

Positive Ageing Expo 2015 'Easier Living with Technology'

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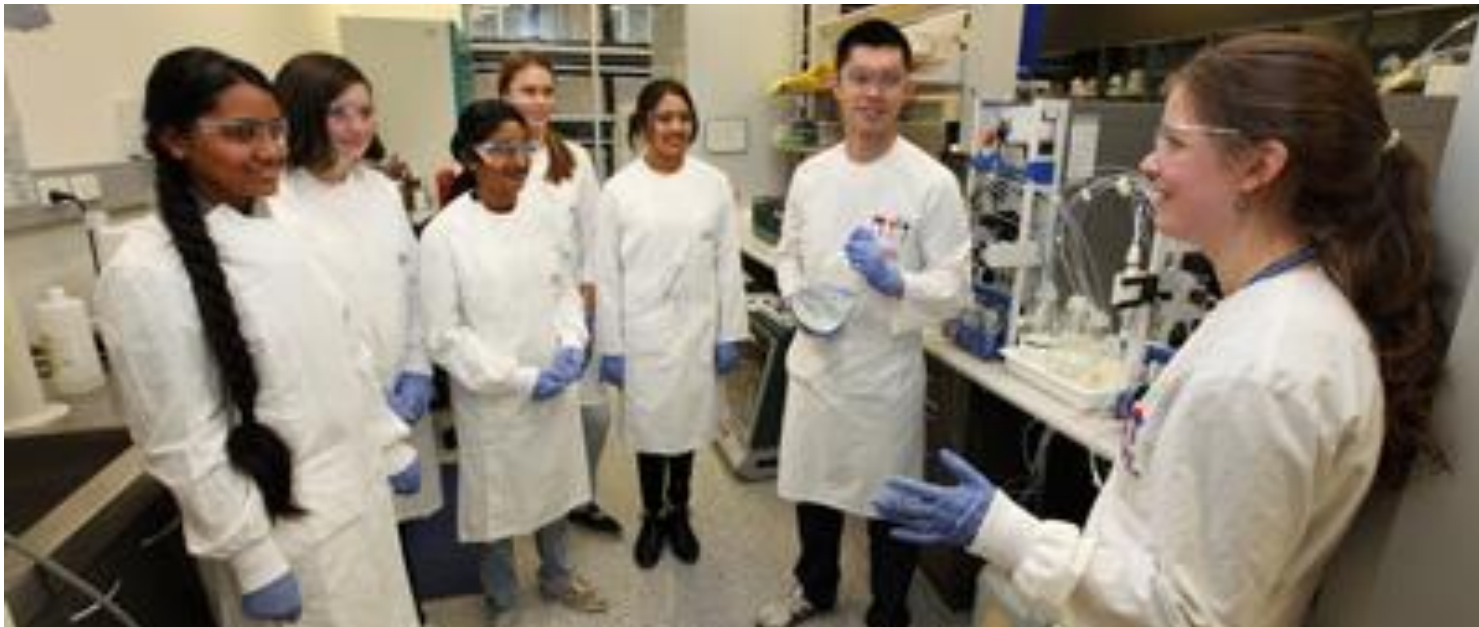


QUEENSLAND ACADEMIES
**SCIENCE
MATHEMATICS
AND TECHNOLOGY**





QASMT is a
distinct school
based around the
International
Baccalaureate





<http://www.volunteeringqld.org.au/web/index.php/training-education/menu/students-as-active-volunteers-initiative>



Why should I get social media?

- Mental stimulation
- Similar interests; a sense of community
- Learn new things
- Keep in touch
- Follow current affairs



What's out there?

- Facebook
- Twitter
- Skype
- Instagram
- Pinterest
- Etc.





A crash course of what you'll get into

SO WHAT'S RIGHT FOR ME?



Facebook

- Most popular social media site
- Keep in touch
- Post photos and videos
- Businesses have Facebook pages
- Can be annoying to set up and configure accounts
 - Many tutorials available

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

facebook

A button with the word "Like" in blue text on a light blue background.

