Using Technology to Help Connect With Others and to Help With Memory - 2010

by Donald Tillman
Computer Consultant / Safe Data Destruction
www.safeDATAdestruction.com

Social Networking

Getting Connected

- What is broadband?
  - Anything that is faster than dial-up!
- Library - Computers with broadband
- Personal: Broadband (DSL, Cable, 3G or 4G, WiFi, MiFi), FIOS Fiber
- Web Browsers

Web Browsers

- *Internet Exporer
- *Firefox
- Chrome (Google) - very secure
- *Safari (Apple)
- Opera
- SeaMonkey - offshoot of Firefox, useful for some sites

Getting Started

- Get a e-mail/webmail account - free
  - GMAIL
  - Hotmail
  - AOL
  - Yahoo
  - Others - free and not free
    - “Not free” benefits - very large e-mail boxes

Getting Started

- Get a e-mail/webmail account - free
  - Why is this important??
  - To get onto nearly anywhere on the web, wether it's Facebook, MySpace, blogging etc. you MUST have an e-mail address.
  - Generally a good idea to have e-mail address and to check on it frequently.

Getting Started

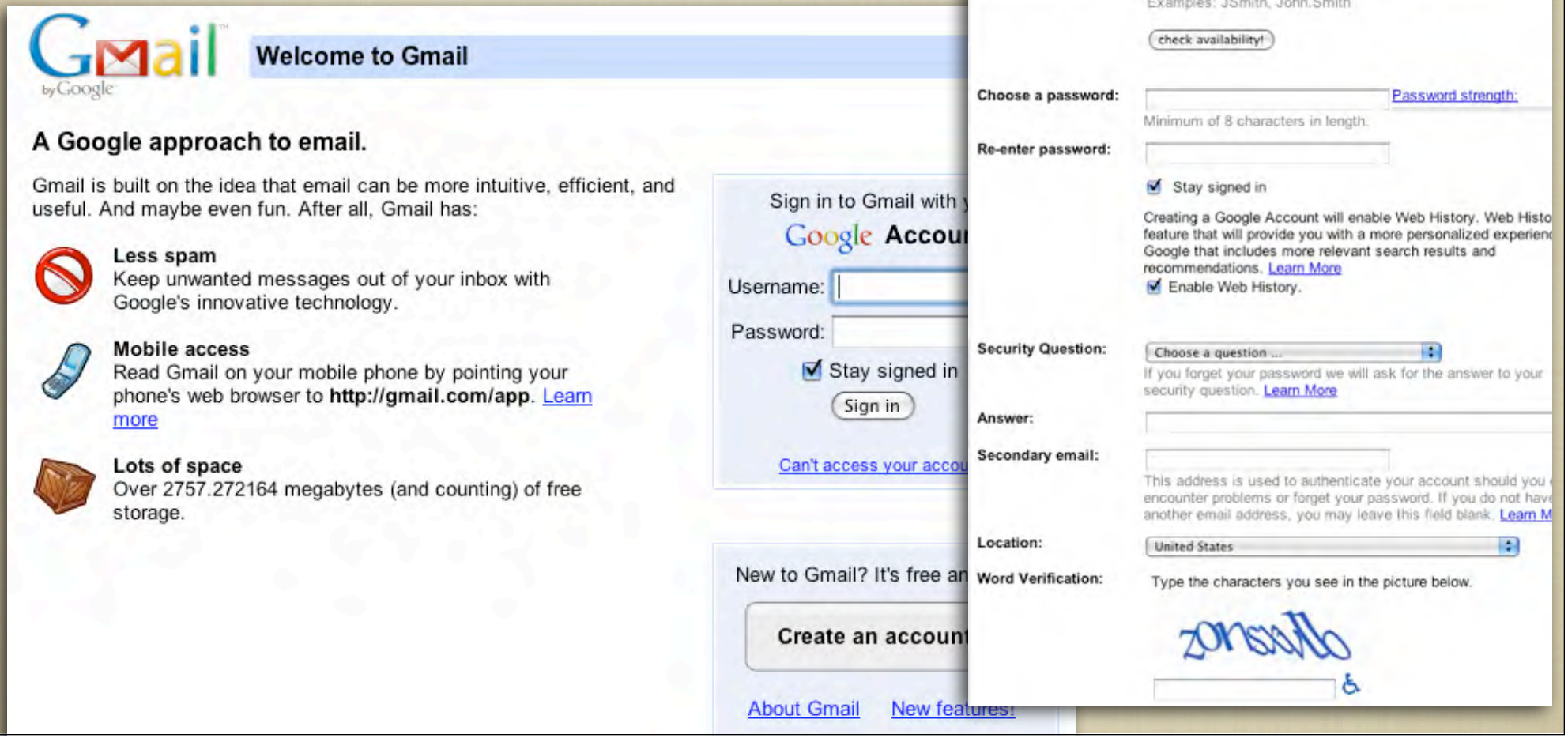
- E-mail names
  - Typically a service will choose a very annoying e-mail address for you. There are some great strategies to help you and your e-mailing friends...
  - Ideally you want an easy one not just for you but for others. As an example don34323-432@hotmail.com would be quite useless to other people: No one would remember it or want to type it. don-the-tall-geek@gmail.com may be more useful and certainly more memorable by others and for yourself.

Getting Started

- E-mail names
  - You may also want more anonymity with your e-mail address. Sometimes by using your first name you may give away your gender or age, which could prove to be annoying with some other people on the net.
  - So the address miwallace@aol.com would be a safe name since it only gives out your last name. Or you could be even more anonymous with smilesandwinks@gmail.com.
  - You may want to consider an e-mail address that may also be functional for professional purposes.

