

You CAN do it!

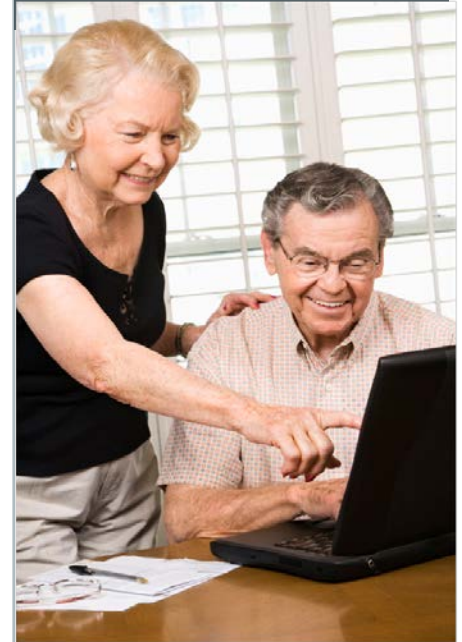
- **You can learn technology no matter what your age is** --You are never too old to learn something new! There are many resources to help you get started.
- **People are available to help** -- Many libraries, senior centers, and community centers offer technology classes. Also, friends, children, and grandchildren may be a great resource.
- **You can use technology even if you have eye or hearing problems or arthritis in your hands** -- There are specially designed computers for people with visual or hearing problems, as well as ways to make most technology devices more user-friendly for people of all abilities.
- **You can find and use technology at a reasonable cost** -- Libraries often have computers available for public use. There are many options for inexpensive cell-phone plans.

Resources

- **Senior centers, libraries, and community centers** often have tech courses, call your nearest location for information
- **GeekSquad**, located in many Best Buy stores, provides tech support services for AARP members, in your home, in the store, or over the phone
- **Verizon, AT&T, and Apple retailers** offer information sessions and courses to learn how to use your new device

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Technology Keeps Us Connected



**Eastern
Pennsylvania-
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Education Center**



Stay Connected!

- **E-mail**
 - This is writing a letter and sending it all on the computer! You can type, send, and receive, all with your new technology device!
- **Skype**
 - This is a video phone call that allows you to see the person you are talking to! This helps you connect with family members who live far away in a new way.
- **Facebook**
 - A social media website where you can find old friends, post and view pictures, communicate with others, and stay up-to-date with what is going on in your loved ones lives.

What types of technology are available?

- **Desktop computer**
 - Stationary for use at home or at places that provide computers for public use
- **Laptop computer**
 - Small computer that you can take with you and does all of the same things as a desktop computer
- **Tablet (iPad)**
 - Smaller than a laptop, you can search the internet, email, take photos, and much more
- **Smart phone**
 - Cell phone with the ability to use the internet, email, use social media (such as facebook), and skype

