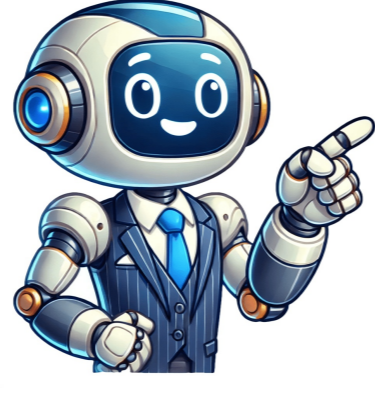


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There are computer classes for seniors of all skill levels. Whether you're looking for an introduction to using a computer or want to improve your know-how when it comes to certain programs or computer applications, there's a free class for you. Here, we've highlighted some of the best sites that offer computer classes for seniors. You'll find sites and online computer courses that support lifelong learning and offer quick tips for everyday computer use. 1. The Senior's Guide To ComputersThe Senior's Guide to Computers is designed to help seniors who are beginners at using technology. They offer basic computer training including how to use different web browsers, set up your computer to address accessibility, send emails, and other basic tasks. The site also offers detailed information on storing and saving data, setting up security protocols, and selecting software and hardware for your technology set-up. Since the site is geared toward beginners, don't expect to find an extensive range of tutorials on using different apps and programs. This site is mainly designed to help with computer basics. 2. Skillful SeniorSkillful Senior offers a "quick, easy, and fun" interface that helps seniors learn computer basics. The site is designed for beginner to intermediate users and focuses on basic computer skills, including how to use a mouse, typing techniques, and computer ergonomics. This means tips on the proper ways to hold a mouse and how to sit in front of a computer to avoid eye or neck strain. By mastering these basic skills, you can use a wide range of programs that enable you to connect with your doctor, join virtual events, or video call with loved ones. Like The Senior's Guide to Computers, this computer training site is focused on the basics of using computers and technology and doesn't offer specific advice on using different apps or programs. It's a good choice for beginner computer users and those who want to learn proper typing form and how to prevent eye or muscle strain when using technology. 3. Goodwill Community FoundationThe GCFlearnfree.org provided by the Goodwill Community Foundation – features a simple interface that makes it easy for seniors to find computer classes. The site offers more than 200 free online computer classes ranging from core skills and technology to work-based tools. You'll find video tutorials for everything from using Zoom and Facetime, to tips on connecting virtually with friends, colleagues, and healthcare providers, to basic HTML courses and guidance on how to stay safe online.GFC Global has more than 20 years of experience offering free computer classes for seniors. The site boasts more than 2,000 lessons, 1,000 videos, and 50 interactive games to support the learning process. Courses are completely self-paced, so you can work as slowly or as quickly as you'd like. The courses are available on-demand 24 hours a day, and they're constantly adding new classes to keep up with constant changes in technology. 4. TechBoomersTechBoomers offers free video tutorials and articles for a variety of different websites and applications. Here, you'll find free tutorials on popular tools including using Airbnb, Skype, YouTube, and selling on eBay. In addition, the site offers an extensive list of articles on how to improve your digital literacy, the hardware you need to stay connected, and guidance on the best apps and programs for protecting your online security and productivity.Seniors can have peace of mind knowing that the site only offers tutorials for trusted websites and applications – this relieves worries about accessing sites that can harm your online identity. In addition, the site's clear layout makes it easy for you to browse for courses and find how to shop online, entertainment tools, social media classes, basic technology help, or new apps and websites. 5. MegangaMeganga offers free computer training courses using video tutorials that are easy to follow. Their instructional videos cover everything from basic computer skills such as using a mouse and understanding the desktop to more advanced videos, including how to use Microsoft Office programs like Excel, Access, and Outlook. They also offer short video tutorials and free classes on common skills such as taking a screenshot, using animations, and mastering Google products such as Chrome and Gmail. 6. YouTubeIf you already know the basics of using a computer, YouTube can be an invaluable resource when learning how to use new programs or develop more advanced computer skills. The site offers a huge range of videos from how to use certain features within computer programs to how to improve specific computer skills. Not all of the videos are geared towards seniors, but you can search on the platform for senior-specific videos. This resource offers the widest range of tutorials when it comes to programs and advanced computer skills, making it a good resource for intermediate and advanced users. 