

An illustration of a white laptop with a blue outline, positioned on the left side of the page. The laptop screen displays the text 'ATTENTION OLDER ADULTS: Want to become more Tech Savvy?'. To the right of the laptop is a large, stylized pencil with a blue outline and a white body, pointing downwards.

**ATTENTION  
OLDER ADULTS:**  
Want to become more  
**Tech Savvy?**

**HERE'S A QUICK GUIDE  
TO TRAINING  
RESOURCES THAT  
WILL GET YOU  
ZOOMING,  
PODCASTING AND  
TEXTING LIKE A TEEN!**

**SEMINARS, WEBINARS, STEP-BY-STEP  
ILLUSTRATIONS, VIDEO TUTORIALS AND MORE!**

# CHECK OUT THESE SITES AND GET SAVVY!

## SENIOR PLANET

<https://seniorplanet.org/coronavirus-2/>

Here you will find their video tech tutorials, resources and more!



## DOROTUSA

<https://www.dorotusa.org/tech-made-easy-seniors-new-instructional-guides>

These guides offer a step by step illustrated presentation of how to use many types of technology on your phone and computer.



## CYBERSENIORS

<https://cyberseniors.org>

Right on their homepage you will find technology help, resources and seminars/webinars. They even have a hotline 844-217-3057 that you can call.

