

BRINGING THE WORLD HOME

By Claudia Sondersorge Trejos

When you talk to many older adults one of their biggest complaints is that they cannot do what they used to. While the interest is there, oft times the energy and will to go out is too much of a deterrent.

Understanding that limitation of aging many services are now brought to the homes of seniors. One of the most sought after and useful services is learning how to use and enjoy computers. However, since elders also look upon change with suspicion, it is a frequently relied upon excuse in not trying to master the newest and most extensive form of communication available in today's world.

Working in an assisted living facility, Claudia Sondersorge Trejos recognized the need to address "computer phobia". Accordingly, she created a program to teach seniors computer literacy at home at a marginal cost. Claudia noted, " I realized that there is a need for person-to-person communication to

teach seniors how to use a computer, even if it is just the basics. Once a client understands what a computer can do for him/her he/she is amazed. "It opens up the world to people who are limited in their ability to go out and do things."

When asked what she meant by "opening the world" to seniors, the teacher replied that older adults grow intellectually because they can go online and find out anything they wish to know on the Internet. She stated that learning about the world is what life is all about and that computers bring the world's largest library right into the home of people who are willing to try something new. "My clients work at their own pace, at their own time and on their own computer. My approach is to check my clients home, see their computer (if they own one) and software programs and show them what is available to meet their needs."

Emphasizing that her goal is to teach seniors whatever they wish to

know so that they can do everything themselves, Claudia observed that she writes down instructions so that her clients become more independent, it enhances their dignity and enjoy personal choice. In short, her mission is to encourage the people she works with to enjoy their favorite leisurely pursuits in their own homes while learning the basics about their computers.

Some of the topics available to seniors on the internet include health, investments, tutorials, financial resources, travelling information, games shopping, educational sites, consumer protection, free services, art, entertainment, recreational sites, and much more. Do your banking, pay your utilities, and order supplies and postal needs all online etc... This saves you time, costs and needless trips.

Finally, e-mail allows senior's to stay in constant contact with their families and friends and includes the ability to send photographs of their grandchildren at will. That alone is reason enough to give Claudia a call. She can be reached at 293-0920.