7. In-Person ClassesDuring non-pandemic times, in-person computer classes can be a good option for senior citizens who are just getting started with technology or who want a little more hands-on support when learning new computer skills. Check your local library, learning center, senior center, or college to see if they offer any senior-oriented computer classes. Most will offer free information sessions where you can get help with specific computer skills or learn new programs that can help you stay in touch with friends or schedule doctor's appointments.Most computer manufacturers, including Apple and Microsoft, offer free classes where you can learn how to use your cellphone, tablet (like an iPad), and different computer models. These classes offer tips on navigating different apps as well as using your general devices. You'll learn how to send emails, how to use different social media apps on your computer and smartphone, and navigate basic tools such as office suites including Excel and Word that are popular at many jobs. In addition, you can work one-on-one with a computer instructor or tutor if you prefer to get help in your own home. These services typically aren't free, but they are usually low-cost, making them a great choice for most seniors. Keep in mind that you should only schedule in-person lessons when health concerns are low. Stick to online or virtual lessons when you feel sick or during a pandemic like COVID-19. 8. BooksIf learning online or in-person isn't your thing, there are also books that help seniors master using computers. Some popular options include Computers for Seniors – which offers step-by-step guidance from turning on your computer to sending emails, sharing photos of your pets or family members, and checking the weather – as well as Easy Computing for Seniors, which covers all the basics and is written with seniors in mind.Another popular favorite is Computers for Seniors For Dummies. If you're not familiar with the For Dummies series, these books are written with a touch of humor and offer non-intimidating guides for everything from auto repair and chemistry to the internet and PCs. This particular book in the series features computer lessons for seniors covering how to book travel, playing digital brain games, and mastering the basics of using the newest technology.Start Learning and Benefit From Technology Using Internet can feel daunting, but our information and advice can help you make sense of it. From keeping in touch with friends and family to grocery shopping online, our tips can help you to feel more confident when using the internet and stay safe while doing so. This information is designed for people who are already online but want to boost their confidence. We talked to Ruth to find out more about the benefits of being online and how you can learn to use the internet safely and effectively. With so much available online, it can be hard to know where to start. We'll guide you through some key steps to help you make the most of what the internet can offer whilst staying safe. The internet provides lots of opportunities to keep in touch with family and friends, as well as build new connections. From email to video calls to social media, staying connected through the internet online can help you feel close to others and help with feelings of loneliness. Online shopping and banking can save you time and effort. But it's important to know how to keep your money and identity safe. Back to top For more information call the Age UK Advice Line on 0800 678 1602.We're open 8am to 7pm, every day of the year. We provide one-to-one tuition and guidance in your own home, tailored to your needs, and delivered by a patient and knowledgeable tutor who has experience of working with people aged 50 plus. Having worked in this field for a number of years, we have previously undertaken I.T. tuition work in liaison Age UK, and have passed through their vetting procedure (including DBS - CRB check) - see below/There's no need to worry about the commitment and inconvenience of a public course; find out from the comfort of your own home exactly what you need to know.Our emphasis is on increasing your confidence. Tutorials are easy to follow and start with basic but essential topics, establishing a good foundation before moving on.If you are already familiar with your PC, we can take you further forward and guide you on some of the more challenging subjects.Beginners will gain in confidence, learn new skills and will soon be able to do much more with their computer or iPad. They should quickly become familiar with how to keep in touch with family and friends, learn about shopping, booking events online, and generally "looking things up." Learn how to...use your system with confidenceattach documents and photos to an emailhow to search the internet effectively, including how to get the best resultsdo a supermarket shop onlineuse public services, such as applying for car tax, passports or using services like NHS directfinally sort out those digital photos!sten to or watch missed TV programmes on the internetstay secure onlineout our desktop Microsoft Office – Word and Excelplay films and music on your PC or MacFor those of you who already have some computing experience, our tutor can give you individual help on more advanced subjects. Select from Powerpoint, photo editing, Skype, Word, Excel, system maintenance and much more.We are based in south Buckinghamshire and operate between Chesham and Marlow, and from Princes Risborough across to Beaconsfield and Gerrards Cross. Please look at our Map page for more details.YOUR NEXT STEP: Please contact us with your requirements or questions, even if you are unsure at this stage whether you want to proceed. We