

Resources: Silver Surfers in Cyberspace: Technology Training for Seniors

This list is in no way presented as complete or exhaustive; in fact there are thousands of websites that can provide you with information for course development, tutorials to use in class and inspiration to keep you going. A simple web search will provide you with ample resources to begin and develop training.

The City of Seattle's Department of Information Technology has developed training programs for seniors in Seattle <http://www.cityofseattle.net/tech/seniors/>

This is an excellent site dealing with Seniors and technology. A pioneer in this area, Seniornet has evolved into a major national resource.

<http://www.seniornet.org>

Public Libraries and Baby Boomers is a statewide initiative launched by the California State Library in 2007. It has also now become a national model for inspiring library innovation in serving and engaging the growing population of midlife adults, ages 50

<http://transforminglifeafter50.org/about>

A non-profit organization devoted to training seniors, this site provides ideas for developing your own training programs <http://www.senior-surf.org/home/index.php>

A site that provides many excellent resources for senior citizens

<http://seniorjournal.com/seniorlinks.htm>

This is a study conducted by the Department of Computer Science at the University of Victoria, BC, Canada. It gives an excellent over-view of a program developed for seniors.

<http://www.cs.washington.edu/homes/sorosh/papers/InternetCourse.pdf>

Great tips for teaching computers by an Assistant Professor of Computer Information Systems at the University of Maine

<http://cisx2.uma.maine.edu/Tips.htm>

This is the link to the Ingleside Library that will provide some tutorials and handouts. Please feel free to use these. Scroll down to the bottom of the page.

<http://www.inglesidetx.gov/ComputerTrainingClasses.cfm>

This is a very short list of tips you could use when teaching anyone new computer skills. http://www.computershya.com/teach_seniors_computers.html

Sites for tutorials you can use to develop curriculum:

<http://www.comptechdoc.org/basic/basiclut/>

<http://www.baycongroup.com/tutorials.htm>

<http://www.bcot1.com/>

<http://tech.tln.lib.mi.us/tutor/>

http://www.umuc.edu/distance/odell/ctla/basic_skills/basic_skills.shtml

<http://www.gcflearnfree.org/computer/>

Mouse and keyboard tutorials. There are thousands of sites for mouse and keyboarding skills development here are a few we've used.

<http://www.ckls.org/~crippel/computerlab/tutorials/mouse/page1.html>

<http://www.seniornet.org/howto/mouseexercises/mousepractice.html>

<http://www.pbclibrary.org/mousing/intro.htm>

<http://winbeginners.com/mousing/mousepractice.html>

<http://www.bbc.co.uk/schools/typing/>

<http://www.nimblefingers.com/>

<http://www.freetypinggame.net/play.asp>

Open Source Software for preparing tutorials:

PowerPoint included in the MS Office suite

Impress part of the OpenOffice suite

Camtasia is an open source software that records you screen and your voice. A download is available here: http://download.cnet.com/Camtasia-Studio/3000-13633_4-10665109.html

[YouTube](#) is an excellent source for locating tutorials

Books:

1. Easy Computing for Seniors (tm): A Step-by-Step Handbook From Startup to Shutdown, by Frank K. Wood
2. It's Never Too Late to Love a Computer: The Fearless Guide for Seniors by Abigail Stokes
3. Internet and E-mail for Seniors with Windows XP: For Senior Citizens Who Want to Start Using the Internet (Computer Books for Seniors series) by Addo Stuur
4. MS Word 2003 for Seniors: Getting Familiar with Word Processing (Computer Books for Seniors series) by Addo Stuur
5. Computers For Seniors For Dummies (For Dummies (Computer/Tech)) [Paperback] by Nancy C. Muir
6. Computer Help for Seniors in Easy Steps by Stuart Yarnold
7. Facebook and Twitter For Seniors For Dummies (For Dummies (Computer/Tech)) by Marsha Collier
8. Macs For Seniors For Dummies by Mark L. Chambers
9. Windows 7 For Seniors For Dummies by Mark Justice Hinton
10. Picasa for Seniors: Get Acquainted with Picasa: Free, Easy-to-Use Photo Editing Software (Computer Books for Seniors series) by Studio Visual Steps

- 11.**Laptops for the Older and Wiser: Get Up and Running on Your Laptop Computer (The Third Age Trust (U3A)/Older & Wiser) by Bud Smith
- 12.** Photos, Video and Music for Seniors with Windows Vista: Learn How to Use the Windows Vista Tools for Digital Photos, Home Videos, Music and Entertainment (Computer Books for Seniors series) by Addo Stuur
- 13.**Buying a Computer for Seniors: For the Over 50s (In Easy Steps) by Holland, Karen