



Educational Speakers Series
**Aging Your Way: Creating an Age-Inclusive
Canada, Together**

Using Technology to Stay Connected

March 23, 2021

Key Learnings

Social Inclusion

- Social connections are an important part of overall health and well-being, especially for older people
- Social Inclusion means “people feel valued, their differences and rights are respected, and their basic needs are met so that they can live in dignity, and have their voices heard”¹
- Having healthy social connections is found to lower stress, anxiety and depression. It can even reduce injury and protect older people from falling victim to frauds and scams!^{1,6}

Using technology to stay connected

- Digital technology is a great way to stay socially included²
- People over 65 years of age are using the Internet more than twice as much as they did 15 years ago and 88% of them own a smartphone^{3,4}
- Older people are using digital streaming and video call services more than ever during the COVID-19 pandemic⁵

Help is only a click or call away

- There are many services available to help older people learn how to use digital technology
- Volunteering to help older adults learn a new digital tool is a rewarding and meaningful thing to do
- You don't have to learn alone!

Next Steps



Toronto Public Library offers great programs to help seniors learn technology.
torontopubliclibrary.ca/seniorstechhelp



Need to talk? NICE Network offers a free phone service for older people who are feeling isolated. You can also volunteer your time to talk to others who need to hear a friendly voice!

Find these and more useful tools and information at: CanAge.ca/AgingYourWay

About CanAge

CanAge is Canada's National Seniors' Advocacy organization.

We are a non-partisan non-profit organization that educates, empowers and mobilizes people on the issues that matter most to older Canadians and their caregivers.

We work to advance the rights and well-being of Canadians as we age in order to live vibrant and connected lives.

Visit our website: www.CanAge.ca

Contact us: info@canage.ca

Follow us on social media:





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References

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- 3 - Statistics Canada. Table 22-10-0115-01 Smartphone use and smartphone habits by gender and age group. DOI: <https://doi.org/10.25318/2210011501-eng>
- 4 - Davidson, J. & Schimmele, C. (2019). Evolving Internet Use Among Canadian Seniors. Statistics Canada. <https://www150.statcan.gc.ca/n1/pub/11f0019m/11f0019m2019015-eng.htm#fn>
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- 6 - Beach, S. R., Schulz, R., & Sneed, R. (2018). Associations Between Social Support, Social Networks, and Financial Exploitation in Older Adults. *Journal of Applied Gerontology*, 37(8), 990–1011.
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