will be happy to provide more information to help you plan the best way forward. And please explore the information on other parts of this website, using the links at the top of the page. CRB checks are now called DBS checks - Disclosure and Barring Service. These checks give information about a person's criminal record (if they have one).A DBS check is an essential part of running safe services, and it is an important part of the assessment to help to make sure that people working in regulated care services are suitable and that people who use those services and their families can have confidence in them. Let's take a look into the past when computing was in its infancy and over the years were in their working prime. In the '70s and even in the '80s, computers were large, bulky, intimidating machines, not very useful outside of the specific functions they were programmed to execute. While they hummed along – or clattered if you're talking about a punchcard generator, they engendered vague fears of workplace supplantation: how many jobs would computers erase? We mustn't lose sight of the fact that today's Golden Agers stand at the dawn of their adulthood when Future Shock was first published. This book, written by futurists Alvin and Heidi Toffler, was sensational for its time. It outlined what a post-industrial society would look like: █ 15% or less of the population involved in agriculture █ Computers employed in the service sector would exceed 50% of the population █ Physical work takes a back seat to "brain work" - politics, science and, most importantly, technology. It's rather frightening to realise how much they predicted has actually come to pass! In days gone by, convention dictated that intelligent people got their news from the papers, not the Internet! Source: Pixabay Credit: Stux The saying 'you can't teach an old dog new tricks' has absolutely no weight when it comes to seniors learning something new. It is the conventions they've lived by all of their lives that must be overcome if one hopes to successfully indoctrinate seniors into computing training. Some of the most successful courses in the UK, whose instructors have mastered the art of putting their Golden students in the right frame of mind for learning all about software, computer applications and how to use them are included in this table. Whether it's learning the basics, mastering specific applications, or exploring the vast possibilities of the online world, these institutions aim to bridge the digital divide and ensure that seniors can participate fully in the digital realm. RankProviderLocationWebsite 1Age UKVarious locations in the UKwww.ageuk.org.uk 2Digital UniteOnlinewww.digitalunite.com 3Learn My WayOnlinewww.learnmyway.com 4UK Online CentresVarious locations in the UKwww.ukonlinecentres.com 5Silver TrainingVarious locations in the UKwww.silvertraining.co.uk 6Get Online HomeVarious locations in the UKwww.getonlinehome.org 7IT For SeniorsVarious locations in the UKwww.itforseniors.co.uk 8TechSilverOnlinewww.techsilver.co.uk 9University of the Third Age (USA)Various locations in the UKwww.u3a.org.uk 10Go ON UKVarious locations in the UKwww.go-on.co.uk 11Learn My WayOnlinewww.learnmyway.com 12Silver SurfersVarious locations in the UKwww.silversurfers.com 13Age Concern EnglandVarious locations in the UKwww.ageconcern.org.uk 14Digital CommunitiesVarious locations in the UKwww.digitalcommunities.gov.uk 15Age ScotlandVarious locations in Scotlandwww.ageuk.org.uk/scotland 16SeniorNetOnlinewww.seniornet.org 17Age CymruVarious locations in Waleswww.ageuk.org.uk/wales 18IT For RetireesVarious locations in the UKwww.itforretirees.co.uk 19Age NIVarious locations in Northern Irelandwww.ageuk.org.uk/northern-ireland 20Silver Surfers NetworkOnlinewww.silversurfersnetwork.com Please note that the information provided is based on a general overview and may be subject to change. It is advisable to visit the respective websites or contact the providers directly for the most up-to-date information on computer lessons for seniors in the UK and online. The best Computer Skills tutors availableLet's goBest Computer for Seniors In the UK, digital inclusion among seniors remains a significant challenge, and several barriers affect seniors' adoption of technology. Older adults tend to be classified as "internet non-users", as there are many who have never used it. Nevertheless, computer literacy goes beyond that, and the first step, before surfing the web, would imply learning how to use the computer, the keyboard, exploring the operating system, etc. The discovery of computer tools is currently done from an early age, with kids starting before the age of 6. Word processing with Word, PowerPoint presentations, Excel spreadsheets, etc., is already a basic part of the school curriculum, but what happens when you are no longer part of that group? Choosing the best computer for an older citizen does not have to be a complicated task. We put together some of the most popular models for this sector, taking into account their physical and digital characteristics and the use a person of this age group can give them. Let's remember that a good keyboard, a screen with good resolution and lightness, are important in this case, which one fits your budget? ModelPrice (GBP)Screen SizeKey FeaturesSuitable For HP Envy 17E1 0991 7.3 inches (FHD)Large touchscreen, flicker-free, vibrant