



Weekly Bulletin

Friday 29 May 2020

WHAT KIND OF A SENIOR SURFER ARE YOU?

Super, Savvy, Sometimes, Seldom or Stranded?

Older Australians are not all the same when it comes to using technology. If you're more like a Sometimes or Seldom Surfer, perhaps you'd like to visit the [Be Connected website](#), where there are training videos and courses for updating your digital skills.



What is 'Be Connected'?

Some older Australians are deterred from using the internet, despite awareness of the convenience it offers in maintaining connection and managing daily life. Lack of knowledge, skills, confidence and security concerns are the main barriers. To help older Australians get online confidently and securely the government is working with The Good Things Foundation – a strategic partner who specialises in digital connection and education.

The Office of the eSafety Commissioner and Good Things Foundation have developed the online learning program, Be Connected, which is funded by the Australian Government. This free learning program contains easy to follow click-through modules on a range of topics aimed at helping older Australians connect digitally. Modules start at the very basics to set up a device and progress into other topics like connecting to others, staying safe online, and online hobbies like researching family history, playing games and listening to music.

TECH TALK SATURDAY - An Online Tech Chat

Club member and principal of Seniors Technology Assistance, Garry Owen, is presenting fortnightly "**Tech Talk Saturday**" sessions to answer any tech questions that you may have. There is no formal presentation for this session - Garry and his son, Tim, will take your questions and do their best to answer them.

The sessions are free to join and are held on ZOOM. You will require a Zoom account to join, as Garry has raised the security level a little, meaning if you do not yet have an account, it will prompt you to create a free account as part of the session-joining process. To find out more about using Zoom, here is a [short video series](#) covering Zoom basics.



If you would like more information about joining the sessions, please email Garry: publicity@seniorstech.com.au



DIGITAL ACCESSIBILITY

Accessibility is a word that applies in more areas of our daily lives than you might think. As almost everything moves across to digital platforms, computers, smart phones and tablets have taken over so many functions of our daily lives and become our books, encyclopedias, banks, social communication, entertainment centres and even how we shop.

These devices are supposed to make life easier not harder, but when you don't know what features you should be looking out for, choosing the most suitable gadget and then figuring out how to use it can feel like an overwhelming task.

The good news is, you don't have to be the one to adapt to new technology, because the latest gadgets have features designed to help the tech adapt to you instead. We've put together some easy to follow tips and tricks to help you choose, and to ensure your gadgets are working with you and not against you.

Q: Do I need a smartphone? I find the screens small and hard to read.

It's easy to see how a device like the telephone has become intimidating to use. With very few people now using landline phones (which of course had nice, big, easy to use and press buttons), smartphones have taken over. Thankfully, while smartphones are now sleek, their screen sizes are finally getting larger than ever before. If you're still a bit uncertain about using such a small screen, tablets (such as iPads) are much larger, but still have most of the communication capabilities that smartphones have.

If you're vision impaired:

The fantastic thing about tablets and smartphones now is that if you're still struggling to see what's on the screen, even with your reading glasses on, there are settings to change the text size and magnify what's on the screen.

Now, the how-to differs from brand to brand, but here's how you can do it on two of the more popular brands (and most others will be similar):

Apple iPhones and iPads:

- From the home screen, go to 'Settings' (the icon looks like a cog).
- From here, go to 'General' (the same icon), and then 'Accessibility'. In here, you'll find a multitude of adjustments you can make depending on your individual needs.
- Turning on VoiceOver will read aloud any text that you move your finger over, and you can even adjust the speed it speaks at.
- There are options to zoom, magnify, make the text larger or bolder, change button shapes, increase the contrast and reduce transparency – all amazing features when your eyesight isn't what it used to be.
- Further down is an assistive touch menu, where you can adjust the sensitivity of the touch screen or set it so you can use a device like a stylus to touch – great for unsteady or arthritic hands.



Samsung Phones and Tablets:

- Open 'Settings'.
- Scroll down to 'Accessibility'.
- Like the Apple products, you'll find a screen reader which can help you navigate without needing to see the screen, visibility enhancements, hearing enhancements, dexterity and screen sensitivity adjustments, and more.
- Go back to 'Settings' and you'll also find features to adjust the display brightness, blue light filter, and other settings to adapt the device to your individual needs.

At a very basic level, smartphones and tablets fall into two main categories of Apple and Android.

Apple makes iPhones and iPads which run on an operating system specific to Apple (iOS).

Android is a Google operating system, which runs on a much larger range of smartphone and tablet brands.

While these are the most common, there are other operating systems out there, such as Windows, and brands on a whole spectrum of functionality and price.

Laptops and PCs:

If you're using Windows, click the Start button and find Settings > Ease of Access > Display. This will give you the option to make text, icons and apps larger and easier to see.

If you have hearing loss:

There is no "right" brand to get; it just boils down to personal preference and budget, however it's worth noting that if you have hearing loss, many hearing aids are programmed to be compatible with Apple products, so this may be worth considering when you're shopping.

