

Seniors Connect with Dignity Program

The Seniors Connect with Dignity Program is aimed at promoting, improving, and empowering our vulnerable seniors in using technology safely and effectively in engaging with loved ones and remaining socially active through technology to improve their quality of life. The program also offers information on financial literacy and increases awareness on elderly abuse. We achieve these by providing opportunities to participate in free digital literacy skill development trainings. We offer customized skill-based learning opportunities as well as opportunities for computer literate seniors volunteer and help empowering other seniors. The program is generously funded by **Government of Canada's New Horizons for Seniors Program**.

The Program information

- An initial assessment of participants digital literacy skills is assessed by the staff during outreach and develops short and long-term digital literacy learning goals
- Program is offered twice a week (Mon and Wed) from 10 to 11:30 AM
- The program is offered in-person

The program topics included:

- Operation of various digital devices- computer, tablets, iPad, Phone
- Internet usage and browsing
- Setting up email and social media accounts including YouTube
- How to avoid online fraud
- Typing skills
- Using Microsoft words
- Financial literacy

Funded by the
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