



DOROT Tech Coaching

UIC Presentation
September 19th, 2024

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About DOROT



Tech Coaching at DOROT



Technology will increase social isolation in older adults

- Technology can contribute to social isolation in young people, but serves as a connector in older adults.
- Older Adults who used online social technology during the pandemic experienced decreased social isolation.
- Use of social technology continues to play an important role in facilitating social interaction among older adults, post pandemic.

Our Individualized Model

- Older adults are screened and matched with trained volunteer
- 4 to 8 Meetings-- individualized
- Matches work on goals identified by older adult
 - Work to support increased confidence and promote problem solving
- Build Social Connections

Common Goals



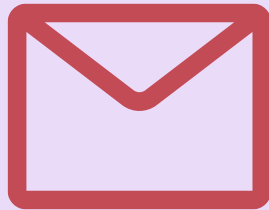
Set Up



Zoom



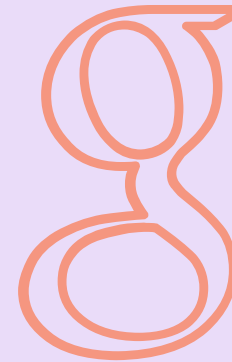
Accessibility



Email



Pre-Installed
Apps



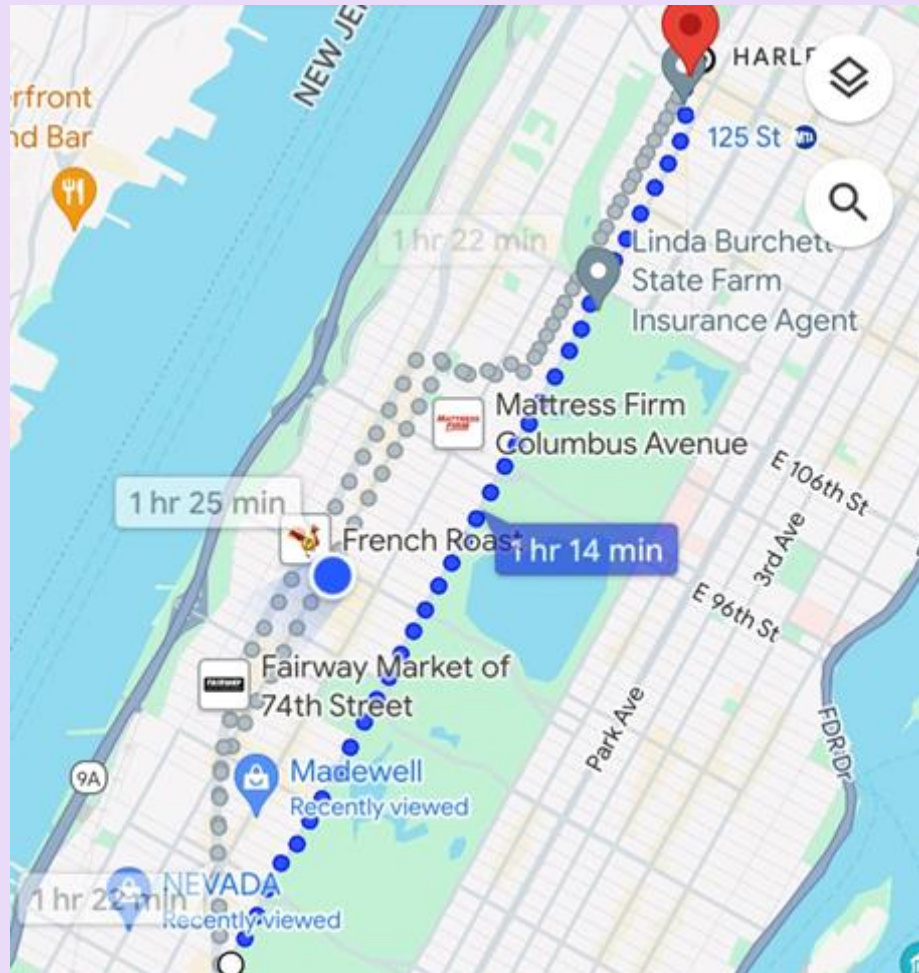
How to "Google"

Tech Coaching at Home

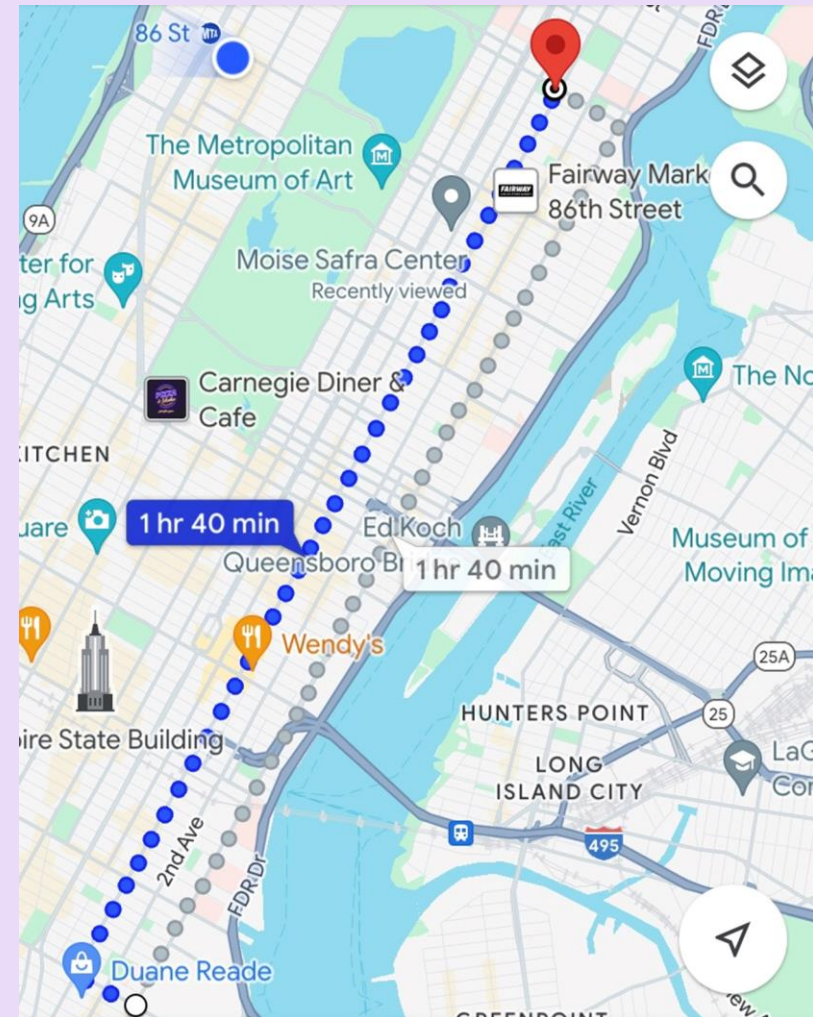


Connecting at Home Programs - who is eligible?

West side: 59th to 125th



East Side: 14th to 96th



Tech Coaching Remotely (Phone or ZOOM)

Tech Coaching Meet Ups at DOROT



Adult Tech Coach Meet ups offer coaching and an opportunity for new social connections.



Youth from DOROT's Teen Internship Program share their skills with an older generation.

Tech Coaching in the Community



How to Refer

For One-on-one Coaching for Older Adults:
Call us at (917) 441-3706 or
email technologyhelp@dorotusa.org

For Onsite Meet Ups:
<https://dorot.trumba.com/>

Volunteers: Register for an upcoming orientation!

GENERATIONS HELPING

DOROT

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Thank You