colors, ideal for vision issues, decent battery life.Seniors needing a larger screen. Dell XPS 15From 99915.6 inches (FHD/OLED)Lightweight, great performance, bright display, powerful for advanced tasks.Seniors wanting strong performance and versatility. Asus Chromebook CX34E42914 inches (FHD)Affordable, easy-to-use Chrome OS, great for browsing and video calling, lightweight.Seniors seeking budget and simplicity. HP Pavilion x360E57914 inches (FHD)Convertible laptop with touchscreen, versatile, lightweight.Seniors preferring touchscreens and flexibility. Apple MacBook Air M1E9913.3 inches (Retina)Lightweight, 18-hour battery, seamless with iPhone/iPad, fast M1 chip, high-quality Retina display.Seniors familiar with Apple ecosystem. Many older adults may feel that it's too late in life to start learning digital skills along with some feelings of frustration when trying to engage with new technology. Choosing the right computer or any technological device is key to start the journey. Have you considered getting an iPad for a senior? Computer help for seniors: Take Private Tutorials to Learn about IT This is probably the best method for teaching older generations about computing in a fun and enjoyable way. There's nothing better than meeting an IT expert face-to-face (whether they're an IT master's student, IT technician, or developer) in order to learn more about their subject. If you feel like you're constantly repeating yourself when telling your grandparents how to use your computer, it's probably because you're not an experienced teacher or you gloss over steps that are obvious to you but not them. Private IT tutors have the necessary basic skills of teaching to ensure everything goes in. It's also much easier to learn something when you know what your learning objectives are. A good number of the older generation often hear things like: "You won't get it", "you're too old to learn about computers", or "IT isn't really for your generation". This couldn't be further from the truth; saying things like this only serves to discourage them. You're never too old to learn. If you're why you're not getting it? There is no age requirement for learning how to troubleshoot and maintain computers! Source: Pixabay Credit: Annca Looking further into your area: colleges and universities often have non-degree courses in IT. Mostly they address a specific facet of the discipline: computer repair or programming languages, for example. Depending on the institution, classes may be held during the day, in the evening or on weekends. IT Courses Online Once your dear Senior has taken a computer class and mastered how to use their computer, they would now know how to access the Internet. How about putting that newfound knowledge to work by directing them to online courses? MOOCs, are generally free, although some courses do offer a certificate of training for a small fee – a much smaller fee than attending a traditional higher learning or continuing education class! Coursera has been consistently voted one of the top providers of online classes. Working in concert with universities around the world, they offer classes in just about everything from archaeology to algorithms and data processing to deep learning for artificial intelligence. Just now, their website is promoting a Python for Everybody course and a Programming Basics module! No, they're not giving every student Python; they are teaching a programming language. Coursera's top competitor, Future Learn, also has an expanded course catalogue. Rather than a presentation of what they have on offer at any given time, their home page invites you to search for what you want to learn about... and there's a good chance they would have a class on it! Just now, as a case in point on our topic of IT lessons, they are offering a 3-week course in cyber security (hosted by Newcastle University), a 2-week class called Digital Skills (to learn all about mobile design and development), and yet another: Introduction to Digital Media Analytics. Other highly rated MOOCs are: Udacity Iversity Cognitive Class edX A web browser search of any of those names would bring up a link to those pages. From there, a simple scan of their individual course lists, followed by selecting the one that sounds the most intriguing... and, next thing you know, your beloved seniors are happily exchanging ideas and information with the other students in their classes! And they're not limited to learning about IT, either! Perhaps the best thing about online learning is that there is no bias, implicit or otherwise. Other Resources for Seniors wanting to Learn about IT There are plenty of organisations whose mission is to help seniors improve their computing skills by offering IT lessons Help with creating CVs and looking for work (a lot of seniors struggle to find work because they lack the necessary IT skills required). Help with creating websites Lessons on how to use modern communication devices such as smartphones, tablets, and laptops. These organisations aim to alleviate the effect of digital exclusion whereby older generations have little or no access to modern technologies or the ability to use them. In addition to the programmes designed for the elderly, there are also websites with lessons to help them learn more about computers and even programmes to simplify computers for first-time users. Here are some examples