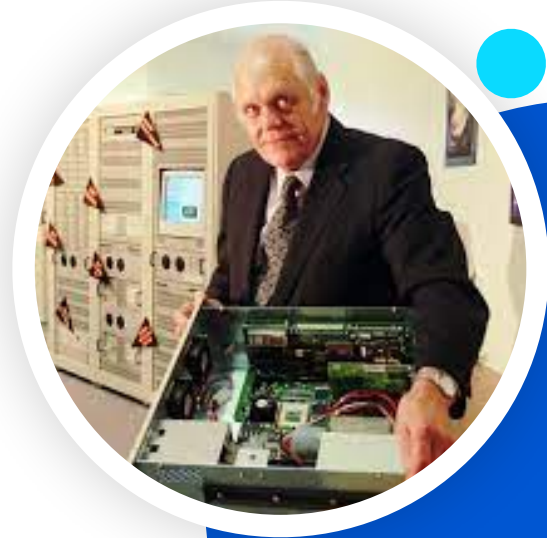
→ **Thomas Watson**
IBM FOUNDER



“

**There is no reason
anyone would
want a computer
in their home.**

Ken Olsen, founder of Digital
Equipment Corporation, 1977



→ **Ken Olsen**
Digital Equipment
Corporation Founder



**Over 2 billion
computers today**

**3.8 billion
smartphones**

→ computers in our pockets





“

I predict the Internet will soon go spectacularly supernova and in 1996 catastrophically collapse."

Robert Metcalfe, founder of
3Com, 1995



→ Robert Metcalfe
Founder of 3Com



“

**There will be
flying cars.**

→ Flying taxis have already been tested



→ Volocopter,
Singapore Bay test
flight, 2020



In About 50 Years

→ What to can expect

- Personal assistants for life
- Digital twins
- Hyper-personalized medicine & anti-aging drugs
- Nanoscale 3D printing
- Flying Cars
- The line between human and machine will be blurred
- Artificial Intelligence will leave humans with more leisure time
- Hyperloop or rocket speed travel
- Zero-knowledge proof



In About 10 Years

→ Estimated to exist by 2030

- 5G transforms the world and connects everything
- 50 billion connected devices
- Artificial eyes
- 3D printed tissues and organs
- Blurring of physical and virtual spaces
- Internet access is a basic human right
- 90% of the planet will have a supercomputer in their pocket
- Privacy is pervasive – and prioritized



Technology at Home

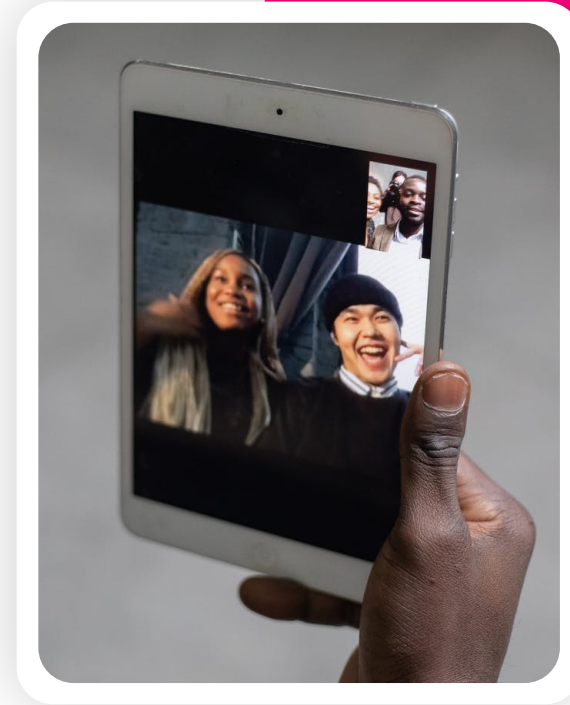
→ By 2030—15 connected devices in a smart home

- Light bulbs
- Kettle or Coffee Maker
- Headphones
- Fitness/Health Wearables
- Smart TVs
- Security Systems
- Self driving cars
- Robot Helpers & Companions
- Voice Assistants
- Smart Appliances
- Assistive Walkers



