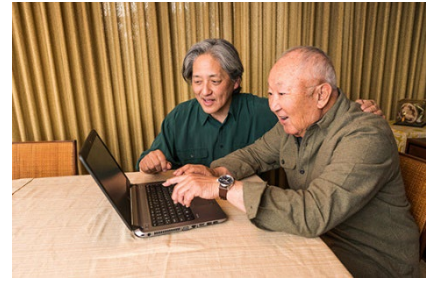


Five Tips for Teaching Older Adults to Use Technology

Learning how to use technology can be intimidating, and teaching this can also be a difficult task. We hope that these tips can help you encourage your loved one as they begin, or continue, to explore the benefits of incorporating new forms of technology into their daily lives.

1. Encourage Experimenting and Making Mistakes

- There is nothing wrong with making mistakes. Making mistakes is part of the learning process, so remind your loved one that it is one way to help them learn new skills.



2. Be Hands-off

- Let your loved one be the one who touches the device. It may be easier for you to have them follow along while you show them the steps. However, this could impair their learning experience. Provide verbal cues or have your own device to point to and let them follow along on their device.

3. Explain the Steps and Define Terms

- There may be terms you are familiar with such as “swipe,” “tap,” or “apps.” However, it is important to recognize that these words or phrases may be new to your loved one. Take the time to define these terms.

4. Get Creative

- Everyone learns differently, so you may be required to change the way you communicate certain steps to your loved one. For example, analogies are a great way to communicate the functions and value of certain apps.

5. Practice, Practice, and Practice!

- Encourage your loved one to practice what they have learned every day. This will help reinforce the material and retain the information.
- Encourage your loved one to continue exploring their device and remind them that mistakes will always be a part of the learning process.

For the full article, please visit keiro.org/teaching-tech