of the different things they could learn about: "Computer maintenance tasks", "using a USB key or external hard drive", "using computers, tablets, or smartphones for beginners", or even "using Linux". When you learn to use computers, you should also learn to use tablets and smartphones. (Source: kaboompics.com) The site Skillful Senior, for example, teaches the older generation the basics of using their computer and includes animated tutorials showing them how to do things like: Holding the mouse Ergonomics so that they can use their computer without causing unnecessary physical pain. In addition to the animations, the tutorials also include a voiceover so that they can listen to what they have to do. There are also plenty of IT Training courses for the elderly run by Age UK so that they can start using the Internet. There's also Barclays Bank's Digital Eagles programme which includes online training sessions or in-branch sessions. There are plenty of different sessions depending on which IT skills they're wanting to learn. For example, with Barclays Bank's Digital Eagles, you can learn fundamental skills such as: Setting up an email account Doing your shopping online Using Youtube and Skype Searching the Internet safely How to stay safe online It should be remembered that seniors learn to use the internet as a useful tool rather than a source of fun like the younger generations tend to. Hopefully, this information has been useful in helping you either plan IT tutorials for the elderly or has given you some useful information for helping seniors learn more about computing. Or, even better, it has inspired to take computer programming courses yourself! Senior Citizens and the Internet: In the last five years, older age groups have increasingly started using the internet. However, with over 4 million over-65s in the UK having never used the internet, the majority of senior citizens lack the basic computer skills that are commonplace in the modern age. Computer literacy: In today's digital age, computer literacy has become increasingly essential; learn how to choose the best equipment for computer training for seniors. Computer lesson providers for seniors in the UK. Check our comprehensive list presenting physical locations and online platforms. These organizations recognize the importance of empowering seniors with the knowledge and skills necessary to confidently utilize computers and the internet. Embark on a journey of digital discovery and gain the confidence to navigate the vast landscape of technology with these esteemed computer lesson providers for seniors in the UK and online. Superprof also explains other reasons for this reluctance to take on the keyboard and has some advice for those who'd like to learn some computer basics in a fun and enjoyable way! For more information call the Age UK Advice Line on 0800 678 1602.We're open 8am to 7pm, every day of the year. **1. Navigating the Digital World: A Beginner's Guide for Seniors - Introduction to the basic components: mouse, keyboard, and desktop. - Step-by-step instructions on mouse and keyboard usage. - Understanding the desktop and file management. **2. Staying Safe Online: Cybersecurity Tips for Seniors - Importance of online safety for seniors. - Creating strong passwords and password management tools. - Recognizing and avoiding phishing attempts. - Installing and updating antivirus software. **3. Mastering Email: A Comprehensive Guide for Seniors - Setting up email accounts. - Composing and sending emails. - Attaching files and photos. - Managing contacts and creating address books. **4. Social Media Made Simple: Connecting with Loved Ones Online - Introduction to popular social media platforms for seniors. - Creating profiles and managing privacy settings. - Connecting with friends and family. - Sharing updates and photos. **5. Exploring the World Wide Web: How to Browse Safely and Effectively - Using web browsers and search engines. - Evaluating the reliability of online information. - Navigating websites and understanding URLs. **6. Embracing Video Calls: Connecting Face-to-Face Virtually - Setting up and installing video call platforms. - Initiating and participating in video calls. - Troubleshooting common video call issues. **7. Organizing Digital Photos: Preserving Memories in the Digital Age - Uploading and organizing digital photos. - Basic photo editing tools and techniques. - Sharing digital photo albums with friends and family. Navigating the Digital World: A Beginner's Guide for Seniors Introduction: Embracing the Digital Age As our world becomes increasingly digital, learning computer basics is essential for everyone, including seniors. This guide aims to provide comprehensive computer lessons for seniors, ensuring they feel confident and capable in the digital realm. Understanding the Basics: Computer Lessons for Seniors In this section, we'll delve into the fundamental components that make up the digital experience. Mouse and Keyboard Mastery Navigating the digital world starts with understanding the mouse and keyboard. Seniors can gain confidence by learning the basics of clicking, right-clicking, and using keyboard shortcuts. Desktop Demystified The desktop is the digital workspace. Exploring its elements, such as icons and folders, is crucial. Seniors will discover how to organize files and access applications with ease. Staying Safe