

Welcome



Questpoint
Technology Club

Navigating the
Digital Age

Your Workshop Presenter

Don Frederiksen

Currently: Work-Optional Lifestyle with an **Ikigai**

Helping Older Adults be Well-Connected, Engaged
and Always Learning

- Website: www.SeniorTechClub.com



Online: links.SeniorTechClub.com/Questpoint1



Two Workshop Objectives

1. Explore the Importance of Technology for Older Adults
 - Three Top Invitations for Technology Use
2. Breaking Down Key Barriers
 - Raise your Understanding:
 - ✓ Passwords
 - ✓ Two Factor Authentication
 - ✓ The Dangers of Public WiFi
 - ✓ Securing your Devices
 - Locking The Door
 - Keeping an Updated Machine
 - One Useful Tech Nugget - Magnifier



Our Workshop Online Page

Find our workshop page at:

- [Links.SeniorTechClub.com/Questpoint1](https://links.SeniorTechClub.com/Questpoint1)

Purpose of the Class Page

- Relevant Information & Links
- Provide the Slide Deck
- Portal for Additional Lessons & Information





Technology is Important for Older Adults

Three Compelling Invitations

1. Staying Well-Connected
2. Good for your Health, Fitness & Safety
3. Never Stop Learning & Engaging



What Technology Is Part of our Lives?

Laptops & Computers

Smartphones

Tablets

Wearables – Fitbit or Apple Watch

Smart Speakers & Televisions

Cars

Internet & WiFi



Invitation #1 – Staying Well-Connected

Technology provides an important way to stay connected with family, friends and the community

- Pandemic Friendly

Social Connections are Extremely Important for your health and well-being



Staying Well Connected

A strong support network of family & friends lowers mortality risk by 45%

◦ American Psychologist 2017



The Dangers of Loneliness



Invitation #1 – Staying Well-Connected

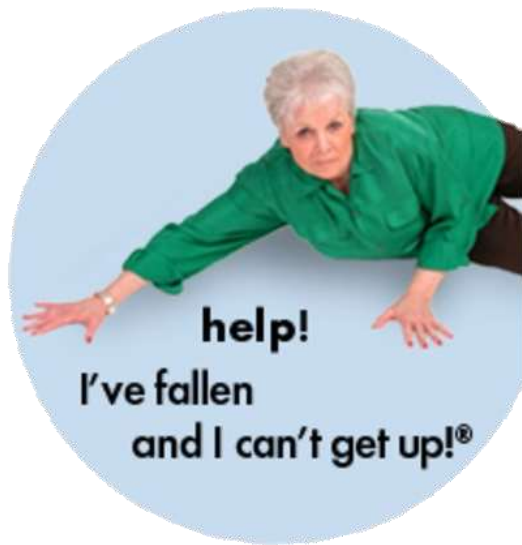
Technology Offers Great Pandemic Friendly Tools for Staying Well-Connected

- Phone that is always with you.
- Email
- Text Messaging
- Video Calls



Invitation #2 – Health, Fitness & Safety

Technology Offers Great Tools for Supporting Your Health, Fitness & Safety



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Invitation #2 – Health, Fitness & Safety

Technology Offers Great Tools for Supporting Your Health, Fitness & Safety

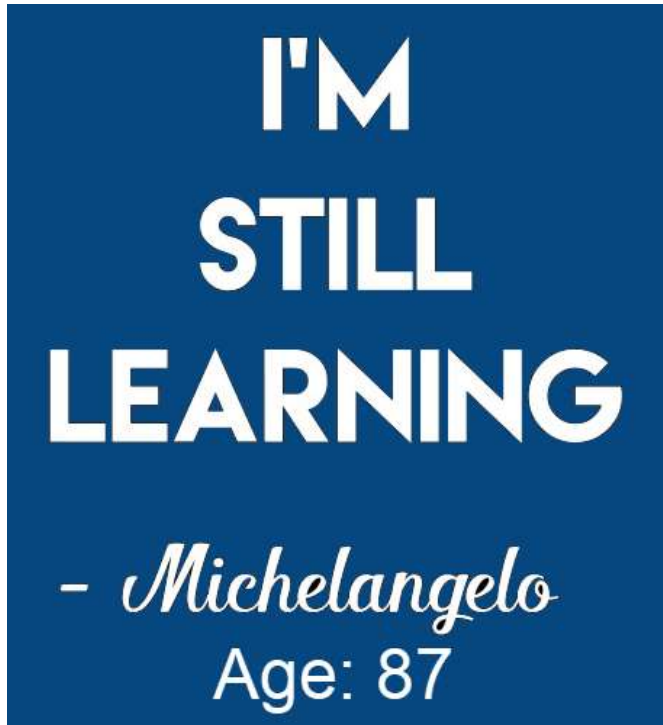
- Personal Health Information
- Sleep Tracking
- Activity Tracking & Online Fitness Programs
- Meditation
- Safety
 - Emergency SOS Calls
 - Emergency Contacts
 - Fall Detection



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Invitation #3 – Learning

Technology Supports and Enables Lifelong Learners



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Invitation #3 – Learning

Technology Supports and Enables Lifelong Learners

Best thing you can
do is to start
learning something
new when you are
old.