Like





Twitter



- Also popular, but not as popular as Facebook
- Post photos and videos
- Popular culture and current affairs
- Short and sweet “tweets”



Skype

- More private than Facebook or Twitter
- Free calls to other users
- Easy to use
- Can receive/send SMS
- Can call phones (but you have to pay)

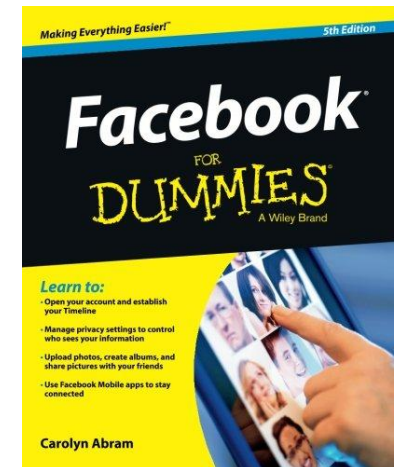




Great, but how can I get started?

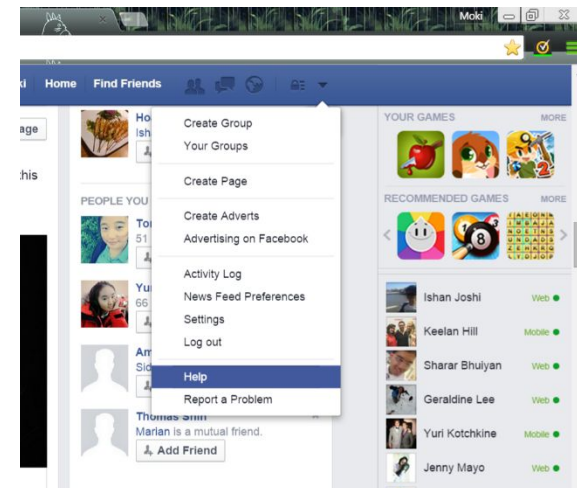
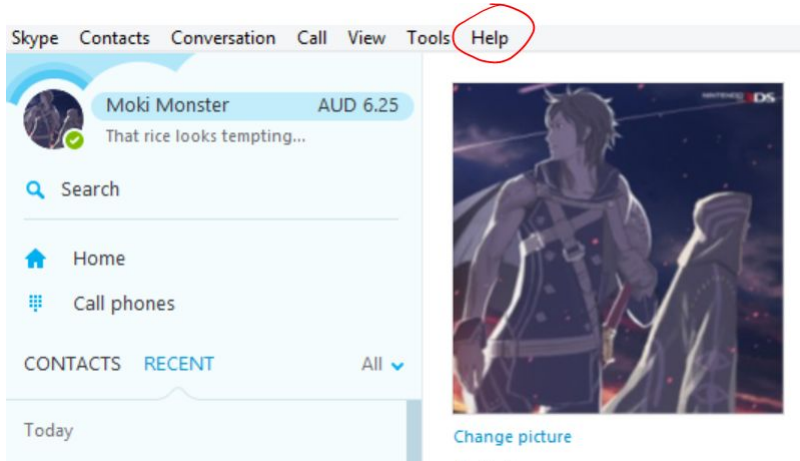
- “Your Life Choices” is a retirement website with detailed tutorials
- The “Dummies” books are also a good resource
- Go to your local library
- Help function available on social media (next slide)
- Ask your relatives and friends!

YourLifeChoices *Simplifying retirement*





Need help?





What's an App?





