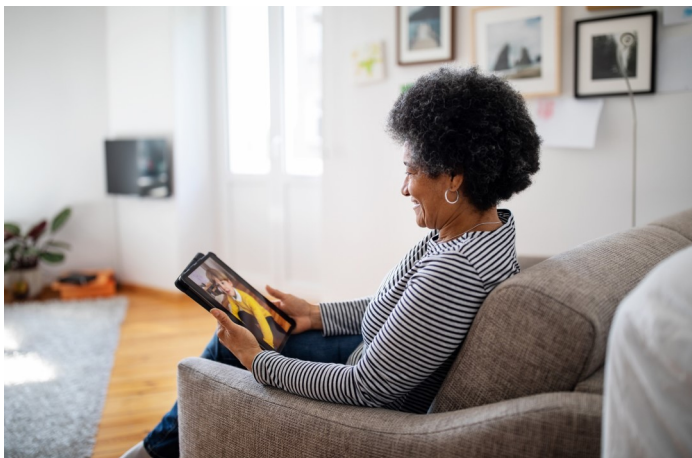


USC Verdugo Hills Hospital

Keck Medicine of USC



TECHNOLOGY

A growing part of society that can support our independence, health, and safety.

The use of technology has significantly helped us to stay connected with our friends, family, and medical providers. Video chatting apps and free services like FaceTime, Skype and Zoom are easy ways to check-in on friends and family. Tablets and computers offer the ability for seeing your medical providers through telehealth appointments. Medical alert and tracking devices can keep us safe and independent.

As the field continues to grow, we encourage you to explore and learn about ways that it can enhance your life. Your local library and online resources may offer free to low-cost technology classes that can help build your skills and confidence.

The [USC VHH Community Resource Center for Aging](#) can help with referrals, contact us at **818-949-4033** or aging-resources@med.usc.edu. To learn more, visit: uscvh.org

GETTING STARTED

We are all going at our own pace when it comes to technology. There are resources for hands-on support as you get started or begin to learn more.

Glendale Central Library

Offers Introductory level computer class in English for students who already have a basic competency. Desktop computers are available on a first-come-first serve basis and can be used for an initial 120-minute session. To use the library's free wireless access (Wi-Fi), bring your computer or mobile device. Be aware that the library's wireless network is not secure and others may be able to capture information sent from and to your laptop or device. (818) 548-6450 | eglendalelac.org

GetSetup

Senior to senior interactive education platform that offers classes and social opportunities. Classes range in topics from smartphone tutorials, tips on using Uber/Lyft, and fun activities. (888) 559-1614 | getsetup.io

Los Angeles County Public Library

Offers an array of free online learning from learning basic computer skills to learning another language. All you need is a library card and internet connection. lacountylibrary.org/learn/

Senior Planet (AARP)

Senior planet is a technology helpline that hosts free online classes and provides individual support for any technology questions. The helpline is available Monday – Friday from 6am – 5pm. (888) 713-3495 | seniorplanet.org

DEVICES

Telephone, Computers, and Tablets

Access to Technology (ATT)

Provides older adults and adults living with disabilities by providing access to digital connectivity. Participants can receive a tablet; must be 60+ or 18+ with a disability, live in LA county, not own a tablet/laptop, must have internet access.

(833) 823-1863 | <https://att.ad.lacounty.gov/>

California Connect

California Connect provides communications equipment (phones and accessories for mobile phones) and services to persons with disabilities.

(800) 806-1191 | caconnect.org

GrandPad

GrandPad is a tablet that offers phone services, data plans, and customer care. The tablet uses a simple software to make connections to video calls, phone calls, emergency calls, and entertainment easier. Purchase and subscription to services available.

(800) 704-9412 | grandpad.net

Human-I-T

Connects low income individuals and nonprofits to technology (computers, tablets, hotspots, etc.), internet, and digital training. Products range in prices.

(888) 391-7249 | store.human-i-t.org

MEDICAL ALERT DEVICES

Aloe Care Medical Alert System

Voice-activated access to 24/7 professional emergency response and built-in motion, temperature and air quality sensors, and wearable care button. The cost varies with service level—starts at \$39.99/mo.

(844) 741-0826 | aloecare.com

Life Alert

Life Alert is a 24/7 alert system for help. The wearable system is waterproof to wear in shower.

The cost varies from \$49.95 - \$198.

(800) 360-0329 | lifealert.com

Philips Lifeline

This system is connected to friends and family and emergency responders for 24/7 support. Activation fee and monthly costs.

(855) 681-5351 | lifeline.com

TRACKING DEVICES

A simple tracking device can help persons with dementia to continue enjoying their independence.

LA Found

FREE tracking bracelet for those LA County residents living with dementia, Alzheimer's, Autism and other cognitive impairments. Apply online:

ad.lacounty.gov/lafound

(800) 510-2020

GPS Smart Sole

Shoe insert provides discreet wearable tracking solutions. Different shoe sizes available. Service plans starts at \$29.95.

gpssmartsole.com

NOTE: This does not constitute a recommendation or endorsement of these agencies, but can be utilized as a convenience in locating services to meet specific needs that an individual or family member may have.