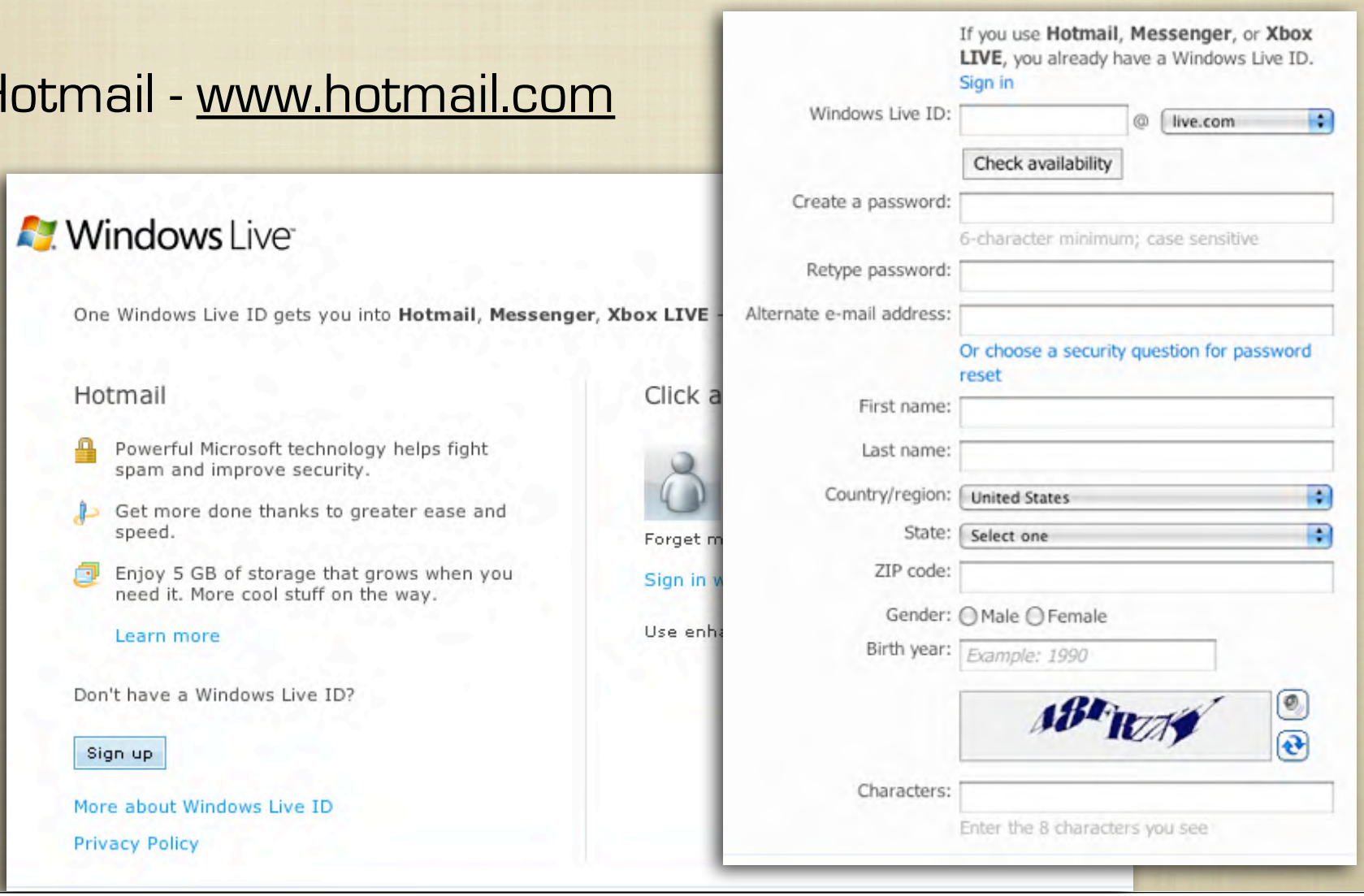
Email accounts

- Get a e-mail/webmail account - free
  - GMAIL - www.gmail.com



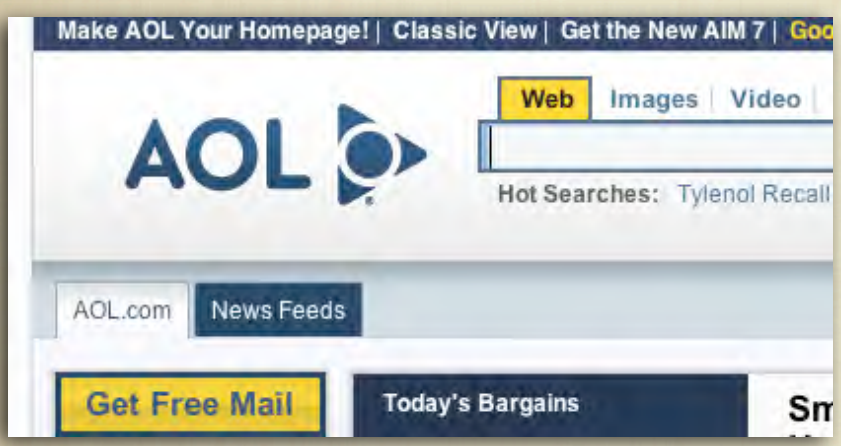
Email accounts

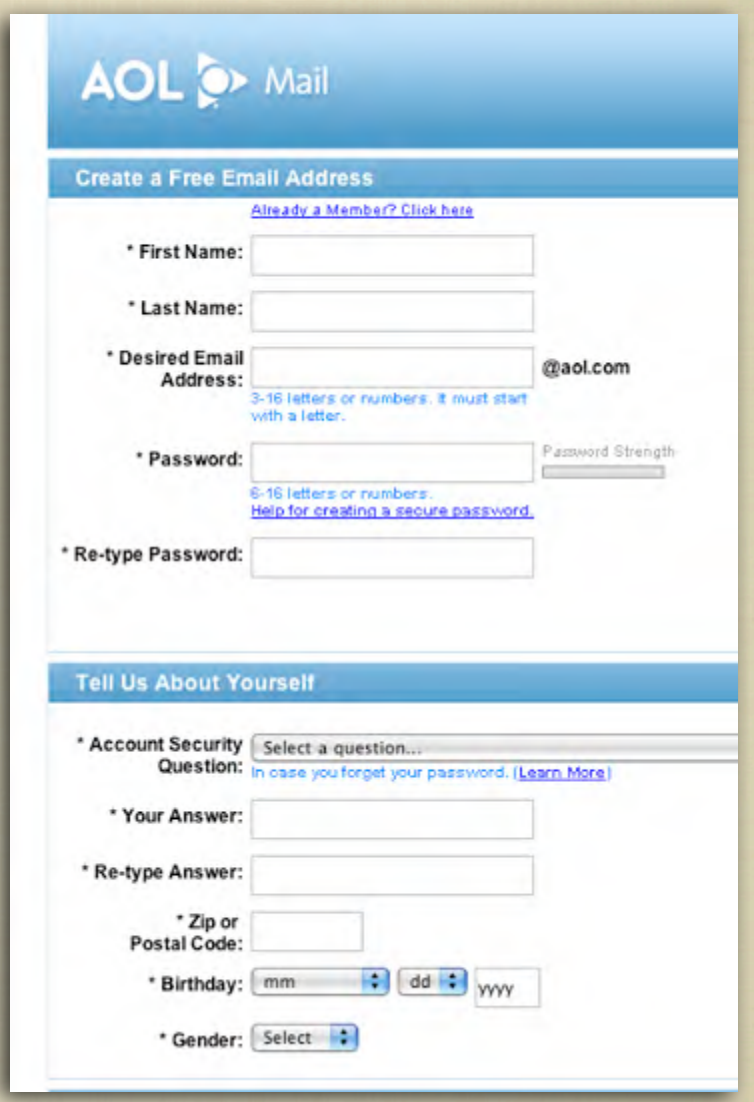
- Get a e-mail/webmail account - free
  - Hotmail - www.hotmail.com



Email accounts

- Get a e-mail/webmail account - free
  - AOL - www.aol.com





Email accounts

- With broadband
  - Typically you get e-mail accounts with your broadband service, but they are “attached” to your broadband provider. This means that if you needed or wanted to change providers, your e-mail address bites the dust… Thus why it is more practical to use the free e-mail addresses.
- Professionals may want their own domain names and larger e-mail boxes. As an example sam-t-nobody@biaoh.org has it’s own domain of biaoh.org. This you do have to pay for. Ask me for details if you wish.

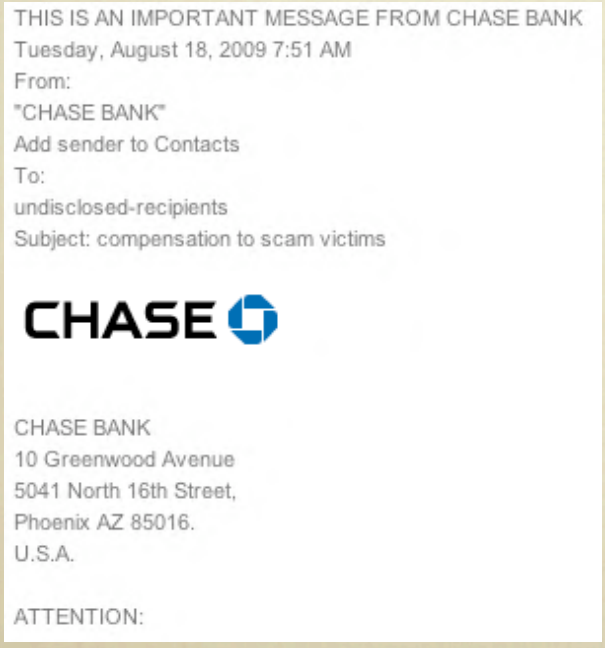
Protecting Your Identity

- Do not give out your personal information unless you are POSITIVE the receiving party is a family member or a professional who cares for you and that you trust them:

- Don't share your:
  - Your birthdate
  - Social Security Number
  - Phone numbers
  - e-mail address

Protecting Your Money

- Be careful with:
  - Bank Account number(s)
  - There are a TON of scams
  - They are dying to get a hold of your information and use it against you.

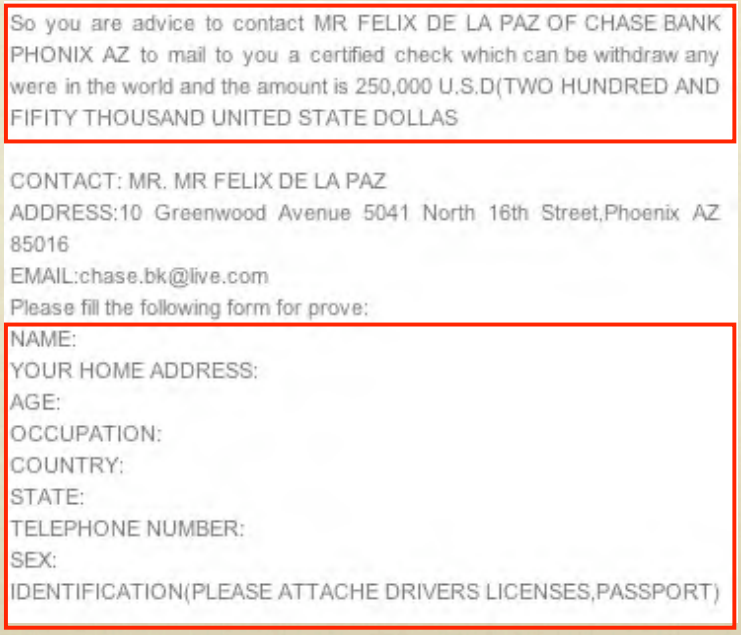


THIS IS AN IMPORTANT MESSAGE FROM CHASE BANK
Tuesday, August 18, 2009 7:51 AM
From:
"CHASE BANK"
Add sender to Contacts
To:
undisclosed-recipients
Subject: compensation to scam victims

CHASE

CHASE BANK
10 Greenwood Avenue
5041 North 16th Street,
Phoenix AZ 85016.
U.S.A.

ATTENTION:



So you are advice to contact MR FELIX DE LA PAZ OF CHASE BANK PHONIX AZ to mail to you a certified check which can be withdraw any were in the world and the amount is 250,000 U.S.D(TWO HUNDRED AND FIFITY THOUSAND UNITED STATE DOLLAS

CONTACT: MR. MR FELIX DE LA PAZ
ADDRESS:10 Greenwood Avenue 5041 North 16th Street,Phoenix AZ 85016
EMAIL:chase.bk@live.com
Please fill the following form for prove:

NAME:
YOUR HOME ADDRESS:
AGE:
OCCUPATION:
COUNTRY:
STATE:
TELEPHONE NUMBER:
SEX:
IDENTIFICATION(PLEASE ATTACHE DRIVERS LICENSES,PASSPORT)

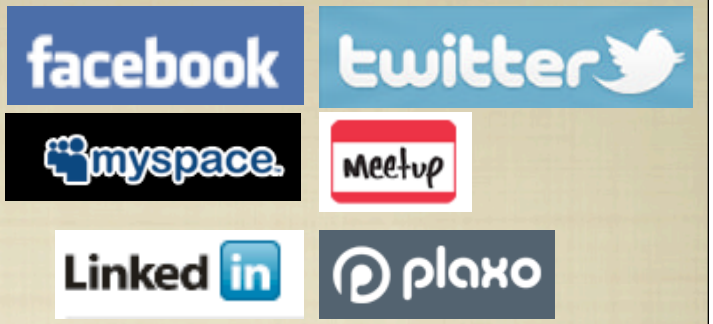
Social Norms

- Over communicating
  - Sharing too much information about yourself or others
  - Sharing too much PERSONAL information
- Good practices with communicating on-line
  - Only say things that you would say to someone in person
  - The on-line tendency is for some people to say very cruel things and we can **CHOOSE to be better than that.**
  - Watch our for slander..
  - Be careful with what you advertise about yourself such as “I am alone” or “I live by myself” or “on vacation.”

Social Norms

- For Facebook, MySpace, Twitter
  - Be selective with who you “add” : When you “add” a friend to your account they can contact you through Facebook etc. There will be MANY opportunities to add, that said not all of them are ones that you really want. Facebook makes suggestions that are typically useful as “adds” for friends, but other suggestions may not be or could be harmful.
  - Others may want you to “add them” for other purposes such as advertising or worse.
  - You can always choose to “de-friend” someone.

What is the point?



- Facebook, MySpace, Twitter
  - For many it is a convenient way for people to connect and find each other, such as high school or college friends or co-workers etc.
  - You can send messages to each other without giving your e-mail address, keeping the noise in your life compartmentalized.
  - Easily update your friends on what you are thinking about or what you are doing or what you have accomplished. This can lead to many conversations good and bad.