-Daniel Levitin
Successful Aging



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Innovation #3 – Learning

Technology Supports and Enables Lifelong Learners

- News
- Books
- Podcasts
- Video – You can learn anything on YouTube.
- Online Learning
 - Top Choices: Language or Music



Breaking Down Barriers

Two Workshop Objectives

1. Explore the Importance of Technology for Older Adults

- Three Top Drivers for Digital Engagement

2. Breaking Down Key Barriers

- Raise your Understanding:

- Passwords
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- One Useful Tech Nugget



Use Strong Passwords

Importance of Passwords



Your First Line of Defense to
Protect Your Information

Use Strong Passwords

- ✓ Never use personal information like children's names or address information or even car license plate.
- ✓ Use a longer password. Your password should be at least six characters long and eight characters is better.
- ✓ Don't use the same password for each account.
- ✓ Try to include numbers, symbols, and both uppercase and lowercase letters.
- ✓ Avoid using words that can be found in the dictionary, place names even acronym or common sequences like "abcdef."
- ✓ Random passwords are the strongest.



Use a Password Manager

Generate, retrieve, and keep track of super-long, random passwords.

Use a password manager so that you don't have to remember them.

Keep a dedicated notebook if manual.



In the Meantime

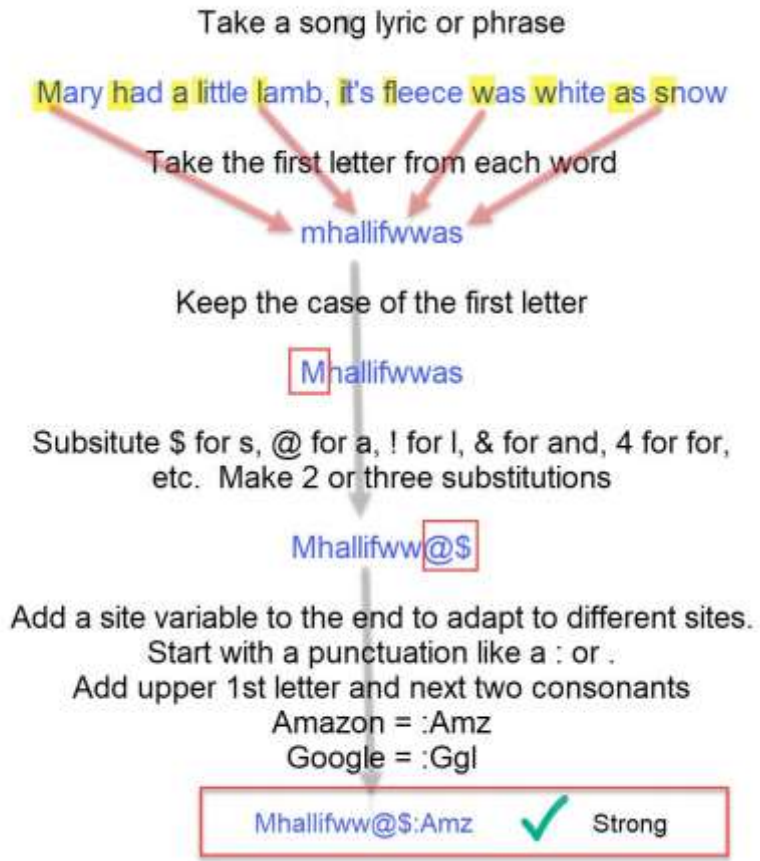
Two Password Approaches

- Make a password a sentence
- Have a Password Formula





Password Formula Using a Song Lyric

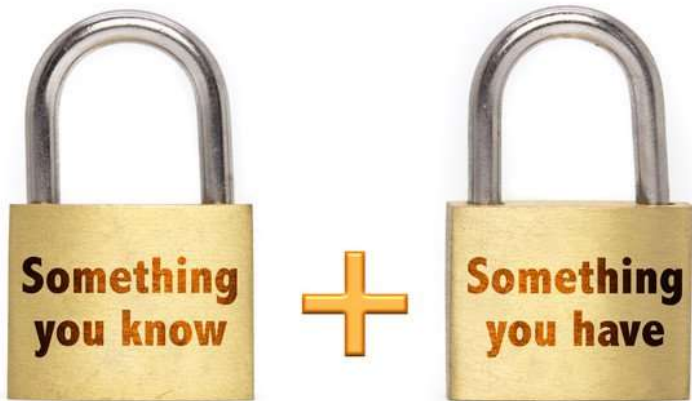




Use 2 Factor Authentication 2FA or MFA

The Humble Password Isn't Enough

Two factor authentication



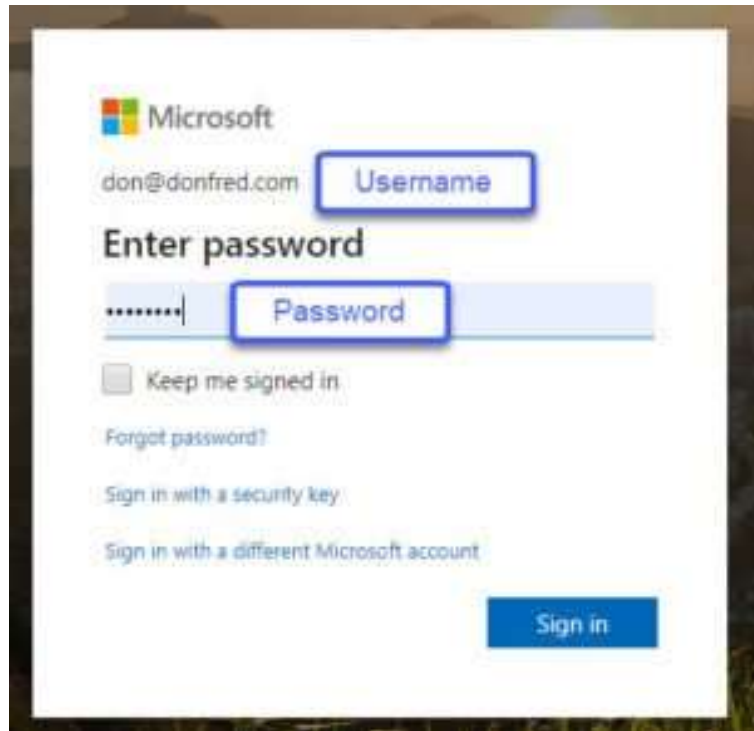
Microsoft Reports 2FA will block 99.9% of automated attacks

What does it look like?

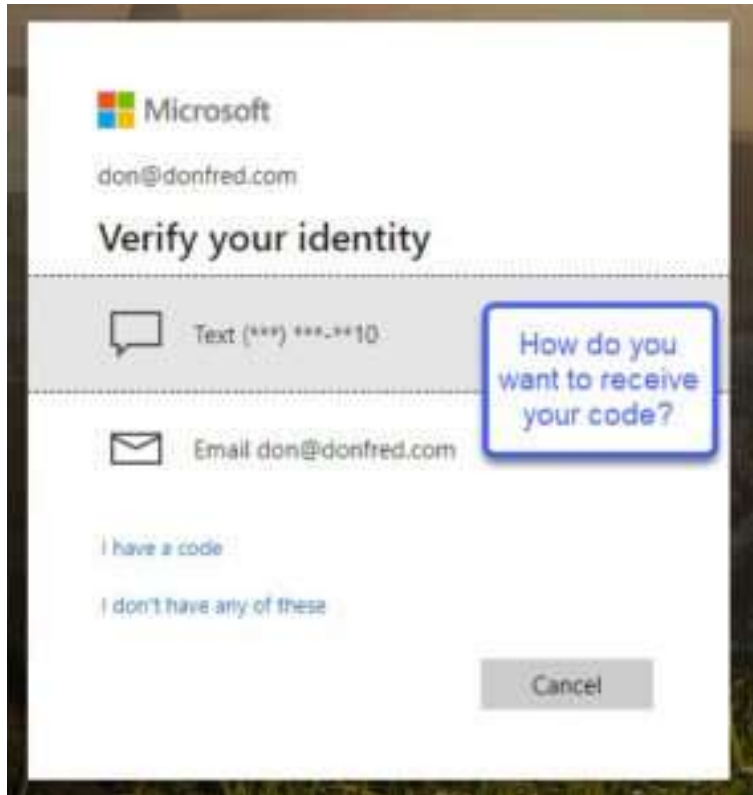
1. Log in with Username & password
2. Verify how to receive temporary code
3. Retrieve Code from Text Message
4. Enter Code to Complete Login



