

IT for the Elderly March 2013

The I.T. classes for the elderly have proved to be very popular with the groups growing over time. We have had a lot of changes to computers and programs over the last few months, especially with the New Windows 8, also changes to how email now looks. This has been a challenging time for younger people never mind the older people, but they have learned a lot of new things over this term. There are a fab group who are keen to learn about their computers.

This term they have really taken on board what they have learned and have been able to put this into practice at home. Learning how to email as emailing is a huge part of what they first want to learn as this allows them to keep in contact with each other and also friends and family who may be abroad. They have been able to add contacts, send mail, add pictures, and files, which they have loved doing as this has then led onto them being able to send their own family pictures through email thus allowing

them to show others their special moments.

We also concentrated on learning all about how their computers work as many of them had little or no idea what else their computer did apart from the internet. They were amazed at all the programmes that are already there for them to use. Most of them have never looked through these before as they were unsure what they were all for and they don't like to try new things by themselves just incase they caused themselves real problems.

We also made the front page of a newspaper with their text and pictures put into it. This taught them how to use programmes from the internet, how to copy and paste, change the text size, fonts, colour, and also resize their pictures. It also showed them how to use paint and WordPad to quickly edit things. This was something that they had never used before and they absolutely loved doing this. Another part of the class is that I

encourage them to ask questions about things. One of the main queries this term was the new tablet craze, so for a few weeks I went over the basics of what these things can do and what they could use them for. After we had done that they were all very grateful for the information and a lot of them decided it maybe wasn't for them just yet, but they understood more about them.

These computer classes are an essential part of our programme within the Skatepark, and give these people the chance to do something in a group setting where they can make new friends and keep in touch with each other, and keep up with technology. I personally feel this is a superb project, as some of the people who attend do not have any other social outlet and we are providing the opportunity for them to meet up here, and make good friends with similar interests.