Online: Computer Training for the Elderly Safety is paramount in the digital realm, making cybersecurity an essential part of computer basics for seniors. Creating Strong Passwords Learn the art of creating strong passwords and the importance of using unique passwords for different accounts. Recognizing Phishing Attempts Understanding common online threats, especially phishing, is crucial. This section provides practical tips for seniors to identify and avoid potential scams. Antivirus Software Installation Be guided through the process of selecting, installing, and updating antivirus software to keep your digital experience secure. How to Stay Safe Online It should be remembered that seniors learn to use the internet as a useful tool rather than a source of fun like the younger generations tend to. Hopefully, this information has been useful in helping you either plan IT tutorials for the elderly or has given you some useful information for helping seniors learn more about computing. Or, even better, it has inspired to take computer programming courses yourself! Senior Citizens and the Internet: In the last five years, older age groups have increasingly started using the internet. However, with over 4 million over-65s in the UK having never used the internet, the majority of senior citizens lack the basic computer skills that are commonplace in the modern age. Computer literacy: In today's digital age, computer literacy has become increasingly essential; learn how to choose the best equipment for computer training for seniors. Computer lesson providers for seniors in the UK. Check our comprehensive list presenting physical locations and online platforms. These organizations recognize the importance of empowering seniors with the knowledge and skills necessary to confidently utilize computers and the internet. Embark on a journey of digital discovery and gain the confidence to navigate the vast landscape of technology with these esteemed computer lesson providers for seniors in the UK and online. Superprof also explains other reasons for this reluctance to take on the keyboard and has some advice for those who'd like to learn some computer basics in a fun and enjoyable way! For more information call the Age UK Advice Line on 0800 678 1602.We're open 8am to 7pm, every day of the year. **1. 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Understanding the Basics: Computer Lessons for Seniors In this section, we'll delve into the fundamental components that make up the digital experience. Mouse and Keyboard Mastery Navigating the digital world starts with understanding the mouse and keyboard. Seniors can gain confidence by learning the basics of clicking, right-clicking, and using keyboard shortcuts. Desktop Demystified The desktop is the digital workspace. Exploring its elements, such as icons and folders, is crucial. Seniors will discover how to organize files and access applications with ease. Staying Safe Online: Computer Training for the Elderly Safety is paramount in the digital realm, making cybersecurity an essential part of computer basics for seniors. Creating Strong Passwords Learn the art of creating strong passwords and the importance of using unique passwords for different accounts. Recognizing Phishing Attempts Understanding common online threats, especially phishing, is crucial. This section provides practical tips for seniors to identify and avoid potential scams. Antivirus Software Installation Be guided through the process of selecting, installing, and updating antivirus software to keep your digital experience secure. How to Stay Safe Online It should be remembered that seniors learn to use the internet as a useful tool rather than a source of fun like the younger generations tend to. Hopefully, this information has been useful in helping you either plan IT training and IT support allowing you to concentrate on building your business. We are happy to provide independent advice from what computer to buy to how to keep all your important documents safe and what software to use for best results Yes, we are more than happy to deliver computer training online. Yes, we can arrange to provide ongoing IT support to backup the IT training 6 Oyster Cove Donaghadee BT21 0JS Are you interested in learning about computers and how to use them? Are you curious about what a computer can bring into your life? Computers entered our worlds a few decades ago and you may have learned some basics back then and didn't keep up with the technology. Is it time to catch up with a computer literacy course? We are far from the clunky, slow, complicated desktop computers with huge monitors of decades ago. Today, practically everyone owns a lightweight laptop or tablet that is easily transportable. As computer technology got better over the years, so did its ease of use. Most computers today are very user friendly and you can be surfing the internet and learning some software in no time. Why should you learn how to use a computer? There are many reasons why it's a wise decision to learn to be tech-savvy. One of the main reasons seniors learn to use computers is to stay in contact with friends and family. Many families are dispersed across the country and sometimes around the world. Having a computer means that you can video chat with the grandkids for free. A video chat is so much better than a simple phone call. Imagine seeing