Getting Apps



JUST CLICK HERE



FREE - PORTABLE - CLEVER

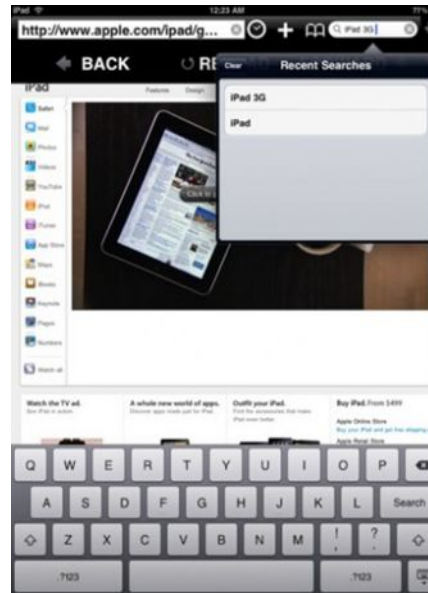
- Memory Aids
- Socialising and Staying in Touch
- Lifelong Learning and Staying Mentally Fit
- Health
- Adaptive Aids
- <http://www.topapps.net/apple-ios/australia-government-launches-express-pl-us-seniors-app.html/>



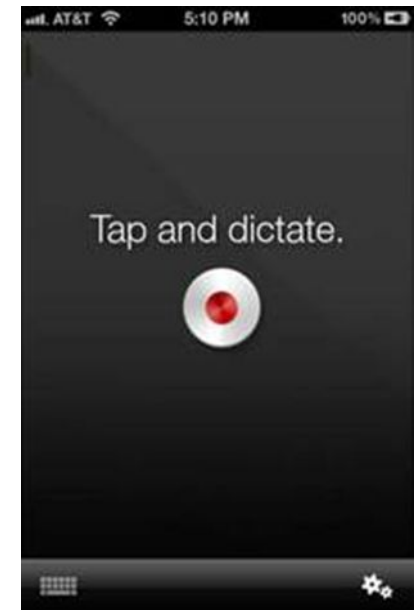
