

A Senior's Guide to Stay Connected – Part 1

You can learn to use Skype, Facebook, Messenger, YouTube, Pinterest and your iPad. This post and the next four provides links to some training videos that are easy to follow and not intimidating.

Over the next four posts, I will be looking at resources for seniors to help them use social media in the time of this pandemic and beyond. Today's unprecedented situation has caused us to self-isolate and that can be stressful and deadly for seniors. To battle that stress and loneliness seniors can turn to social media, but many are hesitant or reluctant to do so. Some potential reasons why include we:

1. Don't see a need to use the tools or we see it as a waste time
2. Don't know how to use the tools and the directions are difficult to follow
3. Have concerns about safety and security online
4. Medical conditions that prevent us from easily using computers etc.
5. Don't like how they look in pictures or videos.

During this time when we cannot see our families the way we used to, social media provides opportunities for us to stay in contact with loved ones. That ability to virtually connect with your son, granddaughter, sister, or favourite cousin should be enough to overcome those reasons listed above.

Though there are a lot of instructional videos out there that appear or claim to teach seniors how to use social media to beginners and seniors, many are just not that good or are very confusing, in fact, some of them are terrible. The good news is that I have put together four sets of videos that are good and easy to understand. Members of [The Wilson Senior Center Advisory Board](#) and [Seniors Health and Wellness Institute Cosco](#) reviewed the videos, agreed that these are worth watching if a senior wants to learn social media. Each of us has his/her own learning style and so we are posting information about all four series to allow those who learn differently to have some options.

In the following free videos, seniors can learn how to use social media in the comfort of their own home while watching TV or while using their computer, tablet, iPad or even iPhone. The videos are geared to those seniors who may not be tech-savvy. These videos are simple, easy to follow, and if you miss a step or have a question you can watch them again.

If a senior has an Internet connection and a computer or a TV provider that allows access to [YouTube](#) as one of its channels, they can learn to use social media. For help on setting up [YouTube](#) on your TV go to [Watch YouTube TV on your TV](#) or call your service provider for support. If you do have access to a tablet, cellphone, or a computer with internet connection you can gain access to the videos are on [YouTube](#) or, as stated above videos can be watched on your TV.

SERIES: SOCIAL MEDIA 4 BEGINNERS

This series is a set of videos along with written instructions about some of the most used social media tools by seniors.

To connect to this series go to <https://socialmedia4beginners.com/course-library/> or to connect to the individual courses in the series click on the links below:

SKYPE Course for Beginners (Seniors & Baby Boomers)

[What Skype is?](#)

[Download & Install Skype](#)

[Create a New Skype Account](#)

[Log-in & Out of your Account](#)

[How to Change Your Skype Profile Picture](#)

[Find family and friends](#)

[Make your first Video Call](#)

[How to send an Instant Message](#)

[How to Send a Photo Through Skype](#)

FACEBOOK Course for Beginners (Seniors & Baby Boomers)

[Create a Facebook Account](#)

[How to log into and out of a Facebook Account](#)

[Adding Profile & Cover Photo](#)

[Connecting with Family and Friends](#)

[How to Use Audience Selector Tools](#)

[What is your Homepage?](#)

[What is the News Feed?](#)

[What is Your Facebook Profile Page?](#)

[What is my Facebook Timeline?](#)

[What is a Facebook Like?](#)

[How to Comment on a Facebook Post](#)

[What is a Share on Facebook](#)

[How to Share a Post on Facebook](#)

[What does Tagging Mean?](#)

[How to Add Photos to Facebook](#)

[Creating Album & Adding Multiple Photos](#)

[Adding a Photo to a friend's Timeline](#)

FACEBOOK Settings & Privacy (Seniors & Baby Boomers)

[Facebook general settings*](#)

[Blocking Settings on Facebook*](#)

[Changing Your Language Settings on Facebook*](#)

[Facebook Security and Login Settings*](#)

[Privacy and Settings: Timeline and Tagging Settings](#)

*No written instructions

FACEBOOK Messenger for Beginners (Seniors & Baby Boomers)

[Overview of Messenger*](#)

[Messenger: Overall Settings](#)

[Chat, Text, and Stickers](#)

[How to Send Money on Messenger](#)

[Don't be Scammed - 5 Steps to take Before you Confirm that Friend Request](#)

[Messenger: Customizing Options](#)

[Messenger: Options Within Chat Box](#)

[Removing Yourself from Group Messages on Facebook](#)

[Deleting Messages & Adding Reactions](#)

[Video Chatting and Voice Calling on Facebook](#)

