



TECHNICAL TRAINING FOR SENIORS:

BASICS OF USING COMPUTERS FOR SENIORS



PROGRAM OVERVIEW

In this workshop, participants will learn essential computer basics, including how to navigate the desktop, use email, browse the internet, and stay safe online, empowering seniors to confidently use computers for various tasks.

PROGRAM HIGHLIGHTS

- Step-by-step instruction tailored for seniors with clear explanations and patient guidance
- Hands-on practice sessions to reinforce learning and build confidence
- Tips for troubleshooting common issues and managing computer settings
- Supportive learning environment with opportunities for questions and individualized assistance

PROGRAM DETAILS

- **Duration:** 6 weeks
- **Schedule:** 1 Day a week, 2.5 hours per day
- **Age Group:** Seniors
- **Prerequisites:** None; beginners welcome
- **Location:** eCode Learning Center
- **Format:** Each session lasts 1.5 hours, featuring instruction, hands-on practice, and Q&A sessions

PROGRAM OBJECTIVES

- Provide seniors with the foundational knowledge and skills necessary to confidently use computers for everyday tasks
- Increase digital literacy and empower seniors to stay connected with friends and family online
- Enhance independence by teaching valuable computer skills for managing personal affairs and accessing information
- Foster a supportive learning environment that encourages continuous learning and adaptation to technology changes.