ADAPTIVE AIDS



VIZWIZ



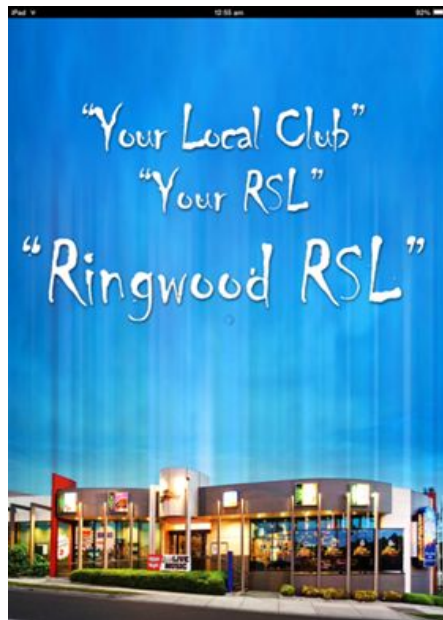
SILVERSURF



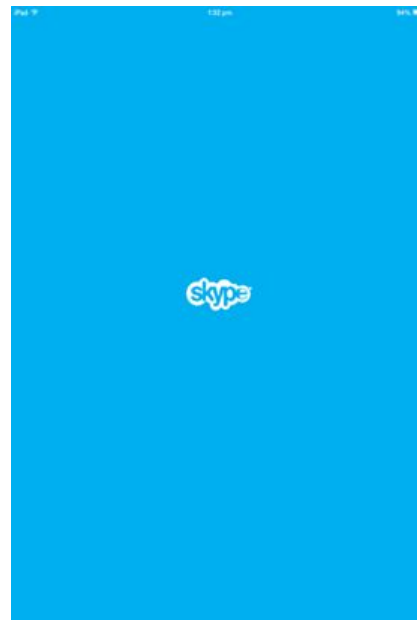
DRAGON



COMMUNICATING



RSL



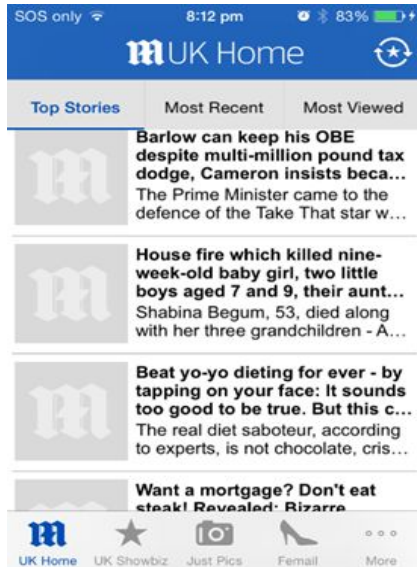
SKYPE



VIBER



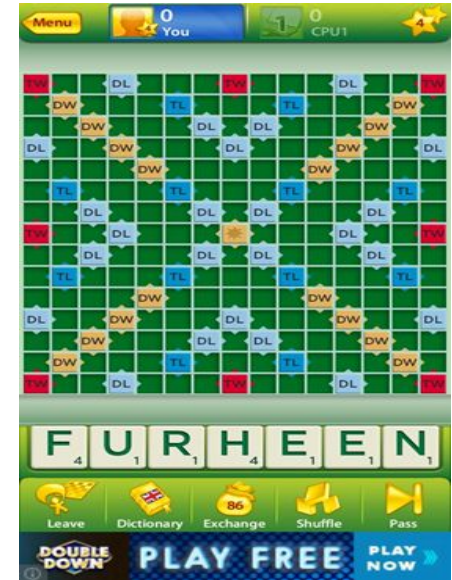
ENTERTAINMENT



UK DAILY
MAIL



READER's
DIGEST



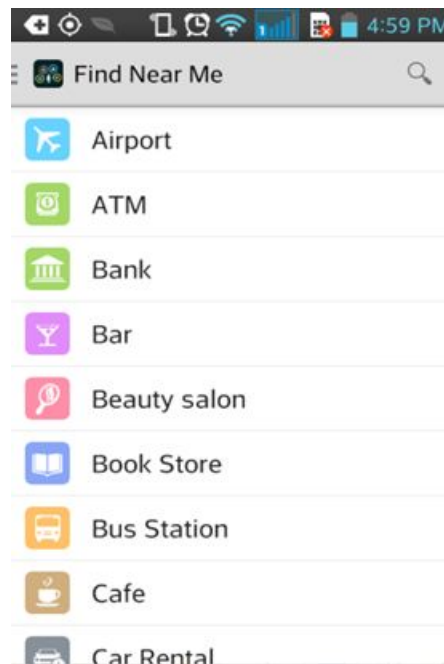