YOUTUBE Course for Beginners (Seniors & Baby Boomers)

[Learn all About YouTube and How it Can Enhance Your Life](#)

[How to Create a New YouTube Account](#)

[How to Log in and Out of YouTube](#)

[Add Profile Picture to YouTube Account](#)

[Navigating YouTube Home Page Difference Between YouTube Channel vs Account](#)

[How to Make a New YouTube Channel](#)

[Subscribing to YouTube Channels](#)

[How to Create a YouTube Playlist](#)

[How to Comment on YouTube Videos](#)

[How to Share a YouTube Video](#)

[Saving YouTube Videos to Watch Later](#)

IPAD Course for Beginners (Seniors & Baby Boomers)

[Introduction to the iPad](#)

[Initial iPad Set up](#)

[Learning the iPad buttons](#)

[Understanding the iPad Gestures](#)

[Navigate Your iPad Like a Pro](#)

PINTEREST Course for Beginners (Seniors & Baby Boomers)

[What is Pinterest and How to Use it](#)

[Create New Pinterest Account Plus How to Login & Out](#)

[How to Quickly Add or Edit Pinterest Profile Picture](#)

[How to Add Pinterest Browser Button](#)

[How to Find Friends on Pinterest and Make Sure it's the RIGHT Person](#)

[How to Create a Board on Pinterest](#)

[How to Make Pinterest Private](#)

[Pinterest Account Settings.](#)

[How to Delete a Pin or Board](#)

[How to Block Someone on Pinterest](#)

A Senior's Guide to Stay Connected – Part 2

Sometimes the telephone is not enough, we need to see people. Seniors are aware of the importance of how to use social media to communicate as 90% of how we communicate and build relationships is through visual cues, not oral cues. Seniors should be able to use social media to entertain and educate while safely using the tools they have in their possession. Self-isolating is upsetting and can be harmful to elders, so to fight social separation many seniors could use social media tools. The concern is that countless seniors don't.

Each video has a number of tips and tricks geared to help seniors gain a better understanding of social media. If you know a senior or are a senior who wants to learn to use social media videos, we have selected links that can help you learn how to stay in touch with your loved ones using social media.

SERIES: NAPOLEON'S IDIOT

The second series has a stranger name for a series on how to use social media, it is called [Napoleon's Idiot](#), but it is a very good series. The series is about a number of conversations between a father and his daughter about social media. The father asks the questions he has and that members from his retirement home have and she answers the questions clearly in detail and it is entertaining to watch the interactions between the two. They share the screen as a video as she walks him through the answers to his questions

To connect to [Napoleon's Idiot Series](#) go to

<https://www.youtube.com/playlist?list=PLbbnKy5q8XTVCIQ1Zmvvlo7ItFRbk6ZW>

We have selected some videos out of the 51 video series:

[Teach your Parents New Technology with a Renewed Mind](#) 5 things you can do to help your parents/grandparents learn new technology:

1. Don't buy them a new device and leave them high and dry
2. Allow them to touch it, feel it, and operate it
3. Don't assume they know what you're talking about
4. Find out what they want to do on their device
5. PATIENCE

[How to Change my Facebook Password](#) Changing your Facebook password every 6 months is highly recommended in this Episode of Napoleon's Idiot.

[Getting Rid of and Disabling Facebook Messenger Chat Heads](#) Want to know how to get rid of and/or disable those Facebook Messenger Chat Heads, the answer is here.

[Can't Comment on Post on Facebook? This is why!](#) If you see a post and want to comment sometimes you can and sometimes you cannot, this video explains why you can't comment on a public post and how can you can make it to where no one can comment on your post.

[Facetime vs Skype - What's the Difference](#) This video explains the difference between the two and actually shows how Facetime works.

[How to hide the city you live in on Facebook - Staying Safe Online](#) This video shows you how to hide the city you live in on Facebook and get even more private on Social networking sites.

[Explaining the Difference between Instant Messaging and Messaging on Facebook](#) This video explains the difference between Instant Messaging and sending a Message as you would an email.

A Senior's Guide to Stay Connected – Part 3

If you know a senior who wants to learn to use social media videos, then send them the links so they can learn how to stay in touch with loved ones using their phones, tablets, iPads, laptop or desktop.

SERIES 3: TECH SAVVY SENIORS

The next series is called [Tech Savvy Seniors: Tips and Tricks and How to Videos by Jim Costa Films](#) and it offers seniors a view on how to use social media effectively. Jim Costa has a series that is useful to anyone, but he does focus on helping senior citizens become tech-savvy and helping seniors to become more familiar with technology to improve and better their lives. Jim has been a professional photographer and video producer for over 3 decades.