the smiling faces and bright eyes of your loved ones while they are several states and time-zones away. Another reason seniors get computers is for entertainment. There's an array of streaming movies and TV shows available to watch and also thousands of fun games to play on the internet. Or maybe you've always dreamed of writing your memoir? It would be so much easier with a word processor software, like Microsoft Word. But how do you get started? Let's take a look at a few online computer literacy courses that are geared towards beginners and seniors. Unless mentioned otherwise, most of these courses are free. Helpful tip: You may want to ask for some help to get you started on your computer with the course of your choice. Ask a friend or a family member to set you up and show you some basics so you can start learning (grandkids are great at this). Remember: There are two types of computers out there and each has its own operating system. Microsoft Windows and macOS. Make sure you take the courses that cover the information you need for the computer that you own (or will own). Meganga was created to offer online video courses designed for seniors and beginners. Their basic computer training course is perfect for you if you own an older computer with a Windows 7 operating system. The course covers everything from how to set up an email account to how to get started using Microsoft Word. GCF Global has been around for 20 years offering free online lessons to help people gain access to new skills. Learn everything there is to know about the internet and all the browsers available in comprehensive lessons explaining how to download and use each one. Learn all about your Mac computer or your Microsoft Windows computer through the basic operating system lessons that they offer. Senior's Guide to Computers is the place to go to learn the ins and outs of personal computers. Their tutorials are simplified using terms, examples, pictures, and videos in easy-to-understand English. Learn all about computer hardware and software, or learn how to back up your data. UDemY is an online platform that offers courses on a variety of topics. It has the Basic Computer Skills for Senior Citizens course that is perfect if you are an absolute beginner. UDemY classes are typically not free but are very reasonably priced. For a small fee, you get video lessons and also gain access to asking questions to the instructor for a more personalized experience. At Home and Learn you have access to hundreds of tutorials and lessons aimed at beginners. The content is geared towards Microsoft users and you can have access to a comprehensive guide about your specific operating system, be it Windows XP or Windows 10. Alison is another online platform specializing in computer literacy courses on a variety of topics. The lessons may be a little more advanced and also often offer certification. Most courses for beginners are free after you've created a profile on their website. This website offers a complete Basic Computer Skills course for (Windows users) divided into a series of lessons like how to create folders, how to install software, and how to add your favorites in web browsers. YouTube has been around for many years and has grown to become a place to go and learn just about anything. Individuals or small businesses create and upload videos on a wide range of topics. If you're looking for a free computer literacy course, YouTube can be a great place to start. You may want to create a profile if you are still active in the workforce and also take a look at the variety of training courses that they offer for a monthly fee. SkillShare is an online platform where people can record their personal courses and lessons and offer them for a monthly fee. Computer Basics - How to make the most out of your device is a great place to start. When you become internet savvy you may even want to record and share your own skills as well. Great way to share your knowledge and make a few extra bucks. Coursera offers a range of computer literacy courses from top universities and companies. While some courses may require a fee, many are available for free or offer financial aid. These courses cover everything from basic computer skills to more advanced topics like cybersecurity and software development. Created by the Public Library Association, Digital Learn offers a series of free tutorials designed to help beginners with basic computer skills. The site is especially helpful for seniors who are starting from scratch or need a refresher on using the internet. Learning new technology can be intimidating, especially if you haven't kept up with the rapid changes over the years. However, many seniors find that with patience and the right resources, they can overcome these challenges. It's natural to worry about breaking something or making a mistake. Remember that computers are more resilient than you might think. Most errors can be easily undone, and with practice, you'll gain confidence. If you have arthritis or vision issues, consider using adaptive devices such as larger keyboards, screen magnifiers, or voice-activated controls. Many courses also offer accessibility options tailored for seniors. Everyone learns at different speeds. The beauty of online courses is that you can pause, rewind, and revisit lessons as often as you need. Don't rush – take your time to absorb the