SCRABBLE



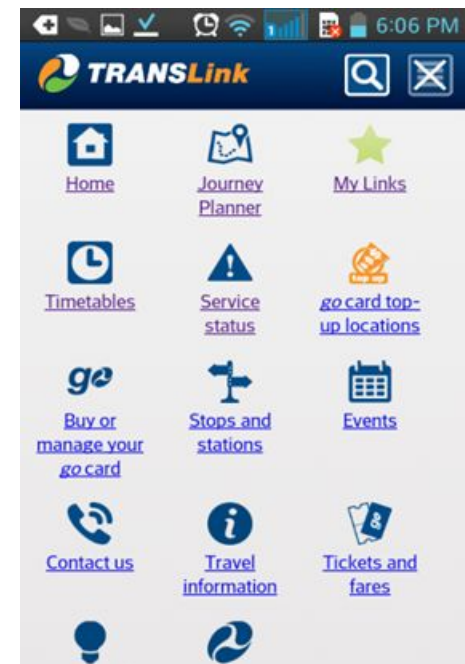
GETTING AROUND



BCC



FIND NEAR ME



**TRANSLINK
BRISBANE**

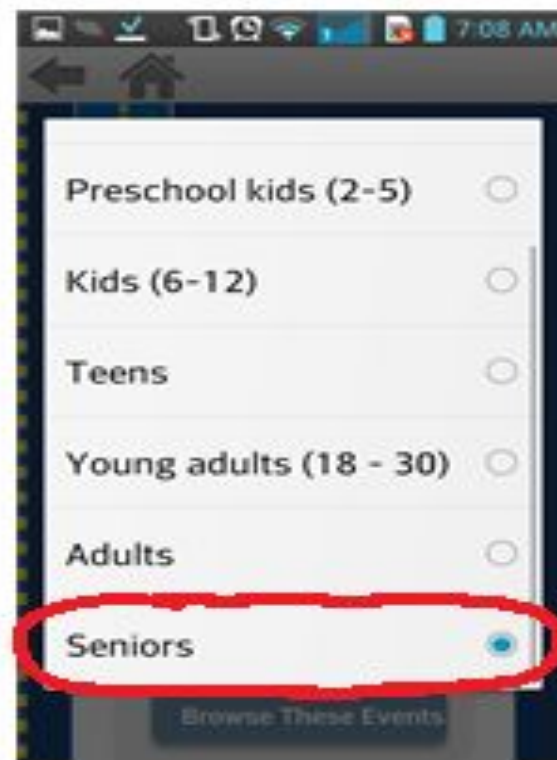
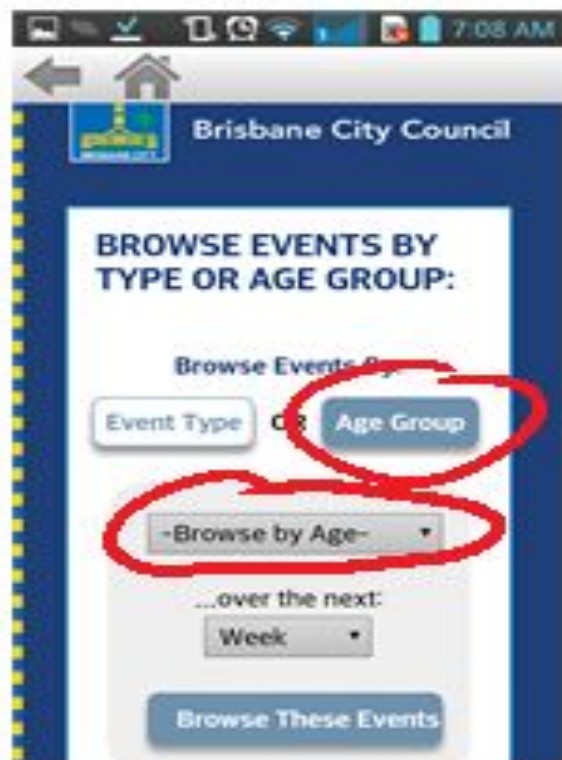


Brisbane City Council





Brisbane City Council





Brisbane City Council



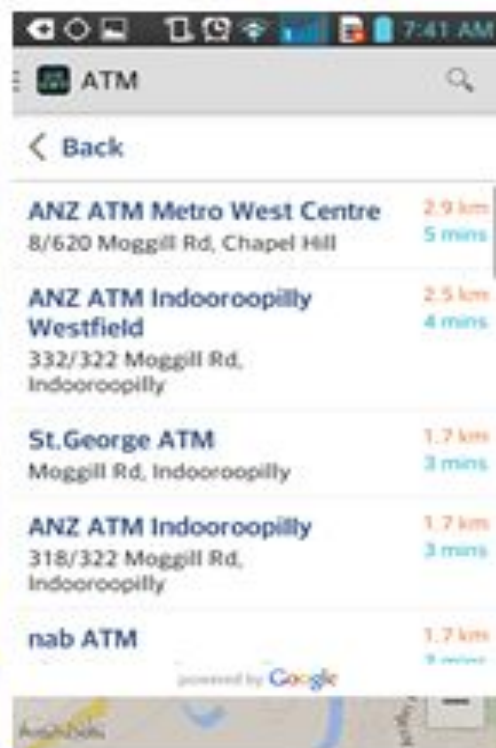
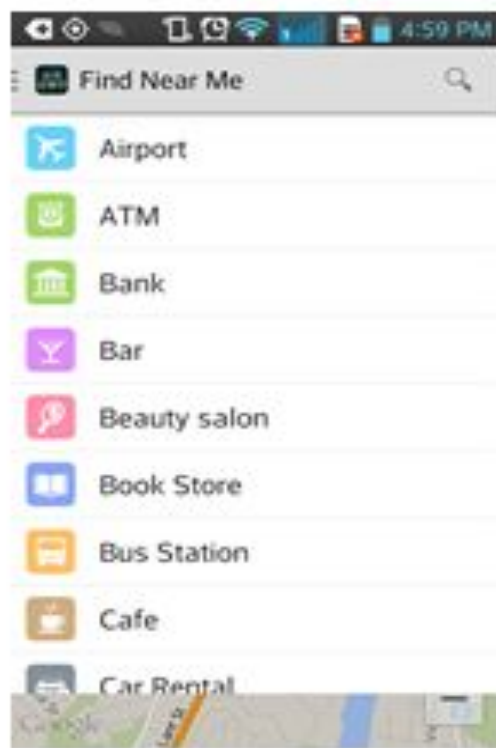


