



TECHNICAL TRAINING FOR SENIORS: USING MOBILE DEVICES FOR SENIORS



PROGRAM OVERVIEW

In this workshop, participants will learn how to effectively use mobile devices, including smartphones and tablets, covering basic navigation, communication apps, internet browsing, and mobile safety tips, tailored specifically for seniors.

PROGRAM HIGHLIGHTS

- Step-by-step instruction in navigating mobile device interfaces
- Hands-on practice with essential apps such as phone, messaging, and email
- Introduction to internet browsing and using popular apps for everyday tasks
- Personalized assistance and support from patient instructors

PROGRAM DETAILS

- **Duration:** 6 weeks
- **Schedule:** 2 Days 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 exercises, and individualized support

PROGRAM OBJECTIVES

- Build seniors' confidence and competence in using mobile devices for everyday tasks
- Provide practical skills for staying connected with family and friends, accessing information, and utilizing mobile apps
- Foster independence and empowerment through mobile technology literacy
- Create a supportive learning environment where seniors feel comfortable asking questions and exploring new skills.