Post COVID: Let's Keep the Momentum Going

- Continue to find ways to stay connected using technology





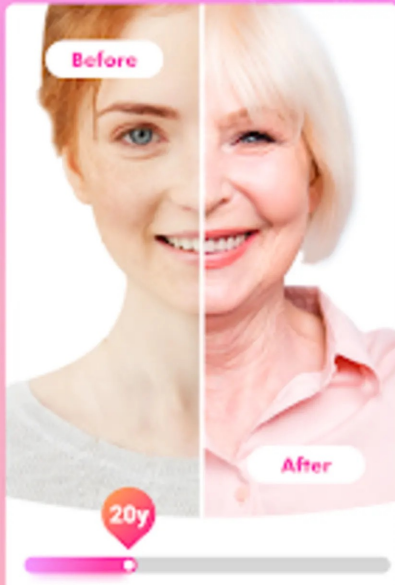
Connect in Creative Ways

→ Texting and apps are the places to start

- A short text with a smily face or other emoji can spark a quick conversation
- Host or participate in Watch parties – Netflix, TV Shows, YouTube, TikTok
- Join group chats
- Build your virtual relationships alongside your physical ones
- Share photos & websites
- **Gluu Tip:** Limit how often you share articles, links & jokes

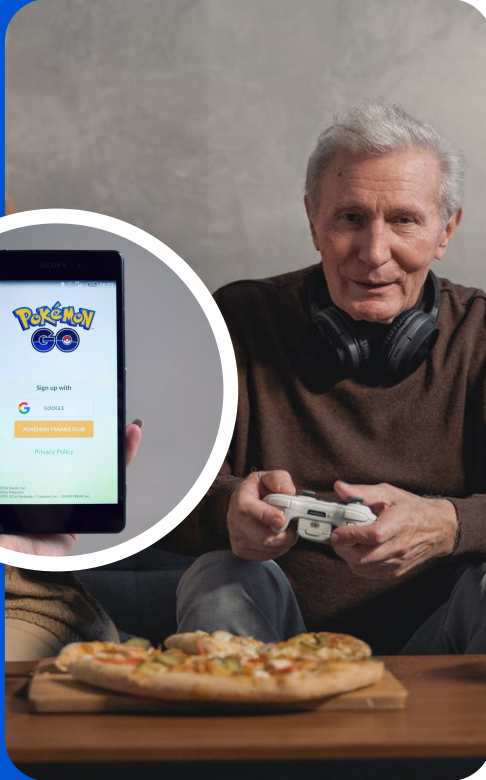
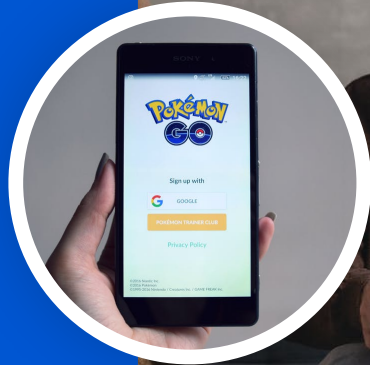


Aging Predictor



Make Online Moments Happen

- Party classics like charades, Pictionary and bingo on a video call
- Powerpoint Parties - everyone shares what they are interested in
- Have fun with apps—age progression, photo retouching
- Share family recipes— scan the recipe, try cooking a meal together on Zoom
- Don't wait for an invite. Host an event.



Connect Through Games

→ Use gaming consoles and gaming apps

- Minecraft
- FIFA Soccer
- NBA Basketball
- PGA Tour Golf
- Random Trivia Generator
- Sporacle Virtual Trivia
- QuizUp
- TriviaHub



Share Your Stories

- Assemble photos for prints or an album
- Scan photos and share
- Send your photos and videos away for digitizing. Get help organizing them.
- Use Voice Memo apps to tell the story of a photo or video or memento
- Scan favourite family recipes. Tell the stories of your favourite recipes in a video or Voice Memo. Host a cooking video call.



Look Like a Pro

- Know the difference between your Front Facing & Rear Facing cameras
- Get a stand to hold your device so you can sit comfortably and talk
- Face a light or window
- Look into the camera when you're talking, not the screen
- Practice





Think of ways to let new technology into your life

- Build digital skills so you don't slide back across the digital divide
- Take ideas from the people in your life
- Have fun!



“

**Technology is
changing so fast.
We are all **noobs**
today.**

Linda Fawcus, Gluu Society

 power thesaurus

Synonyms for Noob

novice

newbie

beginner

newcomer



Gluu Society
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Get In Touch



Our Website

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Thanks for watching