

Computer education for senior and older adults

[Science](#), [Computer Science](#)



\n[[toc title="Table of Contents"](#)]\n

\n \t

1. [Rational](#) \n \t
2. [Recommendations](#) \n \t
3. [Objectives](#) \n \t
4. [Outcomes](#) \n

\n[/toc]\n \n

The population group that we are going to focus on is Seniors and Older Adults (65 to 80) both Male and female in Brampton. We have chosen educational group program because some senior has lack of computer knowledge then citizens are quite lonely, especially those without close family nearby. They might also have lost their friends, co-workers, and sadly, even their family members may have abandoned them. Some also have health problems that interfere with their ability to interact socially. That is why they need computer training so they can meet with their age mate when they come for computer training as well as search on different website. It helps to learn something new.

Learning is life long process it never ends. Furthermore, our elders need caring for more than we think. They need someone to speak out for them at times, someone to advocate their needs, and someone to take the time to listen. All of that, and more, can be found in the most selfless people around. By this, we can help, interact and feel their problems. Moreover, there are a greater number of immigrants in old people which need to be take care and enjoy their free time because they sit at home their kids go to work no one at

<https://assignbuster.com/computer-education-for-senior-and-older-adults/>

home to talk with them. They come and play games with us, share their difficulties and make their mind fresh. We can also provide information related to computer skills by which they can interact with their friends through new technology and chat with them. b. We are working with the community of Brampton. In case of connection, most of the seniors and older adults live in the Brampton city. In community center of Brampton provide computer training to seniors to make connection with family and friends by social media and provide knowledge related to different resources of technology.

Rational

This type of population need computer training is the first priority because it helps to reduce the isolation as well as spend spare time with their agemate. Educational group is needed to solve out the barrier of computer faced by older adults. Educational group provide them source, proper plan which help them to get knowledge related to computer functioning. Furthermore, educational group help them to use online websites and apps to talk with their family and friends such as WhatsApp, Facebook and Skype.

According to Canadian Static 2017, “ 34% of Canadian ages 65 and up say they ever use social networking sites like Facebook or Twitter. This represents a seven-point increase from 2013, when 27% of older adults reported using social media. Still, a majority of seniors do not use social media, and the share that do is considerably smaller than that of the general population.”

Social isolation and loneliness as well as lack of computer knowledge are predominant fitness and social troubles in older adults. Conceptually, social isolation is the goal lack of relationships, social guide, and social networks in people while loneliness, an intently related term, is a subjective distressing feeling that effects from social isolation.

Recommendations

Education plays vital role on our life. Without education person is like an animal. The group that we are proposing is educational group. We have chosen this group to engage with community when they are accessing computer in library. It helps to increase social interaction.

- Moreover, by using computer resources, they can take knowledge related to self-care and maintain their body fitness.
- Through this we come to know about the barrier they are facing so that we can take step to solve their problems. We want to know that how much knowledge they have regarding the computer resources.
- To engage with them and know about how much population use the computer resources.

Objectives

The objective of this group is to decide what skills and knowledge everyone has to have to be a productive citizen of developed country as well as to develop the means of describing and communicating the standardized information.

Outcomes

- Older can gain new learning related to new technology.
- They can send messages to kith and kin. It helps to interact with different community and leads to increase social interaction.
- It helps to reduce barriers when they use the computers.
- They can spend their spare time and reduce isolation.

Overall, educational group provide education to senior and older adults related to computer and their resources to make better connection with society as well as to reduce their isolation by spending spare time with their age mates. The best place to meet with community is community center in Brampton which provide number of facilities to senior and older adults such as: computer training, meditation, exercises, group meetings, sports, park. These all activities beneficial for seniors because it helps to connect with community and good for health.