Translink



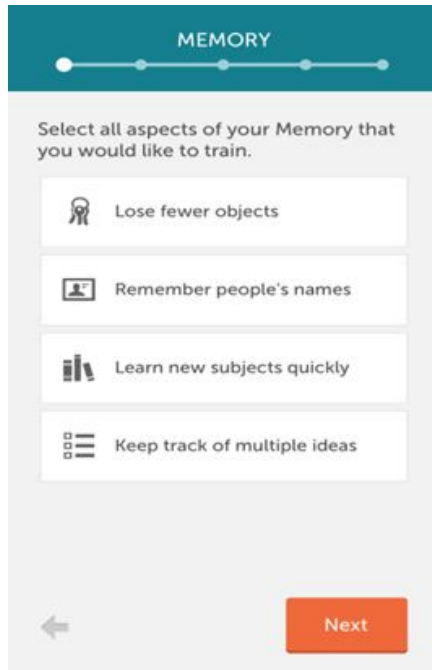


Find Near Me





HEALTH AND WELLBEING



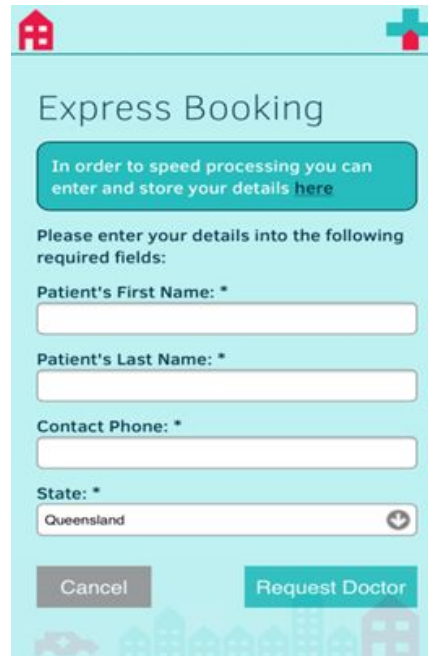
MEMORY

Select all aspects of your Memory that you would like to train.

- ☐ Lose fewer objects
- ☐ Remember people's names
- ☐ Learn new subjects quickly
- ☐ Keep track of multiple ideas

← Next

LUMINOSITY



Express Booking

In order to speed processing you can enter and store your details here

Please enter your details into the following required fields:

Patient's First Name: *

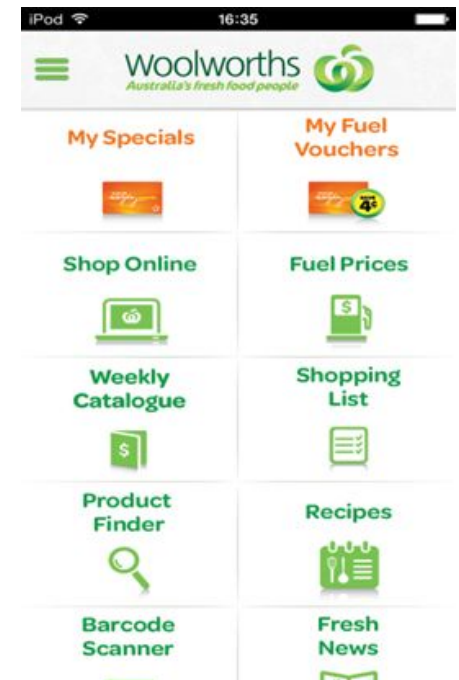
Patient's Last Name: *

Contact Phone: *

State: *
Queensland

Cancel Request Doctor

**NATIONAL HOME
DOCTOR SERVICE**



iPod 16:35

Woolworths
Australia's fresh food people

My Specials	My Fuel Vouchers
Shop Online	Fuel Prices
Weekly Catalogue	Shopping List
Product Finder	Recipes
Barcode Scanner	Fresh News

