



Age Actions' **Getting Started KIT** supports older people to **keep in touch** with their loved ones during the Covid-19 pandemic. We all are feeling the effects of social distancing, and older people are particularly impacted being asked to cocoon at home. Now it is more important than ever to keep in touch with family and friends so Age Action drew on our Getting Started programme which offered face to face digital skills classes, to create easy How To Guides.

By signing up to become a **Digital Champion**, you can support an older person you know to ensure that they have the knowledge and skills they need to stay connected during this time. Here's what's involved:

- Step 1:** **Think of a person** you know that might benefit from these resources, it might be a family member, friend or neighbour. If you don't have anyone in mind to teach, here are a few groups you could reach out to in your own community to get connected: Your local family resource centre, your local Men's Shed, local charities, Neighbourhood Network groups, etc.
- Step 2:** **Download the resources** - see the list and a link below.
- Step 3:** **Pick up the phone** and give the person you have in mind a call and start working through the resources with them. Discuss with them if there's something in particular they need help with or work through each one of the guides below.
- Step 4:** **Check-in** to see how they're getting on after a few days and if there's anything additional they might need.

Here's a summary of what's included in the downloadable guides:

- How to... Set up an email account
- How to... Download applications
- How to... Make WhatsApp video calls
- How to... Navigate the internet
- How to... Use FaceTime

- How to... Use Zoom
- How to... Recognise mis-information about Covid-19

You can access all of the resources on [your ChangeX page here](#).