Most devices also have alternative options for alerts such as vibrations or flashes where you can't rely on hearing a tone.

If you have arthritis or unsteady hands:

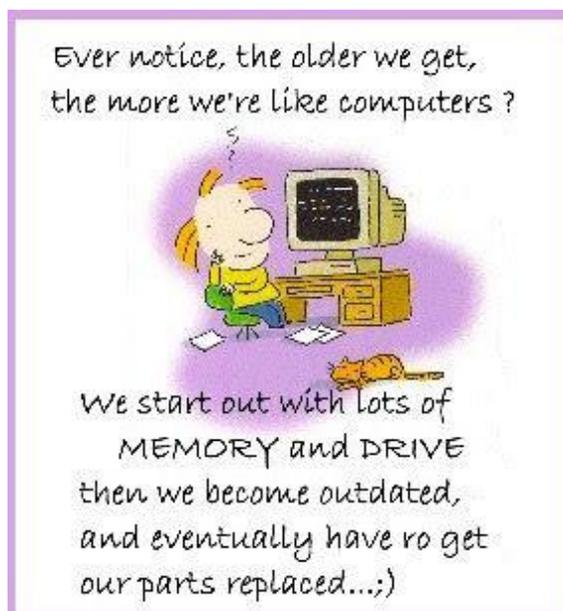
Another fact worth considering is the weight of smartphones (if this is what you're looking at buying), which can vary considerably from product to product. When you're picking up a display phone in a store, it may not feel particularly heavy, but you need to consider that when you're holding it in one hand over time, the weight can really have an impact on your comfort levels—especially if you suffer from arthritis.

So, when you're in a store, make sure you pick up a few different models and see how they compare in weight.

Accessories:

Once you have your chosen device, there are a range of accessories that can also improve your user-experience. As mentioned earlier, a stylus might help you with touching the screen, and you can also get rings that attach to the back of smartphones to make holding them easier (these can be found in most discount stores where they sell phone cases). And don't forget a selfie stick, which are not only for the young and vain—you can make terrific memories with your friends and family and ensure everyone fits in the picture!

Note: This article is an edited version of an item that was in a 'National Seniors' magazine.





SPOTLIGHT ON **iPAD & ANDROID SIGs**



The Club runs two Special Interest Groups which are normally held on 2nd Monday (iPad) and 2nd Thursday (Android) of the month at 10.00 am.

Helping each other is often the most effective way to learn. By asking questions, sharing knowledge and discoveries in a friendly group setting, problems can be resolved and confidence increased in using devices. Advice on using different apps is always useful and these groups are designed to help you get the most out your devices whether iPad or Android. Lead by Anne Meade and Jenny Marincic, new members will be made welcome.

FLASH BACK FRIDAY

Saturday Technology Seminar & Sausage Sizzle – Saturday 25 March 2017

Technology continues to offer us better ways to do many things in our lives. We can now safely do our banking, pay bills, Skype the grandkids, plan our travels, find and book the next holiday spot, read books, enjoy the new latest whizzbang TV/entertainment systems soooo many things!

In all this, there are things we need to be aware of, such as how to maintain our privacy and security, keep everything tuned up and operating effectively.

Club Member and ‘Senior Geek’ Garry Owen will give a Seminar on some of the issues surrounding new technology - **Date Storage / Internet Plans / Password Management**. Seminar notes will also be available. There will be a sausage sizzle available for all who wish to stay a while, swap information & ask further questions.

Garry assists the senior community through his new business ‘**Seniors Technology Assistance**’. He works with his clients helping them to understand, learn so that they can become more empowered with their technology in the future.



'BEAR HUNT' GALLERY



'Hanging' around!



Watching the world go by



*Hey Mr Postman,
stop and see....*

FIGURE OF SPEECH ANSWERS

1. In a Nutshell
2. Piece of cake
3. Cherry on the cake
4. Bald as a coot
5. A Screw loose
6. Stiff upper lip
7. Born with a silver spoon in your mouth
8. Ear worm
9. Keep your Cards close to your chest
10. Joker in the pack
11. Ace up your sleeve
12. Heart on your sleeve
13. On a silver platter
14. Spill the beans
15. Big cheese
16. Red herring
17. To tie the knot
18. Put all your eggs in one basket
19. Walking on egg shells
20. Shadow of your former self
21. No room to swing a cat
22. The cat's got your tongue
23. Kick the bucket
24. Pull your socks up
25. Cold feet
26. From Rags to riches
27. Time flies

REBUS PUZZLE

A **REBUS** is a picture representation of a name, work, or phrase. Each rebus puzzle box below portrays a common word or phrase. Can you guess what they are?

SPACE	1. THE/STICK/MUD	2. FIT N ESS
	3. B BREAK E FAST D	4. B BREAK E FAST D
	5. W A L K H ₂ O	6. BOXING BOXING BOXING

Answers in next week's Bulletin