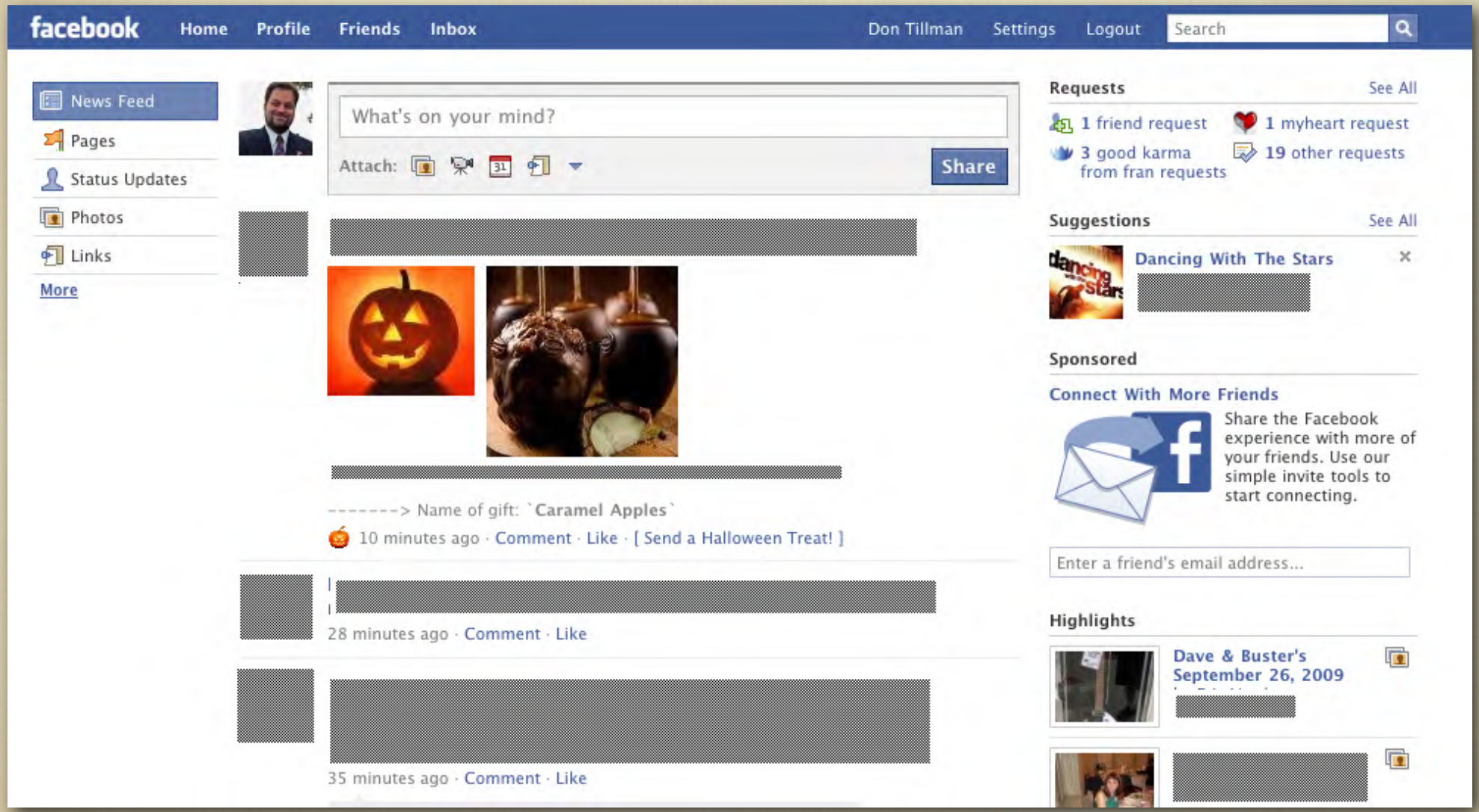
What is point of...

- Facebook, MySpace, Twitter, Meetup
  - A place to talk about ideas and opinions. That said it is good to consider the norms we have already covered. It's nice to make these virtual places friendly.
  - The ability to network locally
  - The ability to bring families together
  - Advertising (your company) or absorbing advertising
  - Cons: Many have become addicts of these forums
  - Cons: Since this is a virtual world, you can still walk away feeling empty and lonely. The only fix for that is to socialize face to face. Meetup and **BIAOH** meetings can help with this.

Facebook- www.facebook.com

Facebook- www.facebook.com

- Only your "friends" can see your home page.



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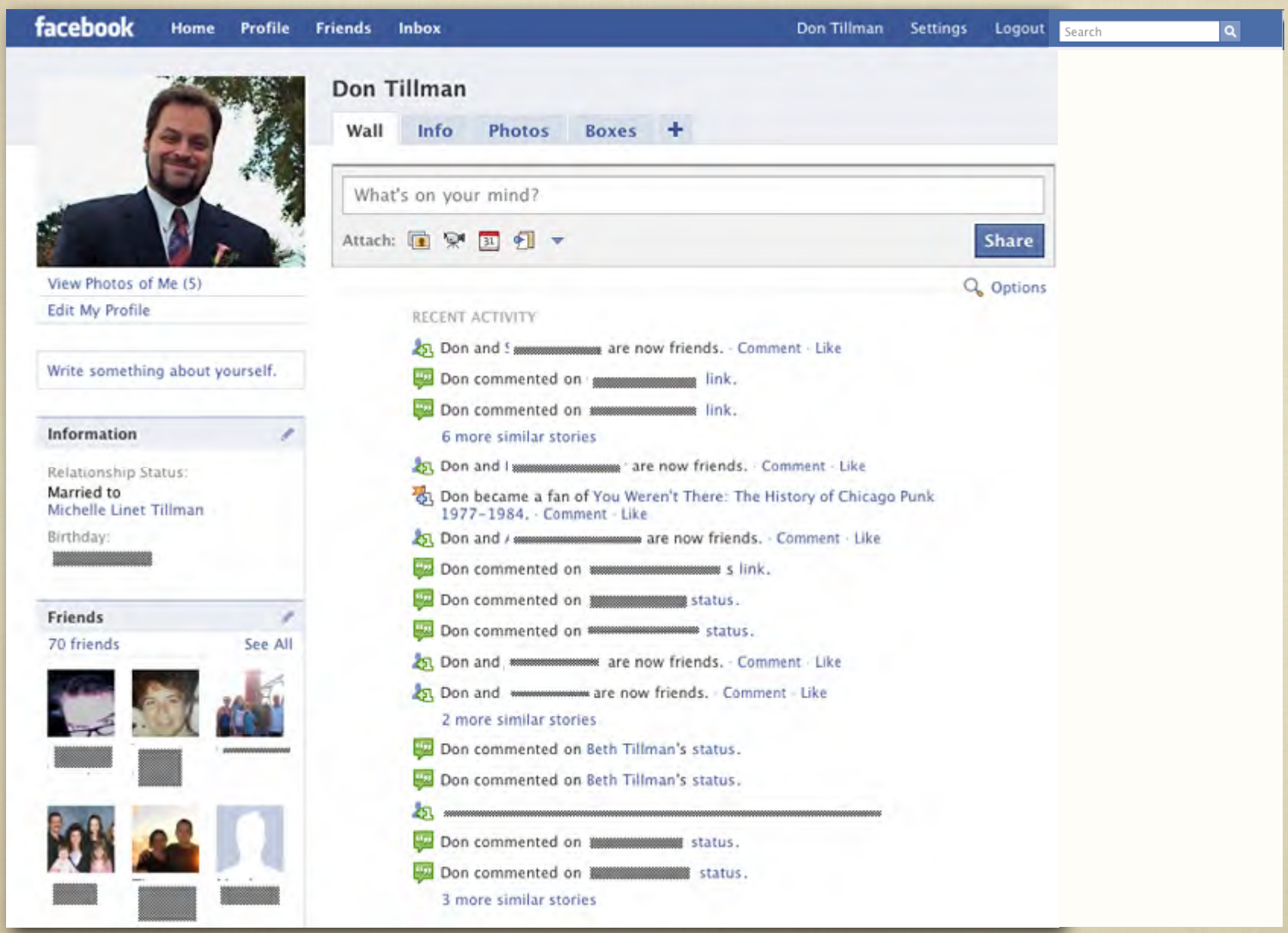

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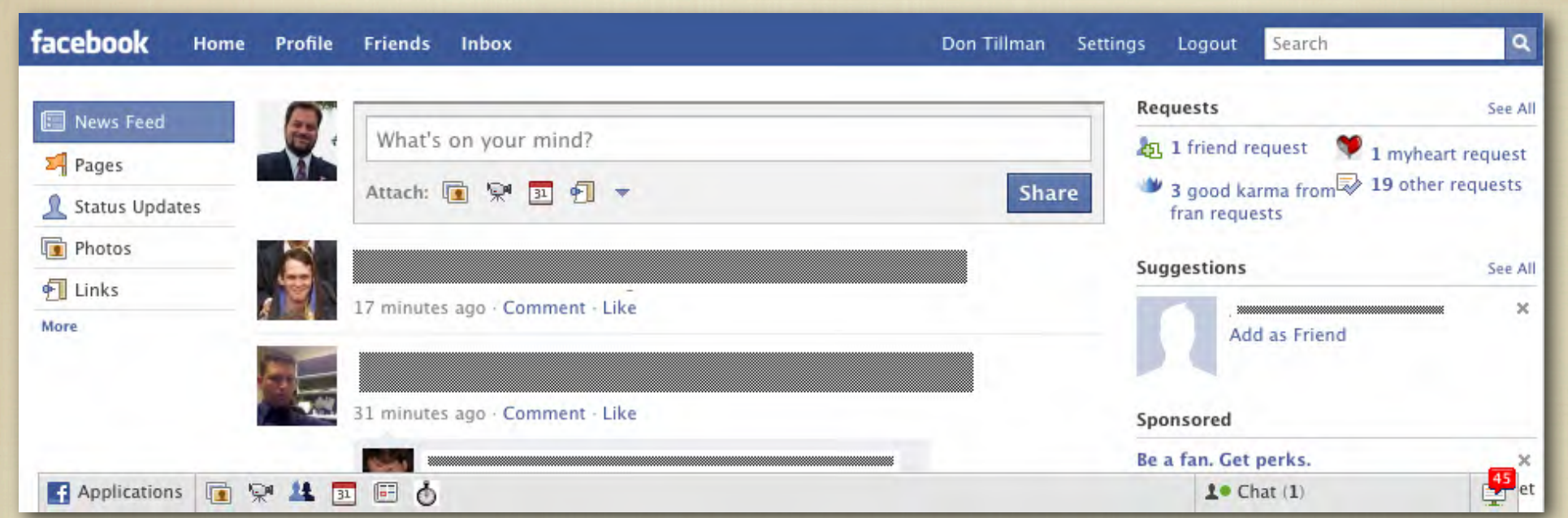
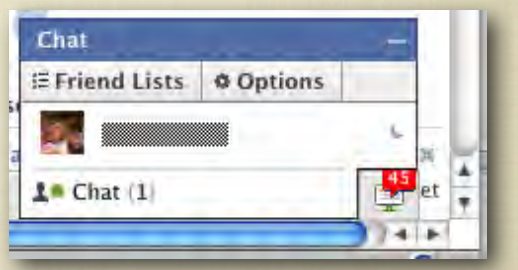
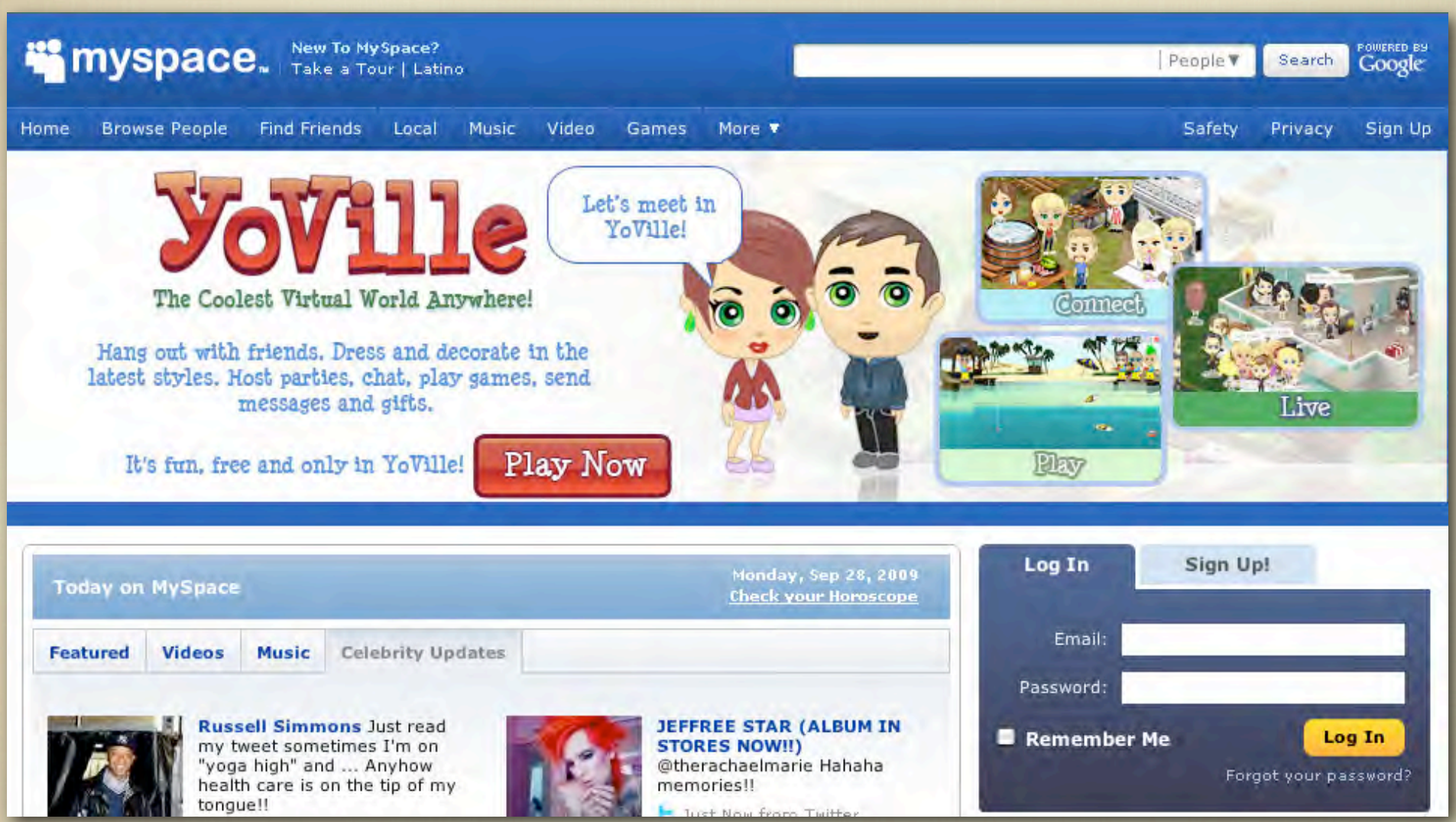