WOOLWORTHS



Ipad and Iphone Tricks

- **Swipe to open notifications**

When you unlock your device after receiving a notification, your iPhone or iPad will automatically open the corresponding app. If you have received more than one notification since the last time you used your device, none of the notifications will be automatically opened. Instead, you are displayed the current notifications and have the ability to open the corresponding app to a notification by swiping a notification's app icon from left to right, like you do when unlocking your phone.



Ipad and Iphone Tricks

- **Use your iPad as a digital picture frame**
To activate this feature, tap the picture icon which appears next to the "slide to unlock" bar when you unlock the device. Your iPad will now scroll through all of your photos like a digital picture frame. To customise which photo albums it will scroll through or adjust some other settings, go to Settings > Picture Frame.



Ipad and Iphone Tricks

- **Swap between apps**
Instead of searching through your app folders to open a recently used App, double tap the Home Button to reveal a list of recently used apps. This function is the iPhone/iPad equivalent of Alt-Tabbing on a PC.
- **Take better photos**
Using your iPhone as a camera has its drawbacks. Tapping your screen to take a photo isn't as good as having a physical shutter button on the top of the device like with a normal camera, but a hidden feature of iPhones/iPads is that they actually do have this feature. The + volume button located on the right-hand-side of your device functions as a shutter button when you are in the camera app. Using the + volume button should help to stabilise the phone while taking a photo, leading to higher quality shots.



Ipad and Iphone Tricks

- **iPad lock rotation button**

The button on the righthand-side of your iPad which locks your device in portrait or landscape, can also be used as a mute button. To change the function of the button, go to Settings > General > Use Side Switch To: and choose either Mute or Lock Rotation.

- **Read websites which aren't mobile optimised easily**

Tapping the Reader button which appears in the URL bar on websites can allow you to read them more easily and also allows you enlarge the font. Unfortunately this doesn't work on all websites and will occasionally focus on the wrong piece of text



How to make my battery last longer

- **Wifi**
- Keeping your devices wifi on at all times will drain its battery quickly if you aren't connected to a wifi network. This is because your phone will keep searching for an available wifi network until it finds one, so turning wifi off when you leave the house can help save your battery life. However you should remember that accessing the internet over wifi uses less battery (and typically money) than your mobile networks 3G or 4G connection, so where possible, always use wifi.
- On Apple devices you can turn wifi on and off by swiping up from the bottom of your screen and clicking the wifi icon, if it is grey then it is deactivated.



How to make my battery last longer

- **Auto-lock timer**
- Your smart device will be configured to automatically turn off its display after a certain length of inactivity. By making this amount of time shorter, you can save your battery life, and also make your device more secure.
- On Apple devices, you can find this option under Settings > General > Auto-Lock.
- **Screen brightness**
- The brighter your screen is, the more battery it uses. To help combat this you can activate a feature which automatically dims your device if you're in a dark room (it'll also save your retinas if you check your phone whilst in bed).
- To change your screen brightness on Apple devices, swipe up from the bottom of your screen to access the Control Center. Auto-Brightness can be activated by navigating to Settings > Wallpapers & Brightness.



How to make my battery last longer

- **Turn off GPS**
- Nothing chews up battery like location services, and many apps will even use GPS without your knowledge.
- On Apple devices you can choose which apps have access to GPS or turn it off by navigating to Settings > Privacy > Location Services. You can find further options at the bottom of the list in Location Services, under the title System Services, "Frequent Locations" is a relatively new setting found here which delivers you location-based ads and drains your battery.
- <http://www.yourlifechoices.com.au/technology>



Thank you...