1 – Log in with Username & password



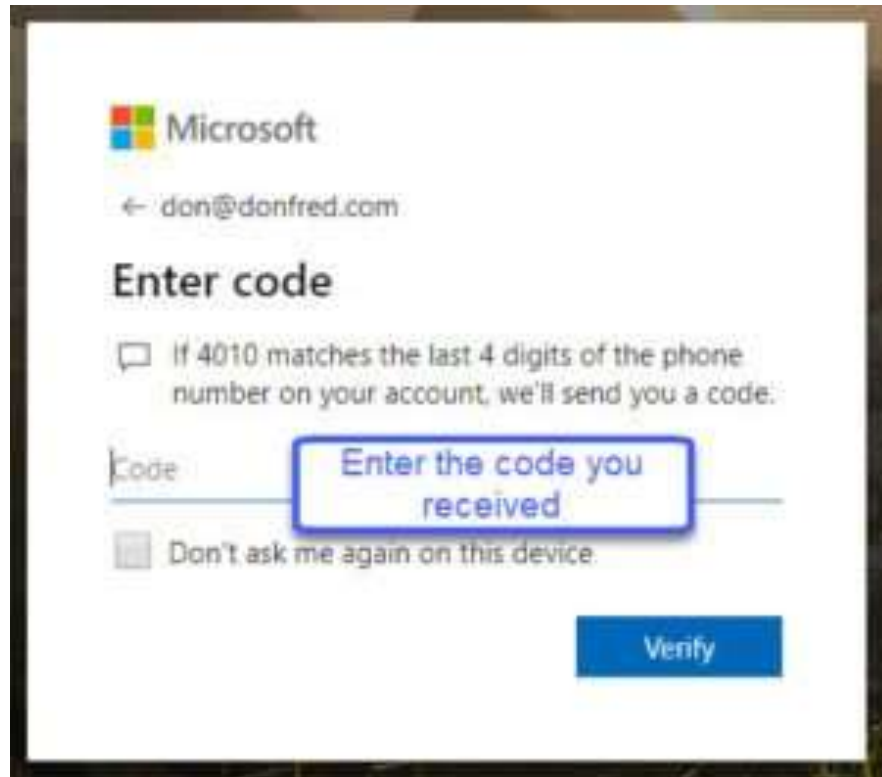
2– Verify How to Get your Code



3 – Retrieve Temporary Code from Text Message



4 – Enter Code to Complete Login



The screenshot shows a Microsoft login verification screen. At the top left is the Microsoft logo. Below it is the email address 'don@donfred.com' with a back arrow. The main heading is 'Enter code'. Below this is a checkbox with the text 'If 4010 matches the last 4 digits of the phone number on your account, we'll send you a code:'. There is a text input field labeled 'Code' with a blue box containing the text 'Enter the code you received' overlaid on it. Below the input field is another checkbox with the text 'Don't ask me again on this device.'. At the bottom right is a blue 'Verify' button.

Pros & Cons

Pros

- Add a significant layer to your security
- Easy with a smartphone
- Easy, once you understand it.

Cons

- Takes an extra ½ minute to log in
- You need your phone or email





Be Smart About Public WiFi

The Hidden Dangers of Public WiFi

Public WiFi

- Coffee shops, retail, airports, libraries and more

The features that make free WiFi desirable for consumers make them desirable for hackers



Public WiFi Do's

- Use Legitimate WiFi Networks
- Look for HTTPS (lock) Sites
- Avoid doing banking and shopping
- Use a Firewall (Windows)
- Use Cellular Data instead of WiFi
- Use a VPN (Virtual Private Network)





Secure Your Devices

Secure your Devices

1. Lock It
2. Keep a Clean
(updated)
Machine



Smartphones & Computers

Frequently contain much critical information about you, your accounts, activity and more.



SmartPhone Security Tips

Any device that leaves your house, it should have a passcode/lock code.

Biometrics (Touch ID, Face ID, Fingerprint) are more secure than lock codes and can be more convenient.

Have a backup strategy for your device

Know your device's tools to find a lost or stolen phone. (Apple Find my Phone or Google Find my Device)



Keep a Clean Machine

Update your Software on all internet connected devices

Two Important Benefits

1. Improve security
2. Improve its functionality



Example: Apple IOS Updates

IOS: Mobile operating system created by Apple exclusively for its hardware.

The software that runs your device.

Includes the Apple built-in apps like Mail, Messages, Phone, Camera & Notes



Breaking Down Key Barriers

Summary



Breaking Down Key Barriers

- Passwords - Formula
- Two Factor Authentication – Use It
- The Dangers of Public WiFi – Know it
- Securing your Devices – Do It
 - Locking The Door with passcode and Biometrics
 - Keeping an Updated Machine





Tech Nugget

Anybody's
eyesight
getting better?

Use the iPhone Magnifier to Read the Fine Print

Magnifier now has App Status



Use the iPhone Magnifier to Read the Fine Print

Two Essential Controls

Zoom -Slider

Freeze – Shutter
button



Android Magnifier

Setup:

Settings>Accessibility>Magnification = On

To use:

Launch Camera app

Tap 3 times on camera screen

or

Find Magnification App in Google Play



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Follow-up Questions & Feedback

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More Information & Download
links.SeniorTechClub.com/Questpoint1



Thank You!

Stay Well-Connected
Stay Active & Fit
Never Stop Learning