

CJE LifeNOTES

Tips on healthy, empowered and enriched living from CJE SeniorLife

***These technology terms confuse me.
I thought cookies were a dessert!***



**Technology is a growing part of daily life.
How can I feel more confident about using it?**

If you feel technology is confusing, you are not alone. Many older adults report lack of understanding as a barrier to learning tech; and all of these new technology terms make it even more overwhelming.



How to Get Started

New technology is developed every day and many developers are focused on making technology more accessible to older adults. There are robots that clean floors and voice command devices that turn on lights and lock doors, but some technology can be puzzling if you don't understand the tech industry's language. We've broken down some common tech terms you're likely to see and hear.

“The Internet”

The internet is a telecommunications network that allows devices to communicate with others connected to the internet. Today, most public places have free WiFi for patrons to use. To use the internet at home, a modem is required which converts data for transmission from one device to another, and a router which directs internet traffic between devices. Finally, you need an ethernet cable or wireless connection to transmit internet data from your router.

How to Access the Internet

A “browser” is the software used to access the internet. Common browsers include Google Chrome, Internet Explorer, Safari, and Firefox. A “search engine” allows you to search information on the internet. Common search engines are Google, Yahoo!, and Bing. You can access any search engine with any browser much like a car key starts a car's engine. So if you type “CJE SeniorLife” into Google, it will take you to CJE SeniorLife's website. Accessing and using the internet in this way is called “going online.”

Unplug

“WiFi” allows you to access the internet wirelessly, while “Bluetooth” connects devices to each other wirelessly. You can use Bluetooth to connect and “sync” (short for synchronize) your phone to your car which allows you to call your son and speak to him through your car's speakers!

“Storage”

Electronic storage is like a file cabinet that holds all of your documents, emails, photos, videos, and more. Learning storage lingo will help you save and access your personal data.



How and Where to Save Things

When you “download” videos, pictures or files from the internet to your device, you can access them later without the internet. Once you’ve downloaded the video of your granddaughter dancing, you can save it to your “cloud” which is online storage that can be accessed from any device. The cloud also easily allows you to share that video with your friends. If your device is stolen, the information that you saved in the cloud is safe and secure.

Safety

The most important priority when using technology is safety. Knowing key terms will help keep your personal information and devices protected.

How to Stay Safe While Using Tech

“Phishing,” “Spam,” or “Viruses” are fraudulent ways to steal your information. If you receive an email from someone you don’t know, it could be a phishing scam. Do not open anything and do not click on links from someone you don’t know and never email private information to anyone.

Another way your information stays protected is through “encryption” which makes electronic data unrecognizable. Your online bank information is encrypted so that it cannot be stolen and easily deciphered.

How can CJE SeniorLife help?

We provide the following supportive services:

CJE Benefits Services—We are available to help you identify and apply for a broad range of benefits and supportive services available to older adults. Benefits Specialists are SHIP certified to provide guidance on Medicare.

CJE Care Management Services—We make assessments, develop Care Plans and refer clients to appropriate services. We work collaboratively with physicians, coordinate home care, guide families and find practical resources that support independence.

Community Engagement—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

CJE Counseling Services—Our Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

To find out more about our many services and programs, call CJE SeniorLife at 773.508.1000.

Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

3003 West Touhy Avenue | Chicago IL | www.cje.net | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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