

SF Tech Council:

Food Security and Digital Intervention Project



Relevant Facts..

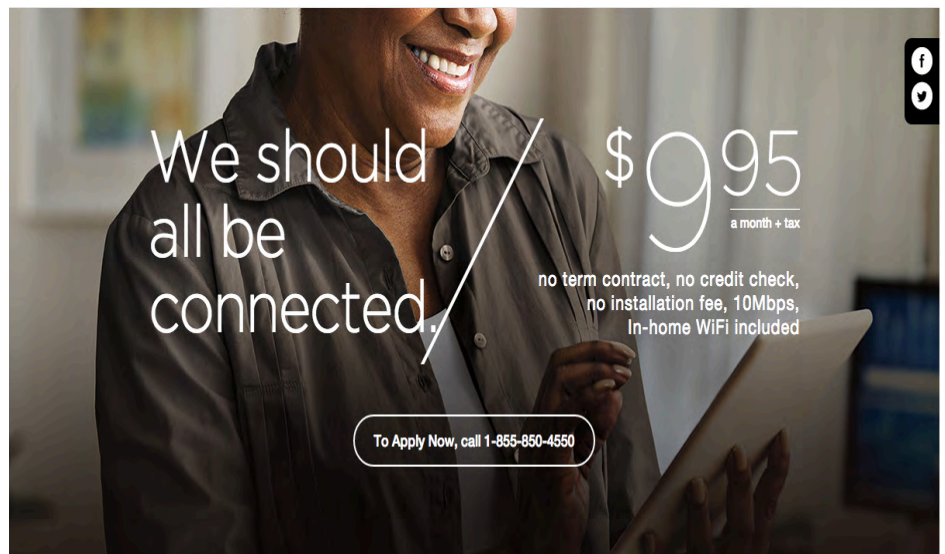
- Just 45% of African American seniors are Internet users, and 30% have broadband at home (among white seniors, 63% go online and 51% are broadband adopters)
- One in ten adults owns a smartphone but lacks home broadband

About Us

ZeroDivide is a mission-driven consulting organization that stays true to our original philanthropic purpose of helping communities transform through technology. We've done research and found some helpful tips and recommended tech devices or programs our elders should know about! Check out the links at the end of the booklet for even more resources!

Access to the Internet

First, it's crucial to stay connected; Comcast this year announced it would be extending its Internet Essentials program to lower- income seniors 62 and older in San Francisco. Participants that qualify will only have to pay \$9.95 a month for broadband. Call **1-855-850-4550** to see if you qualify.





Relevant Facts...

- Even though more than half of Americans have smartphones, only 18% of older adults own them.
- Apple has sold over 700 million iPhones

Keeping Up With Technology's Changes

Technology is constantly changing; it can sometimes seem that after you finally master how to use a program or a product a completely new version comes along and the process starts all over. There have been recent developments to keep things consistent and often times older generations of products are less expensive and just as proficient.

Take the iPhone as an example:

Model	Price /mo	Rating	Full Price
Apple iPhone® 6s	\$27.08 /mo	★★★★★ (0)	\$649.99
Apple iPhone® 6s Plus	\$31.24 /mo	★★★★★ (0)	\$749.99
Apple iPhone® 6	\$22.91 /mo	★★★★★ (15894)	\$549.99
Apple iPhone® 6 Plus	\$27.08 /mo	★★★★★ (7906)	\$649.99
Apple iPhone® 5s	\$18.73 /mo	★★★★★ (10726)	\$449.99
Apple iPhone® 5c	\$18.73 /mo	★★★★★ (8942)	\$449.99

As one of the most popular and ever changing phone options, it's easy to get overwhelmed with all the different upgrades and updates. However, the picture above is straight from one of the biggest phone service companies, Verizon's, website. As you can see the older generation version of the phones are not only cheaper but also just as good quality.



Relevant Facts...

- Just 18% would feel comfortable learning to use a new technology device such as a smartphone or tablet on their own, while 77% indicate they would need someone to help walk them through the process.
- The Doubling of internet speed happens every 18 months

Local Senior Tech Training

If you're interested in getting some extra help on your tech skills ranging from computer practice to introductions to smart phones. Here are some examples of local resources.



San Francisco Public Library Español 中文		
Saturday, April 23, 2016 2:00 - 4:00	▶ Computer Help for Adults/Seniors	Sunset
Saturday, April 23, 2016 2:00 - 4:00	▶ Computer Help for Adults/Seniors	West Portal
Sunday, April 24, 2016 2:00 - 4:00	▶ Computer Help for Adults/Seniors	Ortega
Monday, April 25, 2016 10:15 - 12:15	▶ Mother's (and Others) Day Cards	Main Library Computer Training Center - 5th Floor
Monday, April 25, 2016 4:00 - 6:00	▶ Girls Who Code	Excelsior



Relevant Facts...