In the series, he offers tips, how-to advice and suggestions on tech topics including learning computers, smartphones, software, apps, photography, videography, video editing, audio production, lighting and more. Using a step by step process these videos provide a series that introduces seniors, to understand communication tools and Internet technology. Each video has a number of tips and tricks geared to help seniors gain a better understanding of social media. To connect go to

<https://www.youtube.com/playlist?list=PLBw3qczTjq1QTrbb0dAkpK76i56IMn0Y5>

The series has 104 videos. Here are a few of the ones he has created:

Technology Seniors should learn:

[Technology Seniors Should Embrace](#) This video introduces new technology that senior citizens should use to better their lives by staying active, healthy and safe.

[Technology Senior Citizens Should Learn to Use](#) This video offers tips and advice on technology that senior citizens should learn to use to improve their quality of life.

[Technology for Seniors and the Elderly Part 1 of 2](#) This video discusses how senior citizens can first get access to and start to use the internet.

[Technology for Seniors and the Elderly Part 2 of 2](#) This video continues the discussion of how senior citizens can first get access to and start to use the internet.

[Technology to Help Seniors Remain at Home](#) This video shows the technology available to help senior citizens remain in their homes rather than move into assisted living.

Email

[How to Set up a Free Outlook, Gmail, Mail, AOL or Yahoo Email Account](#) These step by step instructions will guide you through the process to set up your own email account and then send you the first message.

[How to Keep Your Email Secure From Viruses and Malicious Software](#) This video is a tutorial on how to keep your email secure from viruses and malicious software.

Google

[Mastering Google Tips & Tricks](#) This video offers 14 tips and tricks to master the search engine, Google. It is video #1 of 3 in the series and offers insider tips to learn secrets of searching Google for the best and most relevant results.

[Mastering Google Tips & Tricks Video 2](#) This video offers 14 tips and tricks to master the search engine, Google. It is video #2 of 3 in the series and offers insider tips to learn secrets of searching Google for the best and most relevant results.

[Mastering Google Tips & Tricks Video 3](#) This video offers 14 tips and tricks to master the search engine, Google. It is video #3 of 3 in the series and offers insider tips to learn secrets of searching Google for the best and most relevant results.

iPhones

[How to Extend The Battery Life of Your iPhone Battery Part 1 of 2](#) This video offers 10 tips and tricks to extend the life of your iPhone battery. It is video #1 of 2 in the series and offers insider tips to learn secrets to extend the life of your iPhone batteries.

[How to Extend The Battery Life of Your iPhone Part 2 of 2](#) This video offers 10 tips and tricks to extend the life of your iPhone battery. It is video #2 of 2 in the series and offers insider tips to learn secrets to extend the life of your iPhone batteries.

[Mistakes You're Making With Your iPhone](#) This video offers 9 tips and tricks to extend the life of your iPhone and offer ways to avoid common mistakes.

[iPhone Insider Tips](#) This video offers 15 tips and tricks to extend the life of your iPhone and offers ways to make the most of your smartphones.

[iPhone Camera Insider Tips](#) Many of us use our phones to take pictures and videos. This video offers 7 tips and tricks for your iPhone camera to ensure you take the best photos and videos possible.

A Senior's Guide to Stay Connected – Part 4

The following are a collection of videos that were created by a number of producers, and they have been put together into one series because they are geared to the way majority of seniors learn. In this series, we talk about **virtual clinics** which are a new way for seniors to connect to their health care provider.

In my jurisdiction virtual clinics are free but seniors should know how to use video conferencing before calling a virtual clinic. As the pandemic continues more and more of us will be using these new medical options for more minor health concerns as it is faster, safer, and easier than an in person visit. To check to see if you have virtual clinics in your area, I suggest doing a google search using the key words virtual clinic (name of the province, city or town)

SERIES 4: OTHER SOCIAL MEDIA VIDEOS

Video Conferencing

[How to Set Up FaceTime](#) Want to use FaceTime to call and video chat with your family and friends, but not exactly sure how to get started? Watch this video tutorial to learn the steps of setting up FaceTime on your iOS device.

[Using FaceTime](#) This tutorial is a demonstration of how to use FaceTime, showing how to make and receive calls and exploring FaceTime options in depth.

Skype Course In this course you will learn: What Skype is Download & Install Skype Create a New Skype Account Log-in & Out of your Account Find family and friends Make your first Video Call Instant Messaging Why Learn Skype?

