

## Assisting the elderly with technology

**It will be important that everyone who has had their COVID vaccines has access to their records. Below are some tips to help elderly people access their records.**

- Try enhancing their previous knowledge.
- If your parent knows a little about modern technology, start from there and build up.
- Explain important benefits and information. Explain how using apps can make it easier to stay in touch with family and friends, regardless of where they are in the world.
- You should also teach how to use safely to reduce the risks of scams targeting the elderly and other types of fraudulent activity.
- Repeat key factors. Teaching your parent to navigate technology may be less difficult when you take your time and explain critical concepts clearly.
- Repeating the facts about a specific device or program helps them navigate the tools and systems when you're away.
- Before moving onto another concept, go over what you have discussed to make sure they remember.
- When you take your time and reinforce key factors, you can prevent things from becoming overwhelming and confusing.
- Write the steps down for them so they can refer to them later on.
- Practice together.
- After you have explained the tools, apps and various systems, make sure your parent practices using them all.
- Refrain from immediately stepping in when you see them having difficulty.
- Practicing can help older adults become more accustomed to the actions involved in using technology, such as pressing buttons, clicking on links, and typing in web addresses.