MySpace-www.myspace.com



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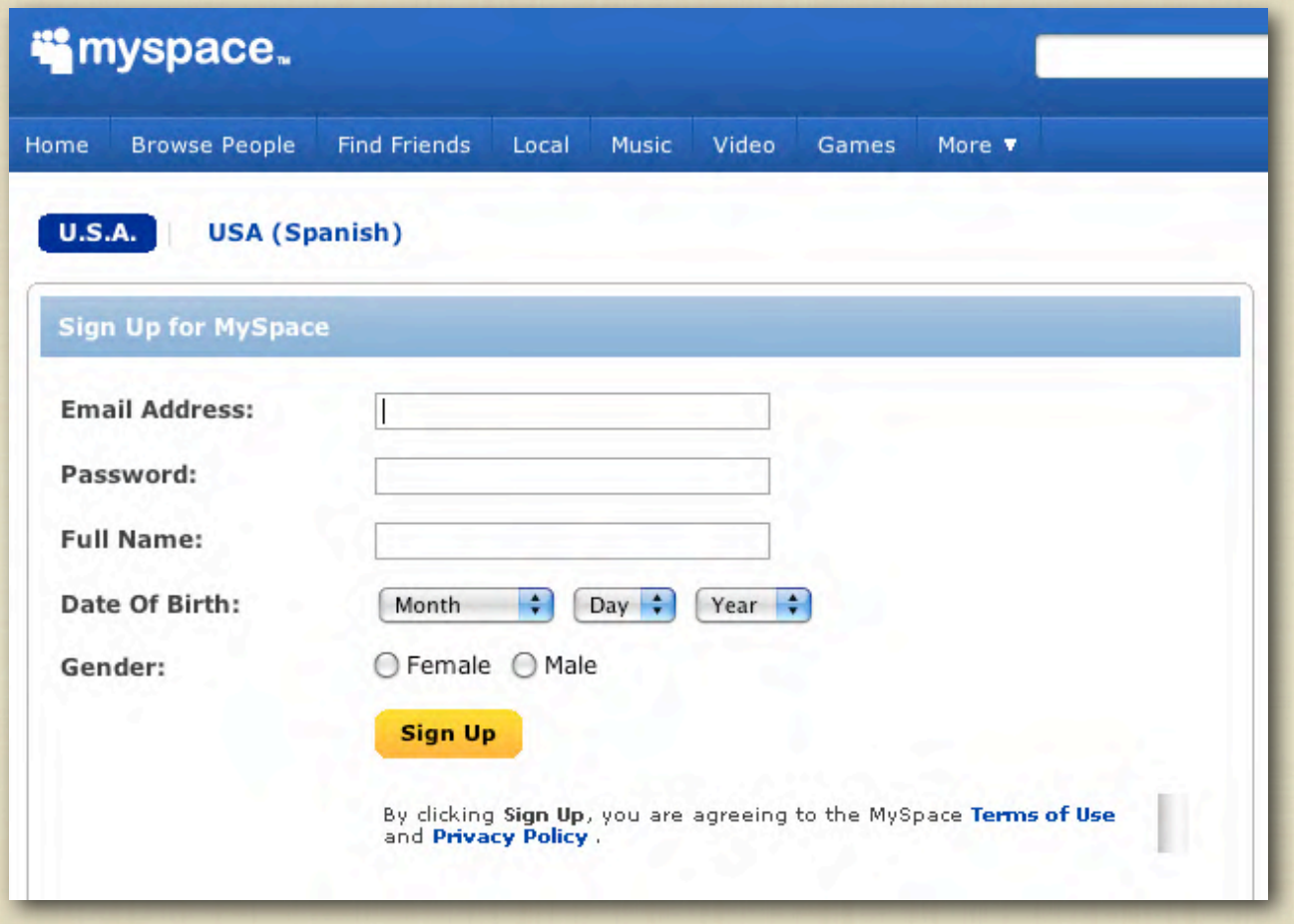

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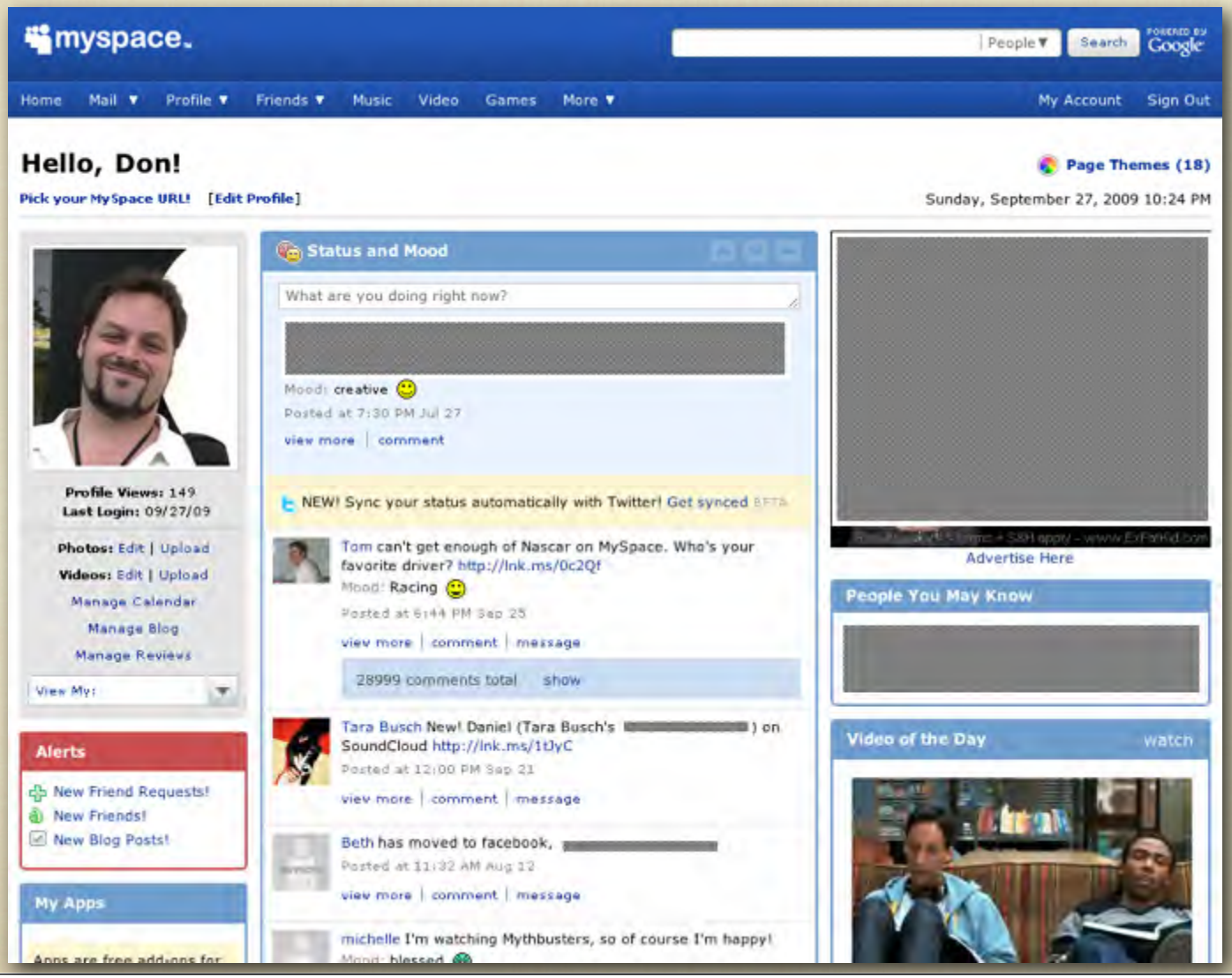
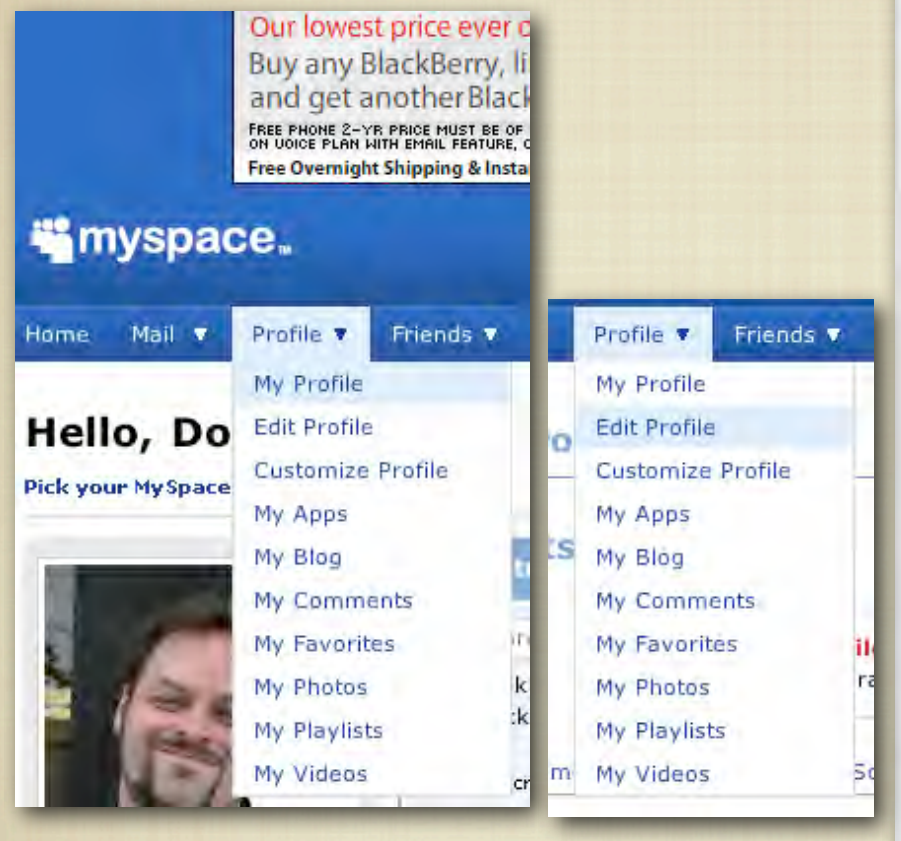