[How To Install And Use Skype For Free](#) This video describes step-by-step how to install and use Skype to make audio and video chat calls.

[How to use Skype - Beginners Guide](#) Before Zoom there was Skype and many seniors may already be familiar with Skype. Skype is a video, audio and chat app by Microsoft. The app free and is available on Mac and PC and on iPhone and Android. It allows you to chat with your contacts that have a skype account.

[2020 Google Hangouts Meet Tutorial](#) Hangouts Meet is a video conferencing tool by Google that allows you to join or start a meeting with colleagues. You can easily facilitate these meetings by sharing your microphone and screen. You can share your screen, chat with participants, and integrate with Google Calendar.

[How To Use Zoom | Video Conferencing Tutorial for Beginners](#) ZOOM is free video-conferencing software that is simple to set up and easy to use for all skill levels. This software allows you to use your phone, tablet or computer to host or

join online video conferences. This video covers: How to use ZOOM, how to host a meeting, Video conferencing features, how to join a meeting.

[Facebook Messenger Video Call Tutorial](#) In this video, we show you the basic steps needed to start a video call using Facebook Messenger.

Facebook

[Facebook guide for beginners](#) New to Facebook? This presenter walks you through the basics and is geared to those below the age of 75: Joining Facebook & Privacy Settings, editing your profile, Finding & adding friends, Facebook pages, Your News Feed, Messages & Messenger, Facebook Groups: secret, closed & public, Using Facebook Search

[Facebook for Seniors, Grandparents & Boomers](#) This video takes a slightly different approach to learning Facebook and is designed for those over 75. It begins with a screen walkthrough of how to create a profile on Facebook. Use the times below to go straight to the questions:

- How do I post on Facebook?
 - When I write a name in a comment, what does it do?
 - What is social media?
 - My family says I need Facebook, what is that?
 - I just got an email, why do I need a Facebook?
 - Who can find me on Facebook?
 - Can everybody see everything I post on Facebook?
 - Can you get a computer virus from Facebook?
 - What are the ads and notifications on the right side of my Facebook page?

[Learn Facebook: Easy Video Tutorial For Seniors](#) Another introduction to Facebook and it focuses on how to upload pictures, tag people, add videos using cut and paste and how to connect with other Facebook users.

[10 Things You Should Never Share on Facebook](#) Posting too much information on Facebook might be unsafe for you and your family. Here're 10 things you should delete from your Facebook.

YouTube

[How to Create a YouTube Account](#) This video shows you how to set up a YouTube Account.

[How to Make Your First YouTube Video](#) Here's some advice on how to make sure your first video turns out great!

[12 Cool YouTube Tricks You Should Be Using](#) These are 12 useful YouTube tips and tricks that you should be using. Many of these cool YouTube tricks will give you more functionality and make your overall viewing experience better.

Instagram

[Instagram Tutorial 2020 - Beginner's Training Guide](#) This video will walk you through using Instagram, step by step. The presenter is fast, but all you have to do is stop, play the section again. This video starts with a new app download, new profile, exploring Instagram, following new people and posting your first photo or video.

Pinterest

[How To Use Pinterest For Beginners A 2018 Tutorial](#). Pinterest is a social media website that allows you to save websites, blogs, videos and any other content to boards by pinning pictures. This video will walk you step by step with Pinterest sign up, setting up Pinterest, how to create a Pinterest account, your account, and actually using Pinterest.

WhatsApp

[How to Use WhatsApp - 2020 Beginner's Guide](#) WhatsApp is own by Facebook along with Instagram. It's a messaging app similar to text messages on your phone. You can also make calls on the app and send and receive photos and videos.