- 42% of American adults own a tablet
- 57% of individuals of the age of 65 years forget to take their medications

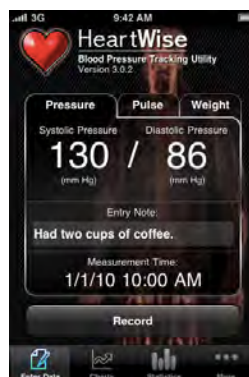
Tablets

Tablets are awesome tools to access millions of different kinds of applications like FaceTime, Facebook, Candy Crush and more! With photo taking capabilities, video streaming and connection to the web, a tablet is similar to a smart phone but without the hassle and cost of a service plan.



So You Have a Smart Device, Now What?

There are millions of apps but here are some of the top four health happy ones. WebMD (free) helps you diagnosis yourself, PillBoxie (\$0.99) helps remind you which medication to take, HeartWise (\$0.99) tracks your heart rate and Low RX (free) finds the cheapest prescription medication in your area.





Relevant Facts...

- According to the Feeding America Senior Hunger Report, more than 5 million senior citizens age 60 and older face hunger.
- 1 out of 6 seniors have inadequate access to food.

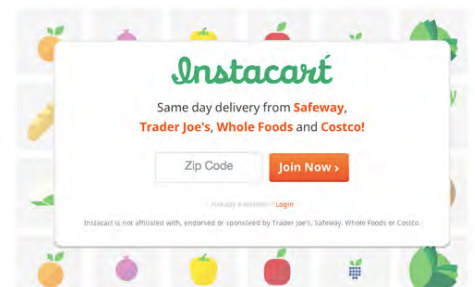
Ordering Groceries Online

One of the challenges elders face that puts them at a greater risk of hunger are mobility issues. With many different advances in technology, having access to bags of healthy groceries can just be one click away.



Safeway is just one of the many online grocery delivery platforms; You or a loved one can pick out what items you would like delivered, select a delivery time and one of their employees delivers it straight to your kitchen! There are small delivery fees, which can be altered through selecting a wider delivery window, selecting specific featured items, or spending over \$100.

There are many more services and providers that can help get older adults meals delivered straight to their front doors. Check the Resources Section at the end of the workbook for over 10 more services.



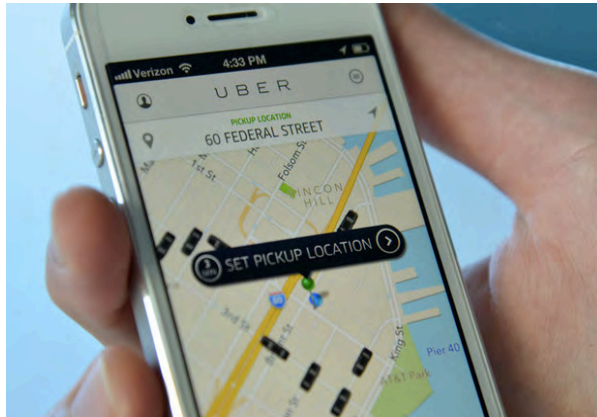


Relevant Facts...

- A 2004 study found that seniors age 65 and older who no longer drive make 15 percent fewer trips to the doctor, 59 percent fewer trips to shop or eat out, and 65 percent fewer trips to visit friends and family, than drivers of the same age.
- Lack of transportation options is one of the main causes of social isolation

Senior Transportation Options

Ridesharing apps like Uber and Lyft make getting around the city is easy and stress free. Just input your credit card information, set your pick up location and wait for your driver to come!



There are even companies that specialize in driving for older adults in San Francisco that you or you loved ones can book.





Relevant Facts...

- Social isolation is just as dangerous for your physical health as medical conditions like obesity
- Staying active in your community can improve your health!

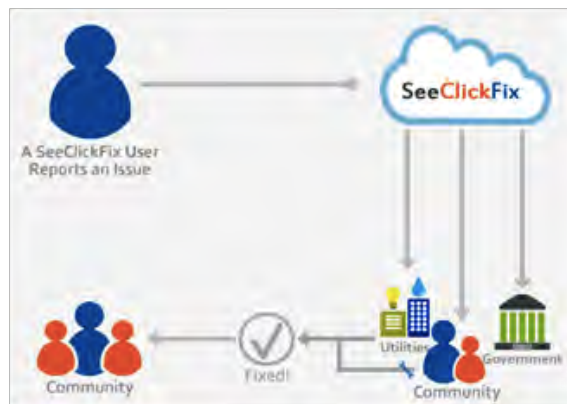
Video Chat: FaceTime & Skype

Video applications such as FaceTime or Skype are awesome ways to stay connect with anyone from anywhere around the world, and it's free! You get to talk face to face with anyone of your loved ones no matter where they are without having to even leave your house.