MySpace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ON VOICE PLAN WITH EMAIL FEATURE,
Free Overnight Shipping & Insta
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Customize Profile
My Apps
My Blog
My Comments
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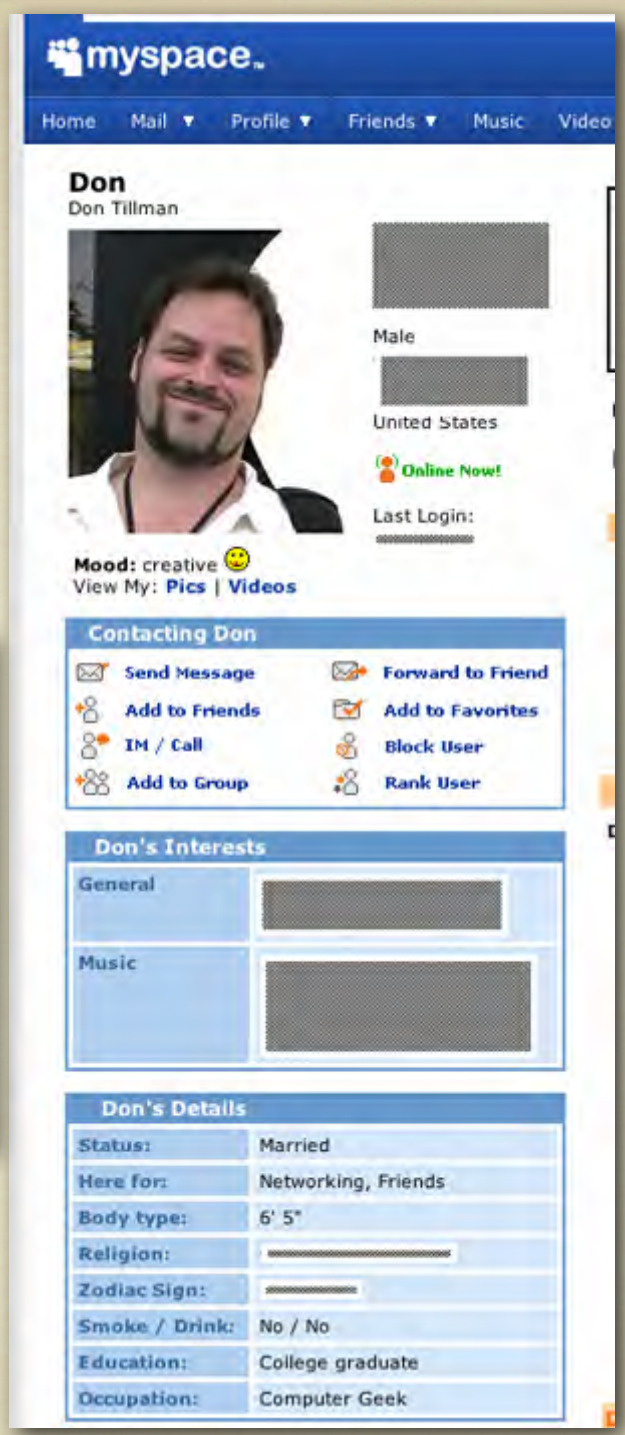
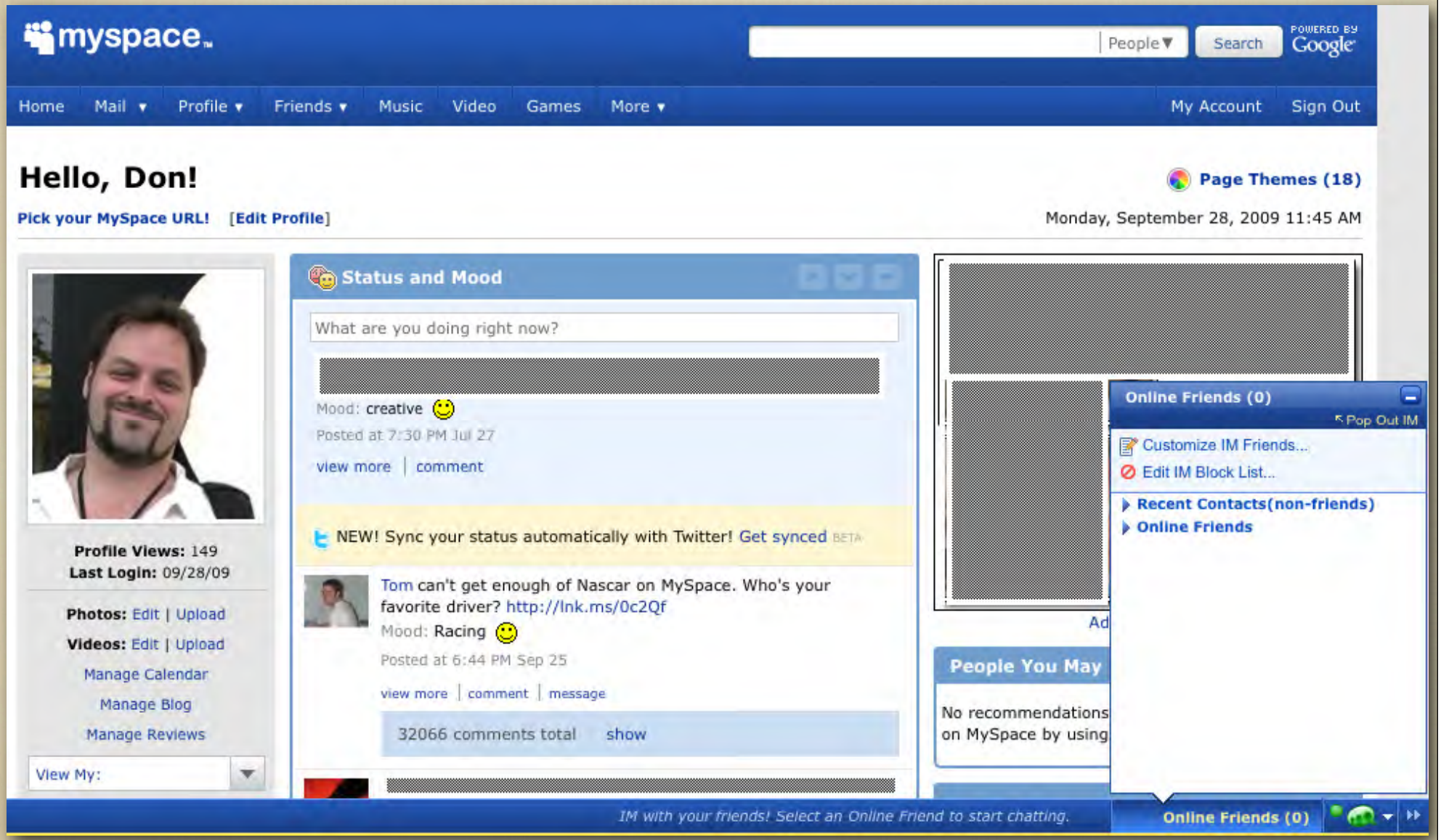
My Photos
My Playlists
My Videos
Hello, Do
Pick your MySpace


myspace
Home
Mail
Profile
Friends
Music
Video
Don
Don Tillman
Male
United States
Online Now!
Last Login:
Mood: creative
View My: Pics | Videos
Contacting Don
Send Message
Forward to Friend
Add to Friends
Add to Favorites
IM / Call
Block User
Add to Group
Rank User
Don's Interests
General
Music
Don's Details
Status: Married
Here for: Networking, Friends
Body type: 6' 5"
Religion:
Zodiac Sign:
Smoke / Drink: No / No
Education: College graduate
Occupation: Computer Geek

MySpace-www.myspace.com



Twitter-www.twitter.com

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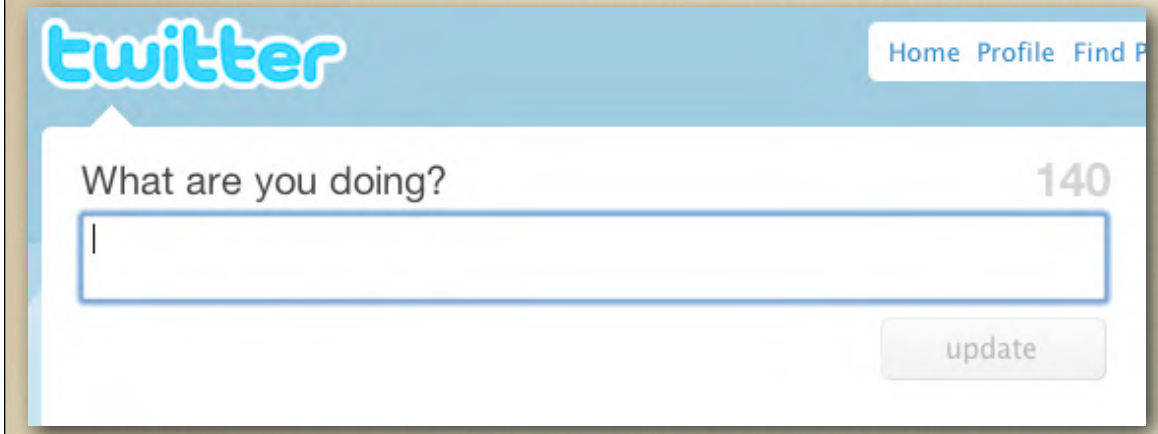


So how does it work?

