



Computer Resources & Concerns

WAYNE STATE UNIVERSITY | DETROIT, MI

This was created for older people who are interested in connecting through technology. The content is based on recommendations from older adults who partnered on a project to increase digital inclusion. We hope to help people connect with family, friends, doctors, and researchers.



Internet

Contact human-i-t for help connecting to the internet and to learn if you qualify for a low-cost internet plan by texting **562-372-6925** or call **888-391-7249**.

Education

AARP provides education through their Older Adults Technology Services (OATS) program, to learn more visit <https://oats.org>



Support

If you need computer assistance of any kind call Senior Planet at **888-713-3495**.

Devices

Visit <https://connect313.org> to learn about all of the technology related resources available through Connect313 including low cost devices.



Social Media

Wayne State University and the Detroit Area Agency on Aging partnered to create videos to help older adults with social media available at <https://tinyurl.com/detroitAAA>

Turn page over for more information





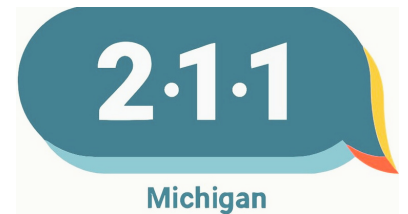
Reasons To Use a Computer

A computer can be useful to you in many ways, here are some reasons why you might want to use a computer:

- Connect with friends and family through Facebook or video software like Zoom
- Listen to music, play games, or watch videos on YouTube
- Connect with your doctor or other health care provide through online messaging portals, and in some cases, virtual office visits
- Attend a live-streamed worship service

Places to Connect to Wi-fi

There are places in Detroit that you can access wi-fi for free so you can use the internet including your local library and other sites. You can learn about free public wi-fi sites throughout the city by using a phone to dial 2-1-1 or visit <https://mi211.org>



Stay Safe On-line

A lot of people have concerns about using computers. "Cybercrime" is a word used to describe on-line criminal activity, such as scams or identity theft. Protect yourself when you are on-line by following these tips:

- Use a strong password, that is at least 8 characters long and has letters, numbers, and other symbols like \$ or %. Avoid using the same password for several accounts
- Be cautious of links or email attachments that you do not recognize
- Be careful what you download
- Use a password to lock your computer when you aren't using it
- Avoid banking when connected to a public wi-fi network