DIGITAL TECHNOLOGY RESOURCES

DIGITAL TECHNOLOGIES TO SUPPORT LIVING WITH CHRONIC LUNG DISEASE

Resources that people shared during a research study that asked people living with chronic lung disease about their strategies for using digital technologies.

COMPUTER COURSES

- Check out your local library or recreation centre. Prior to the pandemic, some libraries were offering in-person courses to *introduce people to computers*.
- There also online resources offered through your library, s
- Some cell phone companies may offer *digital literacy courses*.

LEARNING HOW TO USE EMERGING TECHNOLOGIES

- Researchers at Simon Fraser University have complied a list of technology resources on their site that include:
  A senior's guide to computer basics
  Internet safety guide for seniors
  Links to guides on How to use Facebook, Skype, Zoom, Twitter, Instagram
  link: http://www.sfu.ca/starinstitute/covid-19/technology-guides.html

LOW-COST CELL PHONE OPTIONS

- Some mobile phone companies may offer low-cost options for seniors. For example, Telus recently introduced a program for seniors receiving the Guaranteed Income Supplement (GIS) benefit, where you can get a *free refurbished phone,* a low monthly rates and no long-term contracts.

To learn more about this research study please contact
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TECHNICAL STRATEGIES SHARED BY PARTICIPANTS

The following are some of the strategies people living with chronic lung disease shared about the how they use digital technologies.
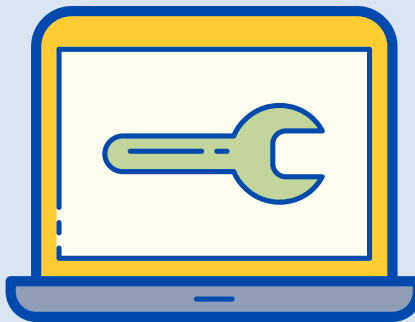
The identity theft insurance I got through my home insurance give me a greater sense of security in being online.

Before signing up for a forum, I review the comments at the bottom to see if it is place I want to hang out in.

I went back to the store where I purchased the device. They gave pointers and helped me unlock my device.

I contacted my local computer store who could send out a technician to fix my computer.

If I don't know a technical answer, I can google it, or watch a You-tube video.

I listen to a weekly radio tech show that introduces me to new technologies.

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