

What is the COAT Program?

Connecting Older Adults to Technology (COAT) provides 20 individuals with a free smart device and individual coaching sessions over 8 weeks. Digital coaches are provided for individuals to learn how to use the device over 6 sessions. The program goal is to increase access to technology for older adults living in rural areas.

What is a Digital Learner?

A person selected to participate in the COAT program. Preference is given to those who are:

- 60 years of age or older
- Live in a rural community
- Has access to Wi-Fi
- Makes less than \$29,160 a year
- English speaking

Do I really get a Free Lenovo Smart M10 tablet?

Yes, you really do get a FREE Lenovo Smart M10 tablet when you attend 8 sessions that include:

- a kickoff session (receive your tablet and meet your coach),
- 6 coaching sessions (completed by 6/30/23)
- attend a celebration (a thank you to our volunteer coaches and YOU!)
- completing pre/post surveys about the program

What is a Digital Coach?

A local volunteer who completed training on the Lenovo Smart M10 tablet with the Ithaca College Gerontology Institute. Digital coaches meet weekly with digital learners to help you learn how to use a SMART device based on 6 lessons.

What is a 1:1 Digital Coaching Session?

Each session is approximately 1 hour. Your digital coach and you will determine when and where to meet for your session. Attending 6 coaching sessions is required for digital learners to keep the smart device at the end of the program.

What is taught in the coaching sessions?

- Getting to know the Lenovo Smart M10 tablet
- Technology Jargon (for example: Wi-Fi, Apps, downloading, telehealth)
- Connecting to Wi-Fi, downloading Apps, creating email account
- Searching for information
- Tips for being safe online (identity theft, malware and virus, scams)
- Social Media, community organizations, library resources, online communities for older adults (Senior Planet, Get It Now).
- Video Conferencing, telehealth
- Using your tablet camera

How do I apply for the program?

Complete application (see back) and submit to one of the following locations either in person

Lewis County

Office for the Aging
Libraries in Lewis County

Cortland County

Access to Independence
Cortland Area Agency on Aging
Cortland YMCA

Or mail to:

Karen Brown
Ithaca College Gerontology Institute
453 Danby Rd
Ithaca, NY 14850

**For questions about the program, please contact Karen Brown at 607-274-1607.
Connecting Older Adults to Technology (COAT) Program**

Ithaca College Gerontology Institute is seeking interested people aged 60 or older to participate in a program designed to build digital literacy using a SMART device. All participants will receive a Lenovo tablet to use during the program. Tablets are given to participants who complete the program requirements (training sessions, surveys, and informed consent).

Interested in participating? Fill out the application below. Information gathered will be used to select participants who meet our program criteria and for demographic reporting. Your information will be kept confidential and will not be identifiable in the demographic data used in this project. Questions about the program should be directed to Karen Brown, 607-274-1607 or kbrown19@ithaca.edu

Name: _____ Date of Birth: _____

Street Address: _____

City: _____, State: _____ Zip: _____

County: _____ How many people live in your home? _____

Phone: (____) _____ Cell Phone: (____) _____

Please circle Yes / No:

My income is less than \$29,160 a year Yes No

Please check all the boxes that apply.

Availability & Commitment

- I am willing to attend an orientation and closing sessions (1 hour each)
- I am willing to schedule and attend 6 one-on-one appointments (held in a public location)
- I am willing to complete a pre and post survey
- I have access to Wi-Fi for completing tasks in between training sessions
- I am comfortable using English to speak and read while learning a new task

Submit your application by mail or drop off to the following places:

Lewis County

Office for the Aging
Lowville Library

Cortland County

Access to Independence
Cortland Area Agency on Aging
YMCA

**** Note for community organizations collecting applications:**

Scan and email to kbrown19@ithaca.edu with COAT APPLICATION in subject line or mail to:
Karen Brown, Ithaca College Gerontology Institute, 453 Danby Rd., Ithaca, NY 14850

Preference given to applications submitted by April 1st