Stay Active in Your Community

Apps like See Click Fix It allow you to remain contributing members in your community by reporting nonemergency problems. When you see something wrong in your neighborhood whether it's a grafited wall or crack in the sidewalk all you need to do is take a picture and file a report and officials will work to fix it.





Relevant Facts...

- “Seniors aged 65 and over represent one of the fastest growing age groups to use social media.”
- “According to Pew Internet Research 27% of seniors use social media.”

Social Media Platforms

Social Networking sites help you stay connected with friends and family as well as updated about what’s going on around the world. Social Media platforms like Facebook and Twitter don’t let physical constraints get in the way of building a virtual community.



Check out AARP’s Step by Step Guide to setting up a facebook account <http://bit.ly/1T1JMi9>

A screenshot of a web page titled 'Are your friends already on Facebook?'. The page is part of a three-step guide: Step 1 'Find your friends' (highlighted), Step 2 'Profile Information', and Step 3 'Profile Picture'. The main heading is 'Are your friends already on Facebook?'. Below it, a subheading reads: 'Many of your friends may already be here. Searching your email account is the fastest way to find your friends on Facebook. See how it works.' There are four email service options listed: Gmail, Windows Live Hotmail, Yahoo!, and Other Email Service. Each option has a 'Find Friends' button next to it. The Gmail option is pre-filled with the email address 'trainingaarp@gmail.com'. At the bottom right, there is a 'Skip this step' link.



FOLLOW THE LINKS TO
GET A MORE DETAILED
LOOK ON THE THINGS
MENTIONED IN THE
BOOKLET!

Resource Links

Engage With Your Community

- See Click Fix- <http://bit.ly/1Je4V39>

Video Calling

- How to Video Chat with Skype- <http://bit.ly/1FOTMrq>
- How to Use Skype to Connect With Grandchildren- <http://abt.cm/1itiiYd>

Food Delivering Services

- Safeway Delivery- <http://bit.ly/1E8m5E1>
- Meals on Wheels- <http://www.mealsonwheelsamerica.org/>
- Envoy Grocery Delivery- <http://bit.ly/1LANjQM>
- Senior's Project OpenHand Delivery: <http://bit.ly/1FjIMW6>
- 5 Food Services for Delivery- <http://bit.ly/1KdWSHF>
- AARP SNAP Food Initiative: <http://bit.ly/1Kdyzr2>
- Amazon Food Fresh- <http://amzn.to/1F0UC7Q>
- Instacart- <https://www.instacart.com/>

Discount Internet Options

- Comcast's Internet Essentials <https://internetessentials.com/seniors>.

Phone Options

- 3 Must-Have Cell Phones For Seniors- <http://onforb.es/1QDGFh1>
- Jitterbug Phones- <http://bit.ly/1LwucHw>
- 16 Helpful Apps for Seniors- <http://bit.ly/1Ke54oW>



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Tech Centers/ Workshops for Seniors

- SF Connected- <http://sfconnected.org/>
 - SF Community Living Campaign- <http://bit.ly/1GfjDa7>
 - Self Help for the Eldery- <http://bit.ly/1Lm1Y4H>
 - Community Technology Network- <http://bit.ly/1E7xWlu>

- SF Public Library Adult and Senior Computer Class- <http://bit.ly/1Lm1Gel>

- SeniorSurf- <http://bit.ly/1J8cV9e>

Driving Services for Seniors

- Uber Increasing Mobility Options for Adults- <http://bit.ly/1EFV7yf>
- Lift Hero- <http://bit.ly/1E8riM3>
- Lyft- <https://www.lyft.com/>
- Uber Expands Service fo Seniors and People with Disabilities- <http://on.mash.to/1fsX0aK>
- Uber Partners with AARP to Hire Senior Drivers- <http://bit.ly/1hOVYYw>
- SilverRide- <http://bit.ly/1Lm4Oqq>

Online Security

- Cyber Tips- <http://1.usa.gov/1KowdJr>
- Password Security -<http://bit.ly/1gpdrFG>

Social Media

- Why Elders like Facebook- <http://nyti.ms/1U4Cdwa>
- AARP Social Media Education Center- <http://bit.ly/1YEPpHg>



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How to Tutorials: Granny Tech

- How to Do Facetime: <http://bit.ly/1USGLYf>
- How to Play Wii Bowling: <http://bit.ly/1OVbNrd>
- How to Use Siri: <http://bit.ly/1F0TBN0>

Research/Reports

- Older Adults and Technology Use- <http://pewrsr.ch/1Nlvdz6>
- Usage and Adoption | Pew Research Center- <http://pewrsr.ch/1J8mN2T>
- Feeding America: Hunger in America 2014- assistants <http://bit.ly/1hOU76b>
- Attitudes, Impats, and Barriers to Adoption- <http://pewrsr.ch/1htY68e>
- Senior Hunger Statistics | Feeding America- <http://bit.ly/1E7uQxR>