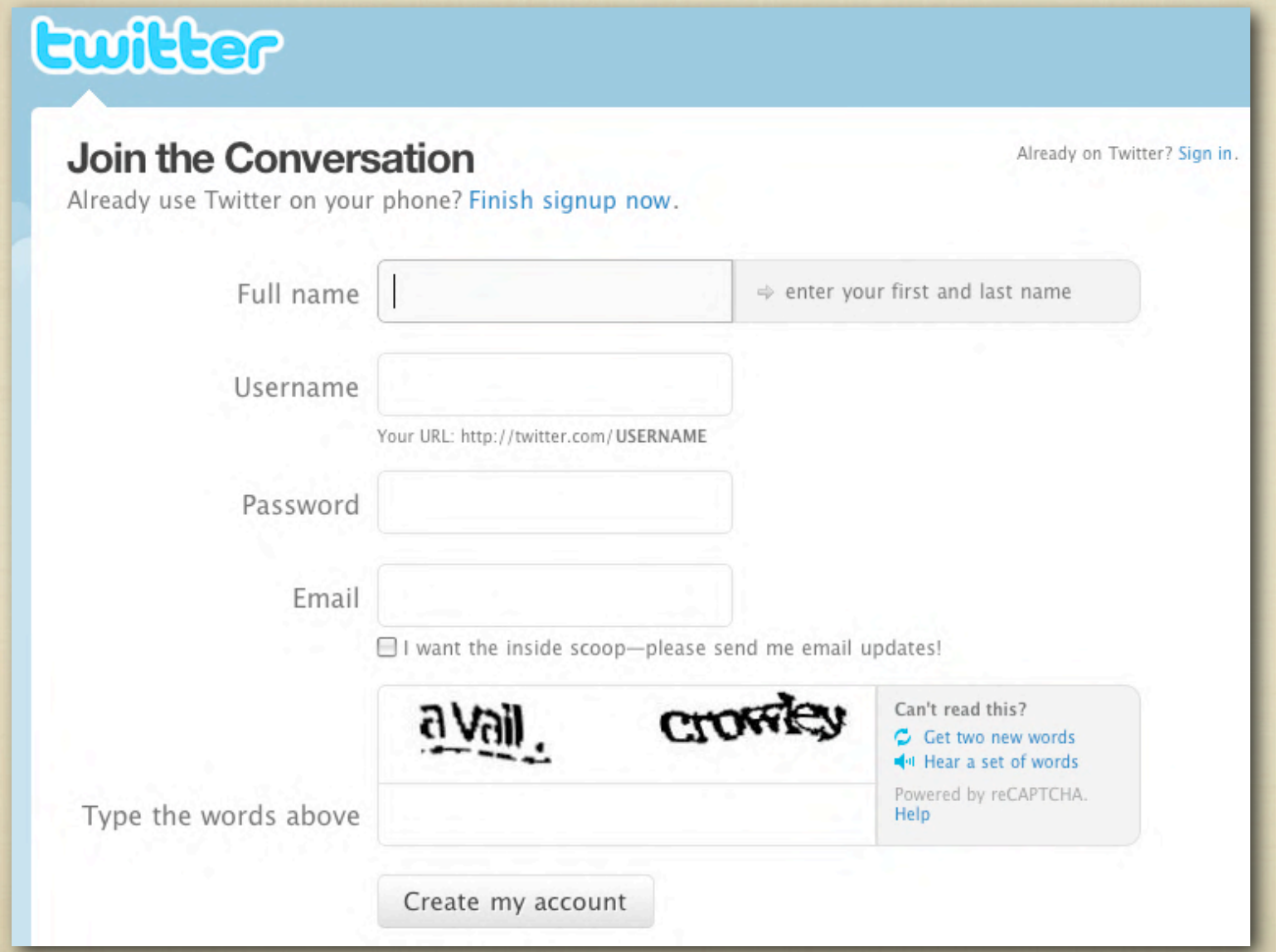
Twitter lets you write and read messages of up to 140 characters, or the very length of this sentence, including all punctuation and spaces. The messages are public and you decide what sort of messages you want to receive—Twitter being a recipient driven information network. In addition, you can send and receive Twitter messages, or tweets, equally well from your desktop or your mobile phone.

When you combine messages that are quick to write, easy to read, public, controlled by the recipient and exchangeable anywhere, you've got a powerful, real-time way to communicate. And real-time communication is turning out to be ground-breaking for users and businesses alike.

A brief history of Twitter

Initially inspired by the concept of an 'away-message' merged with the freedom and mobility of SMS, Twitter began as an experiment in 2006. When value as an instant communication network during shared events like earthquakes, conferences, and festivals emerged, Twitter began to grow—Twitter, Inc. was founded in 2007. Today, Twitter is a privately funded company based in San Francisco, CA.

Twitter-www.twitter.com



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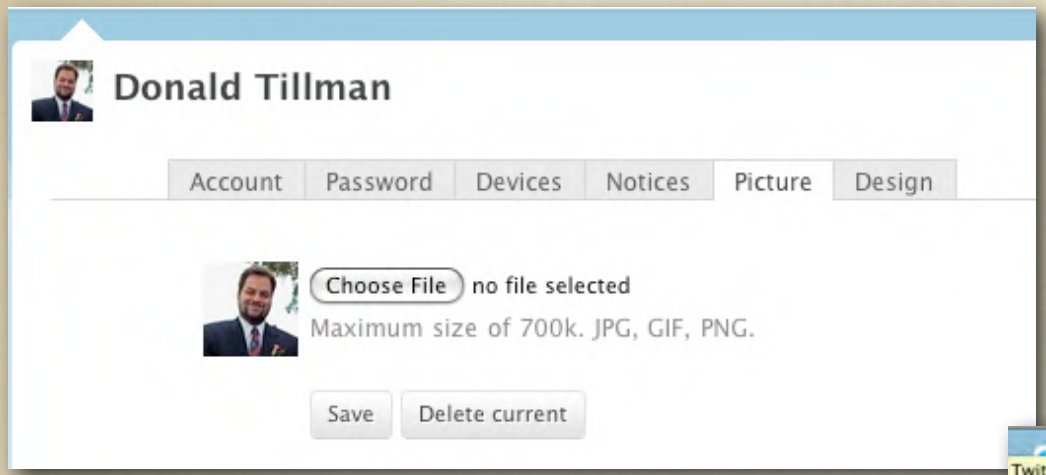