Texting

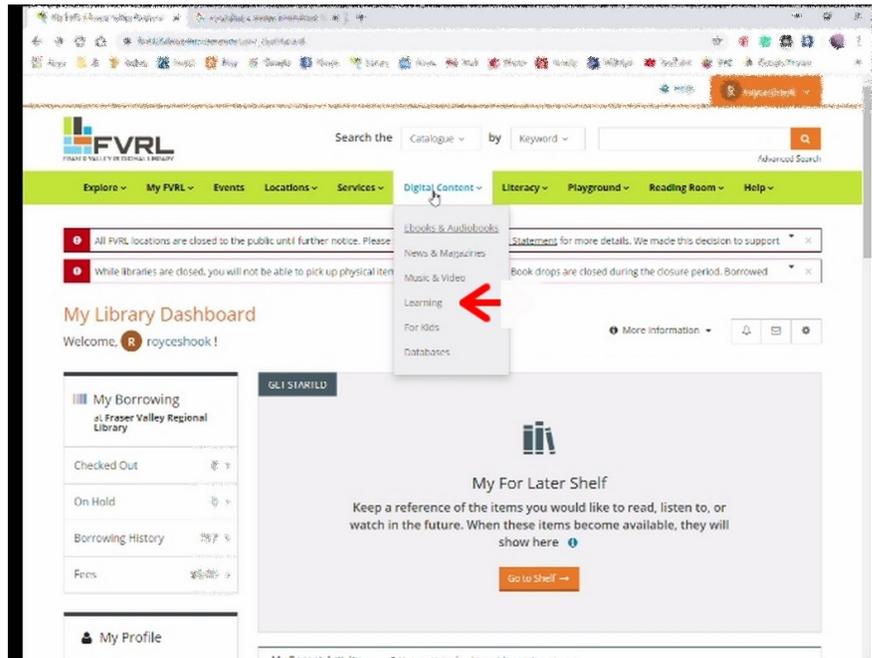
[Text and Email Emoticons Explained: What They Mean and How to Create Them on a Keyboard](#) This video introduces the emoticons and the emojis you may have seen in texts, emails, social media postings and ore and explains what they mean and how to create them on your keyboard.

A Senior's Guide to Stay Connected – Part 5

Connect to your Doctor using Video Conferencing and/or Virtual Clinics

In this time of social and physical isolation, we still need to see the doctor. One way to connect to your doctor is by a virtual appointment using video conferencing or

phone, from comfort of your home or work! is a list of some virtual clinics available to residents of BC. are a resident you are qualified for free telehealth (telemedicine) service no matter where live.



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[Virtual Clinics](#) The sites below give a number of options where seniors can connect with doctors and other health practitioners either by phone or by video chat.

[Babylon by Telus Health](#)

[TIA Health](#)

[Viva Care](#)

[Well.ca](#)

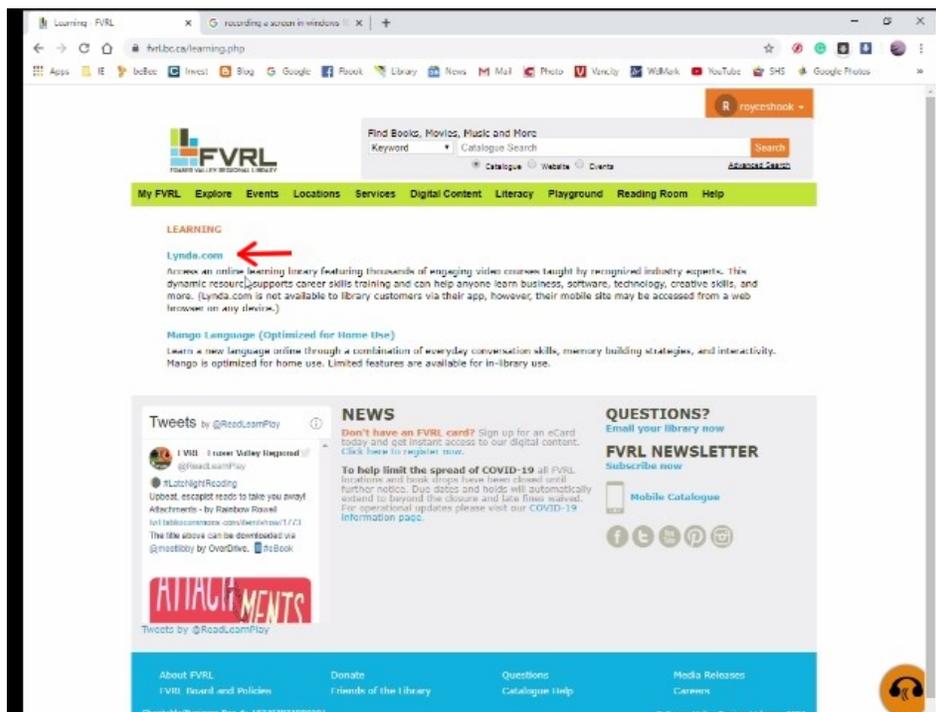
[Maple.ca](#) This is a fee for service and they charge for every visit on Maple unless you have a video visit in B.C.

Learning Facebook at the Library

You can learn Facebook through your public library. Below are some screen shots to take you to where you need to be to learn Facebook. Once you are logged into the library go to Digital Content and click on Learning.

Once you click on learning you will be taken to the following screen, once there click on Lynda.

You will be asked to log on again using your library number and your password.



When you are logged on click on getting started with Facebook and follow the video or read along with the transcript.