information. One of the most crucial aspects of learning about computers is understanding how to stay safe online. Many seniors, like all internet users, need to be aware of potential risks such as scams, phishing, and identity theft. Create complex passwords for your accounts and change them regularly. Avoid using easily guessable information like birthdays or common words. Be cautious of emails or messages from unknown senders asking for personal information or money. Always verify the source before responding. Regularly update your computer's operating system and any installed programs to protect against security vulnerabilities. Don't let yourself be intimidated by computers and technology. It's completely normal to feel overwhelmed and maybe even frustrated at first but with time and practice, you will learn how to be comfortable using a computer or a tablet. Have you taken a computer literacy course? Are you interested in learning more about computers and how to use them? Tell us about it in the comments below. Acquiring basic digital skills can vastly improve people's quality of life. It can help keep in contact with family and friends, and it can save you money. Go ON NI Go ON NI events are free and take place in libraries, community centres and various venues across Northern Ireland. There are informal technology awareness sessions to help you go online for the first time. The technology training courses can improve your digital skills and show you more about using smartphone and tablet devices. View all Go ON NI events The Digital Age Project The Digital Age Project is an initiative that focuses on the promotion of digital and social inclusion for older people, using an intergenerational approach involving young people. Come along to the informal workshops and find out more about how your organisation / group can use technology to link generations in your local area using the free downloadable resource - The Digital Age Project Toolkit. Spring Online Week & Silver Surfers Day Spring Online Week is an award-winning campaign that helps thousands of people, often older people, try out using computers, tablets and the internet, many for the first time. During April each year, hundreds of free taster events are held by volunteers and organisations across the UK to help and inspire local people achieve a lasting use of the internet. In Northern Ireland, the events are supported by Business in the Community volunteers and take place in libraries, Belfast community centres and various venues across Northern Ireland. If your business would like to provide volunteers, contact Business in the Community. Annie Mannion | 16 Oct 2023 How can I encourage my elderly client to learn how to use their phone more effectively?Where can I get help setting up my laptop to a printer?If any of these questions are on your mind, AbilityNet can help.Attend a Digital Skills sessionResearch has shown that older people are less likely than other age groups to regularly use digital devices or go online.As part of our partnership with telecommunications company BT Group we're delighted to announce the opportunity for individuals and groups in a range of areas across the UK to take part in free workshops, which aim to improve the digital skills of older and digitally excluded people. Sessions are now available in Glasgow, Edinburgh, Birmingham, Manchester, Cardiff and London."Informative and very helpful." - attendee from a session at a residential homeIf you are an individual aged 65 years old or over and could benefit from digital skills training, or if you work with older people in an organisation or charity in the regions outlined, apply now for the free training workshops.Apply for Digital Skills trainingChoose from the following sessions, or request a bespoke training session for your group or for an individual. You can have sessions in a communal space or at home:An Introduction to TechAn Introduction to the InternetGetting to know your Smartphone or TabletStaying Safe OnlineGetting started with EmailUsing Social Media, e.g. FacebookOnline entertainment, e.g. watching TV onlineHow to access Public Services e.g. Gov.UKDownloading Apps: Android/Downloading Apps: AppleHow to make a video callHow to manage your health onlineHow to bank onlineHow to shop onlineUsing a computer for documentsYou can also access a Factsheet and Jargon Buster alongside the sessions.Plus, you may also be interested in BT Group's How to boost your online skills: learner factsheets.Improve digital accessibility skills in your organisationFind out how you can avoid creating barriers for disabled people with our affordable, high quality training options including online courses, group workshops and eLearning. Book your disability trainingSupport for people in other regions?If you need to boost your digital skills, please call AbilityNet's free tech helpline: 0800 048 7642 (open Monday to Friday from 9am to 5pm) or check out our other support options.*The Locations for the Senior Skills Programme were chosen based on the growing demand for tech support among older people aged 65+ in these areas and we expect to help more than 1,000 people via the sessions.Corporate social responsibility: your organisation looking for a Corporate Social Responsibility (CSR) partner? Your business and its staff can volunteer to support your local communities.Make AbilityNet your CSR partner