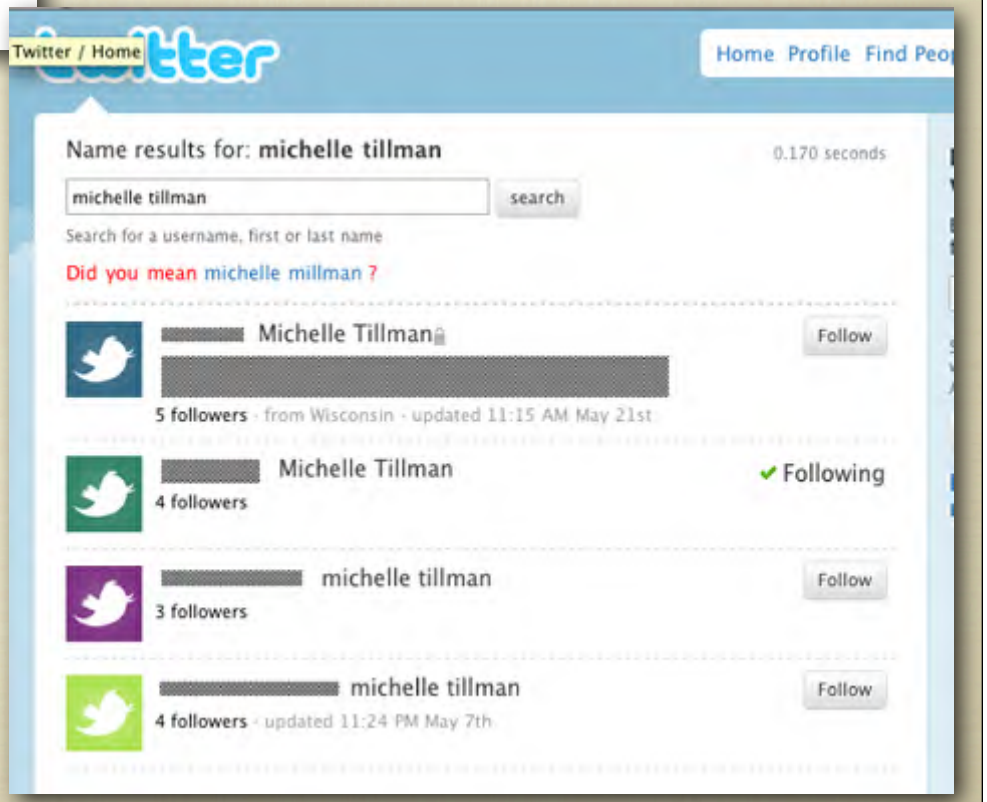

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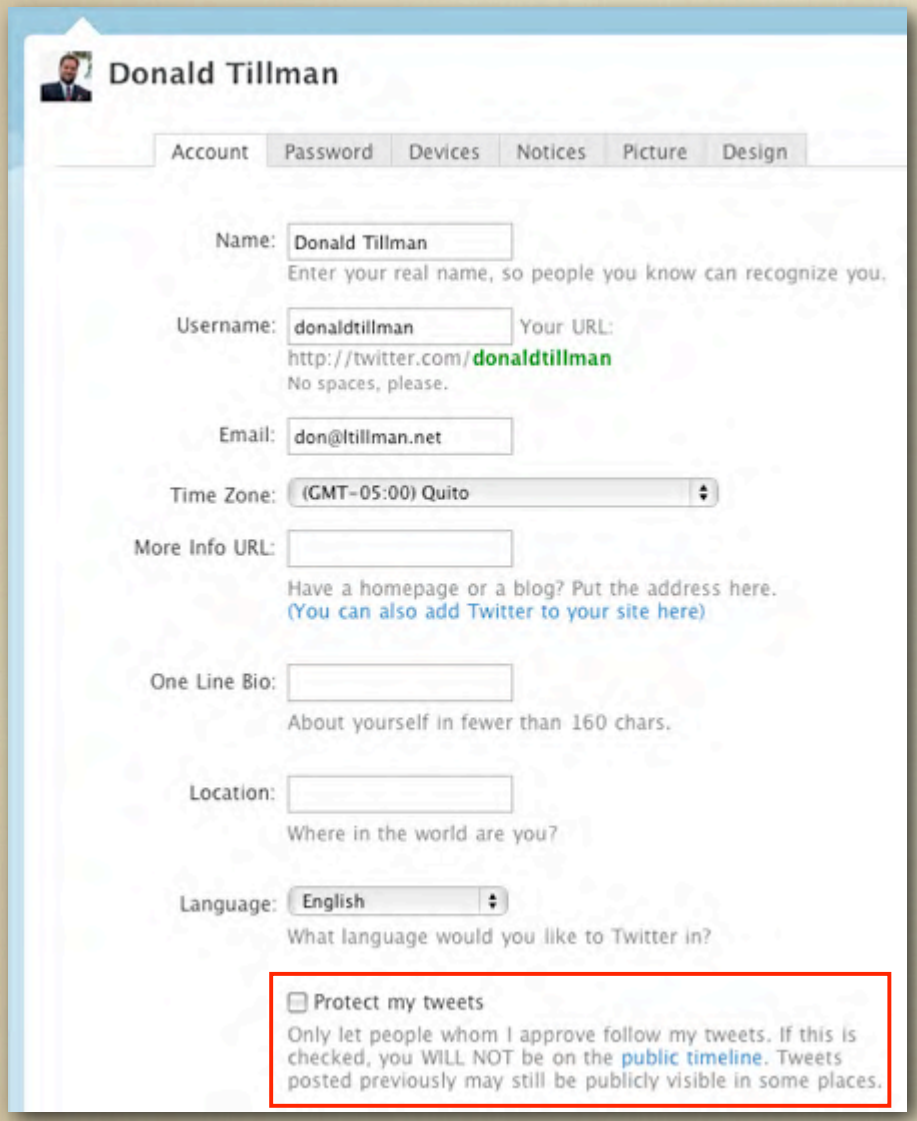
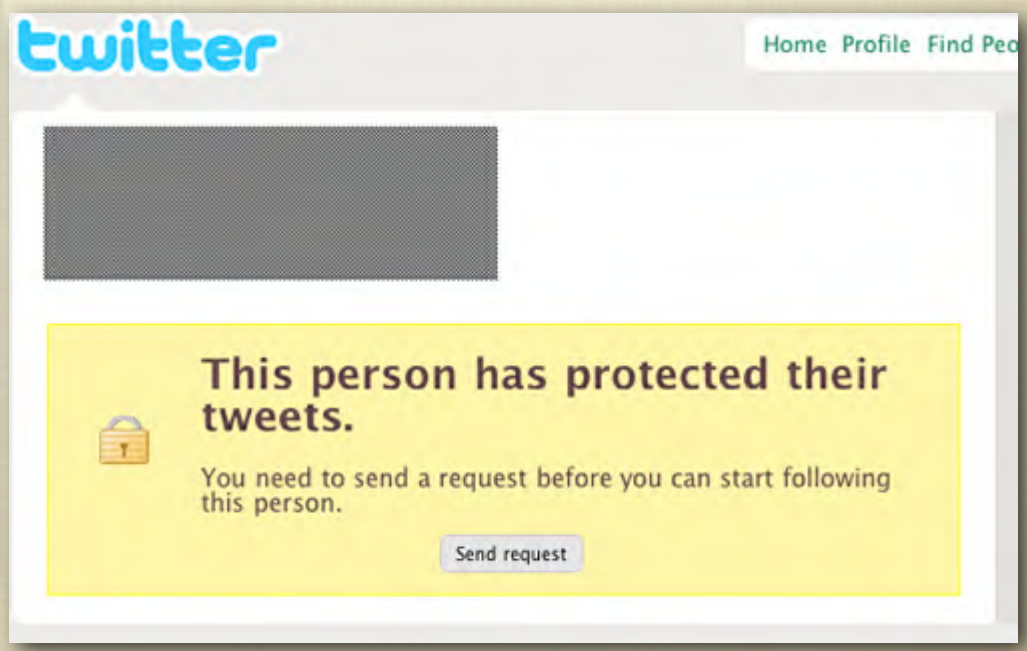
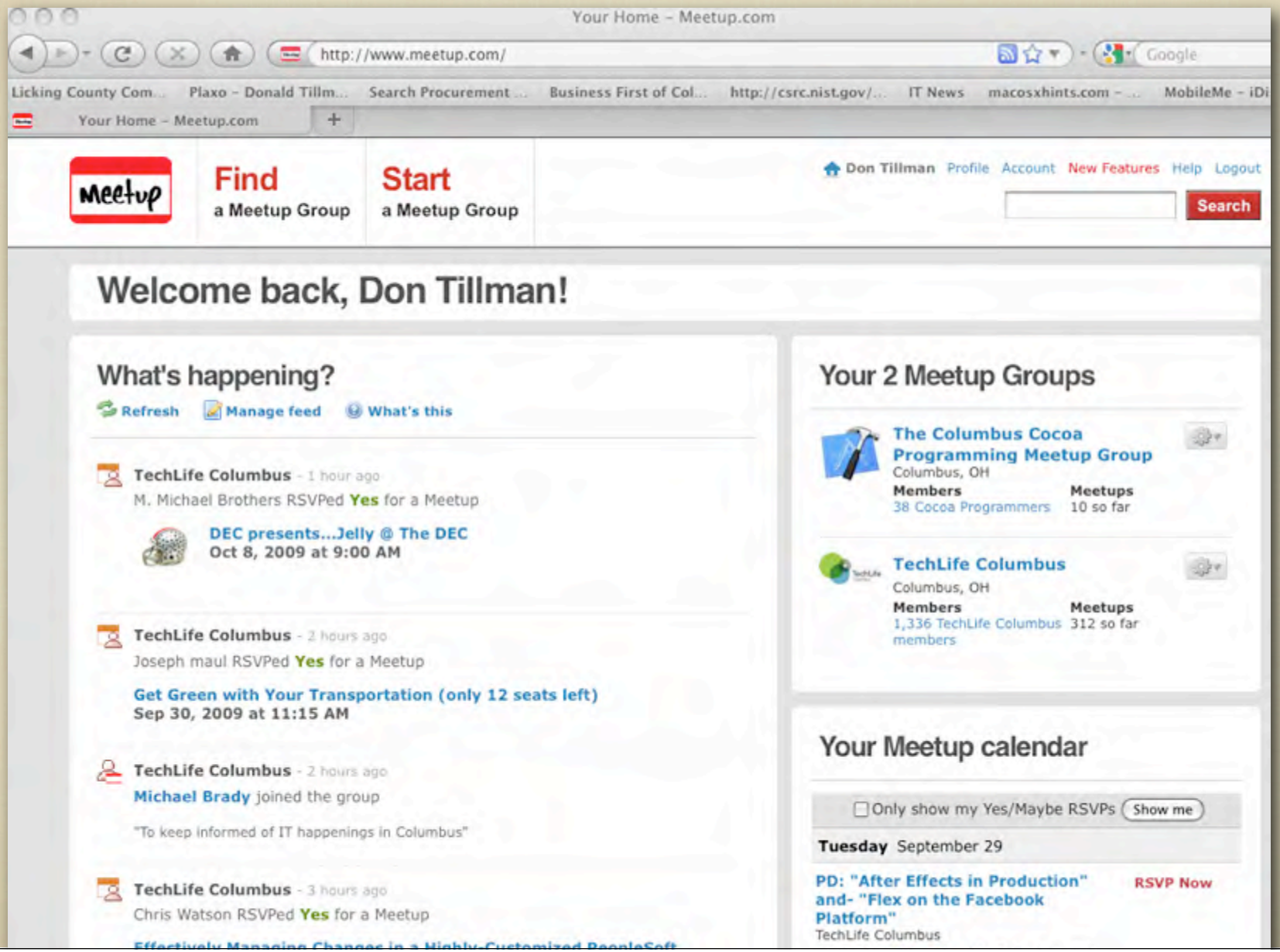




Meetup - www.meetup.com



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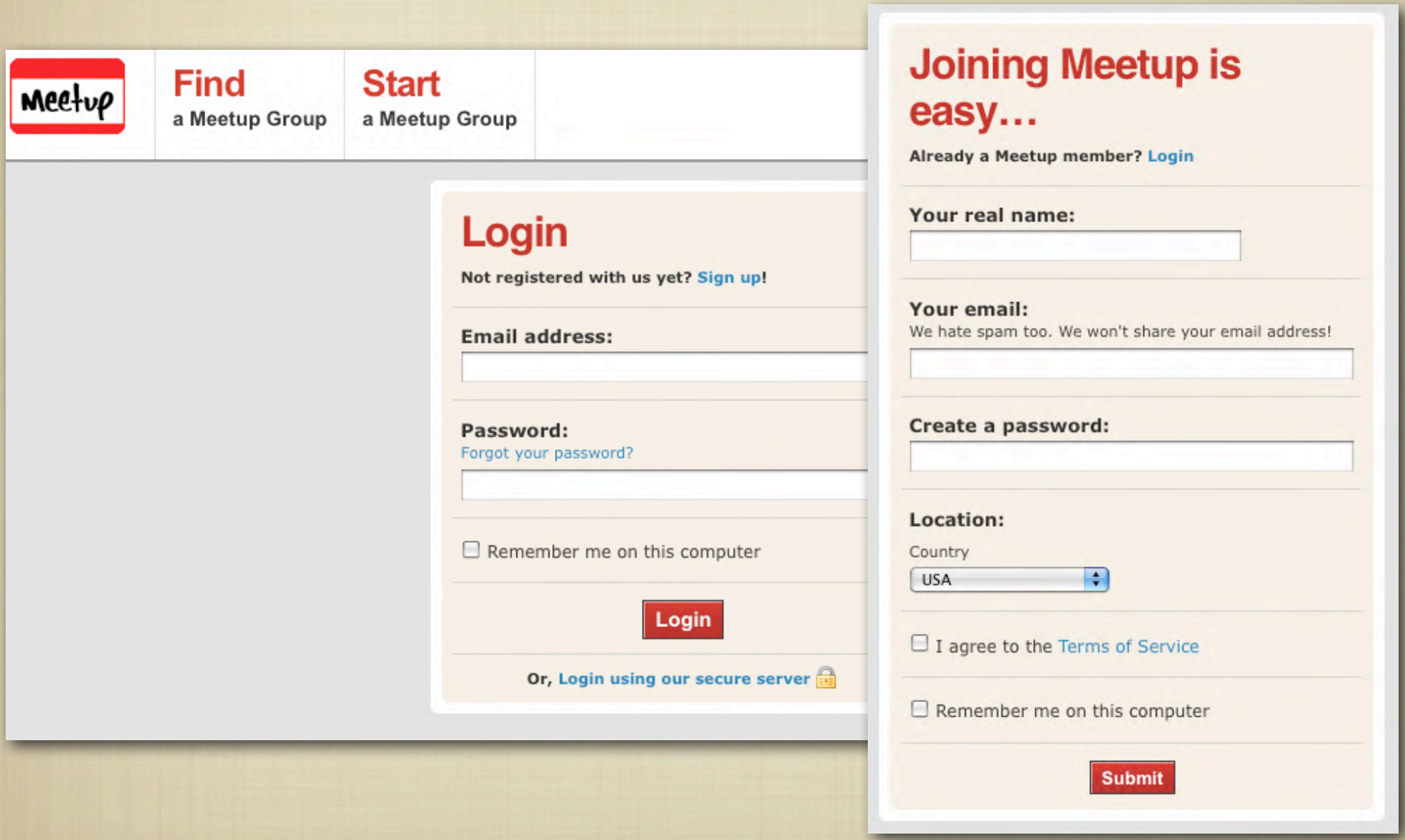

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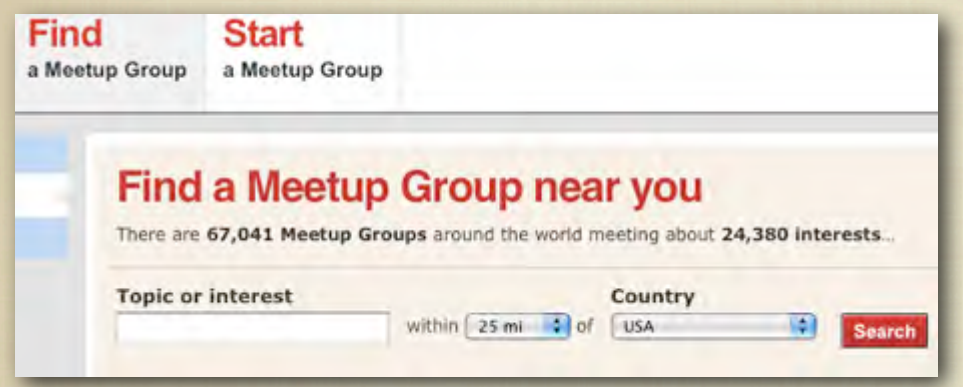

