Ageing and Technology Workgroup Meeting Minutes
Wednesday 17 April 2019

Attendees: Michelle Young, Lisa Elder, Maria Shialis
Apologies: Jacqui Bowden, Joanne Wood, Sadie-Goddard-Wrighton, Marianne Lewis, Caron Henderson

1. **Welcome and introductions**

2. **Checked and accepted previous minutes and possible projects**

3. **Watched the *Tech for Wellbeing* film and discussed the recent training delivered by Sally & Jo**

   Tech for Wellbeing film – discussed that there was three key points, such as information, communication and social connectivity.

   Train-the-Trainer - Things to consider or to potentially include:

   - Wellness wheel, covers life domains (see attached document)

   - Completed templates for common topics and technological challenges

     o Templates to be in "simple" actions (e.g. downloading photos onto the computer, internet banking, setting up email, social media)

   - Activities

     o Practical links (eg. Educational videos, create our own clips)

     o Virtues activities

     o Unpacking goal setting (eg. SMART)

     o Learning styles

- Scams and digital safety

- Digital disposal

- Setting up phone, special dial

- Useful technology for impairments (e.g. pressing #5 raised button)

4. **Watched Vimeo clip "Uninvited Guests"**

Discussed how smart technology can impact our day-to-day life