

Internet Use and Affordable Access

Using the internet has become increasingly important, but access remains limited for some and the variety of applications and options can be daunting. Still, there are many great reasons for seniors to use the internet:

- Communicating with friends and family which can help to eliminate isolation and reduce feelings of depression.
- Lifelong learning through online classes can keep your mind active, helping with memory retention.
- Staying Informed of current events and evolving news stories.
- Easily access social security benefits and online banking accounts.
- Participate in telehealth appointments, and more.

Many internet providers offer discounted rates. If you already have an internet provider, and wish to lower your rates, contact your provider's customer service, and ask about **discounts available to seniors**. If you do not currently have an internet provider, check out the affordable internet access options highlighted below.

For additional technology resources and online safety tips visit tallahasseeseniorfoundation.org/resources/ and check out the resource and information topics near the bottom of the page.

INTERNET TRAINING AND CLASSES

Tallahassee Senior Center

talgov.com/seniors

850-891-4008

The Senior Center provides a wide variety of technology training programs. These programs require registration, have reasonable fees, and include a **Basics and Beyond** class which focuses on mouse and keyboarding tips/shortcuts, improving typing and editing skills, cut and paste, introduction to word processing, accessing programs and internet navigation. **Virtual and Telephone assistance training options available.**

AARP TEK Workshops

AARPTek.org

202-434-3021

Available to everyone, TEK workshops are free technology learning events on tablets or smartphones and are offered in various cities throughout the U.S. **Virtual training options available.**

Older Adults Technology Services (OATS):

oats.org/

Senior Planet

seniorplanet.org

888-713-3495

From **AARP**, offering services including virtual training and programs that teach seniors how to use different technology, a platform for connecting with other seniors virtually as well as assistance finding discounted rates for computers, smart devices, and internet service. **Call the hotline above for more information.**

SeniorNet:

SeniorNet.org

239-275-2202

This organization offers a variety of basic online computer courses as well as instructor-led workshops at 36 learning centers throughout the United States. SeniorNet connects older adults with each other to share their wisdom and help each other with technology. Send an email to programs@seniornet.org and visit the website above or call for more information.

Senior's Guide to Computers

seniorsguidetocomputers.com/

The Senior's Guide to Computers uses examples, pictures, and videos to explain the basics of internet use, computer security, backing up data, setting up a computer for the visually or hearing impaired, and more.

TIPS FOR INTERNET USE

Connect Safely, The Senior's Guide to Online Safety

connectsafely.org/wp-content/uploads/2018/06/Seniors-Guide-to-Online-Safety.pdf

AARP, Strategies for Staying Safe and Secure Online

aarp.org/home-family/personal-technology/info-2019/privacy-for-seniors.html

National Cyber Security Alliance, Privacy Tips for Older Adults

staysafeonline.org/stay-safe-online/managing-your-privacy/privacy-tips-older-adults/

AFFORDABLE INTERNET ACCESS

EveryoneOn

everyoneon.org/

EveryoneOn is a nonprofit dedicated to creating social and economic opportunity by connecting low-income families to affordable internet service and computers and delivering digital skills trainings.

Lifeline

lifelinesupport.org/

888-225-5322

Lifeline is a government subsidy program that connects low-income families with discounts through many major internet providers. Visit lifelinesupport.org/do-i-qualify/ to find out if you qualify for the program.

Emergency Broadband Benefit

getemergencybroadband.org/

888-225-5322

The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

Comcast Internet Essentials

internetessentials.com/

888-266-2278

The Internet Essentials program from Comcast allows qualifying customers to purchase an affordable 15 Mbps plan at just \$9.95 per month. The service also includes free in-home WiFi and is available without a credit check. Subsidized computer purchases are also available. Visit the website above to find out if you qualify.

Access from AT&T

att.com/internet/access/

800-288-2020

Access from AT&T provides low-cost internet services for eligible households. Visit the website above for more information and eligibility requirements.

Spectrum Internet Assist

spectrum.net/support/internet/spectrum-internet-assist/

855-542-6651

The Spectrum Internet Assist program provides high-speed internet access for low-income families who qualify. Eligible households can receive discounted 30 Mbps high-speed internet, along with Security Suite and an internet modem, at no additional charge. Visit the website above to find out if you qualify.

PCs For People

pcsforpeople.org/

Individuals and families that meet the eligibility requirements can receive a computer, computer repair, internet service and learning resources. Visit the website above for more information.