- Arts & Entertainment
  - Dance
  - Book Club
  - Movie Fans
  - more…
- Business & Career
  - Business Strategy and Networking
  - Entrepreneur
  - Small Business
  - more…
- Communities & Lifestyles
  - Personal Growth
  - Vegan
  - Vegetarian
  - more…
- Cultures & Languages
  - Law of Attraction
  - Language & Culture
  - Spanish Language
  - more…
- Education
  - Philosophy
  - Professional Development
  - Education
  - more…
- Health & Support
  - Fitness
  - Alternative Health
  - Meditation
  - more…
- Hobbies
  - Dining Out
  - Travel
  - Wine
  - more…
- Internet & Technology
  - Web Technology
  - Digital Photography
  - Web Design
  - more…
- Other
  - Business Networking
  - Spirituality, Personal Growth, Meditation
  - Moms of Toddlers & Infants
  - more…
- Parenting & Family
  - Moms
  - Stay At Home Moms
  - Playgroup
  - more…
- Pets & Animals
  - Active Dogs
  - Small Breed Dogs
  - Dog Rescue
  - more…
- Politics & Activism
  - Ron Paul Campaigns
  - Politics & Activism
  - United States Constitution
  - more…
- Religion & Beliefs
  - Spirituality
  - Metaphysics
  - Spiritualism
  - more…
- Science
  - Consciousness
  - Alternative Energy
  - Science
  - more…
- Social
  - Women's Social
  - Night Life
  - Social
  - more…
- Sports & Recreation
  - Adventurers
  - Hiking
  - Sports & Recreation
  - more…

Meetup - www.meetup.com

Start
a Meetup Group

Set up your new Meetup Group!

Did you know? Organizers pay a subscription fee. **Learn more**

Choose a subscription plan:

Need to enter a coupon?

- 6 months for only **$12/month** — SAVE 37% — Billed in one payment of $72.00 — RECOMMENDED
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Subscriptions automatically renew.

What's makes a great welcome email?

- Introduce yourself and talk about what your group does.
- Encourage people to meet you by RSVPing for your next Meetup.
- Welcome new members and thank them for joining!

Blogger - www.blogger.com

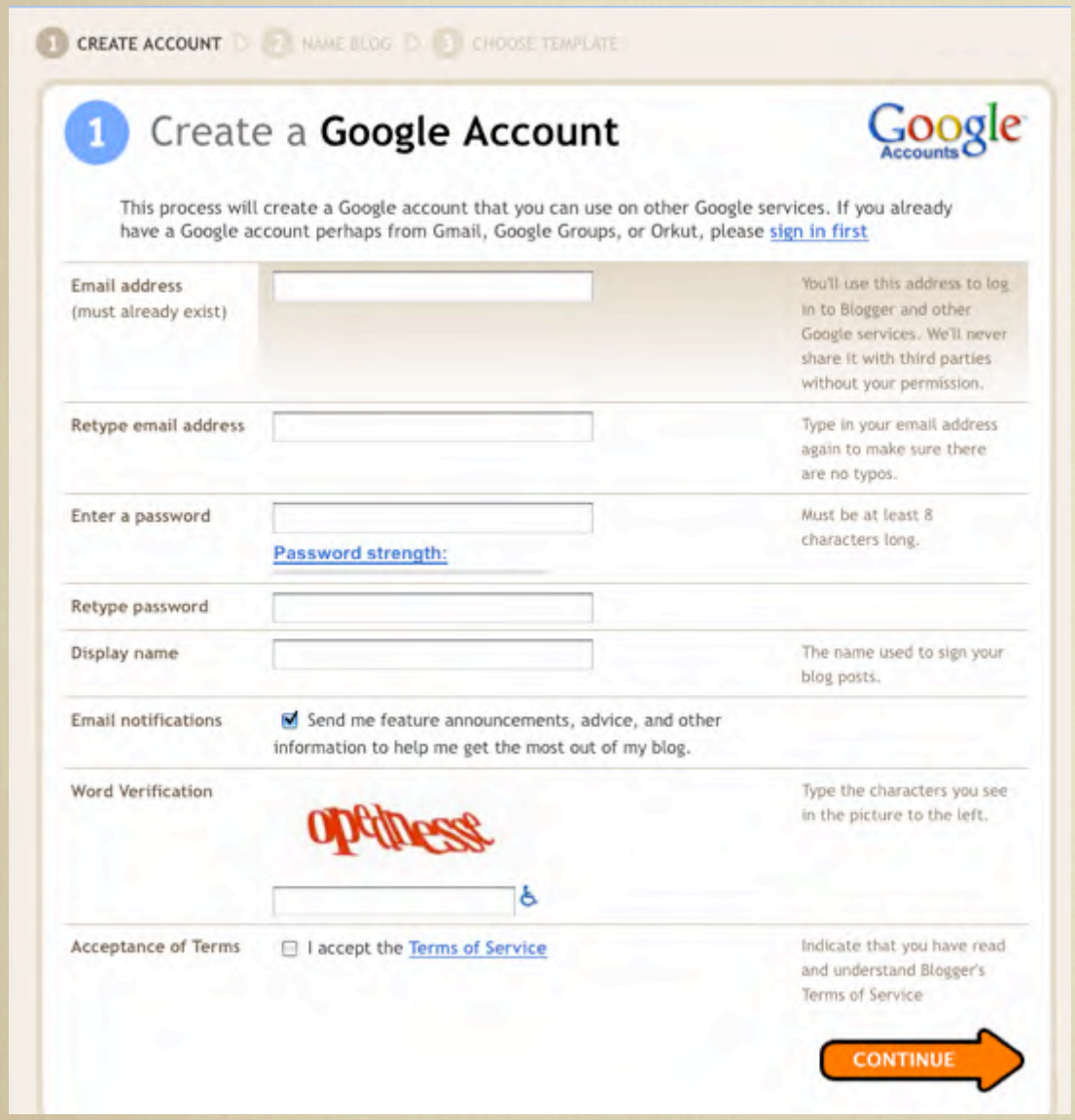
Blogger - www.blogger.com

- What is “blogging?”
  - It is a way to publish your thoughts and ideas about anything for one or more people to read. You can also invite people to your blog.
  - It can be a web-based diary.
  - Fiction or non-fiction.
  - The movie “Julie and Julia” is a great example of that.
  - Can be for professional and personal uses
  - No paper costs with publishing ideas and stories.

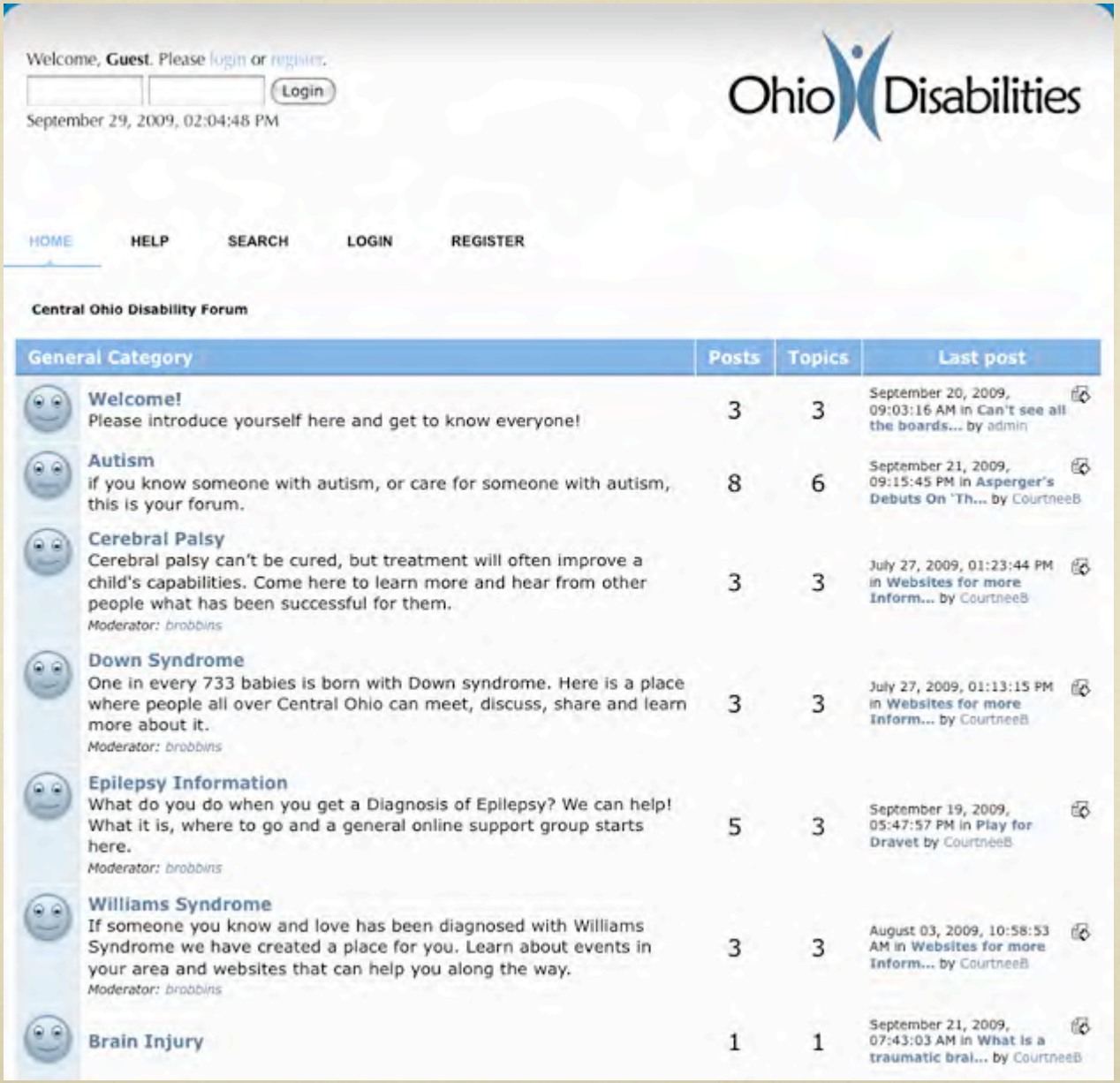
Blogger - www.blogger.com

- With conventional publishing someone chooses the topic.
- With blogging you choose the topic and where it goes.
- Very liberating way to share ideas and thoughts.
- Be mindful that publishing EVERYTHING that comes to you mind may not be a great idea! Be sensible and sensitive.
- Laws of slander still apply.
- Blogging can help others (and yourself) heal and deal with life.

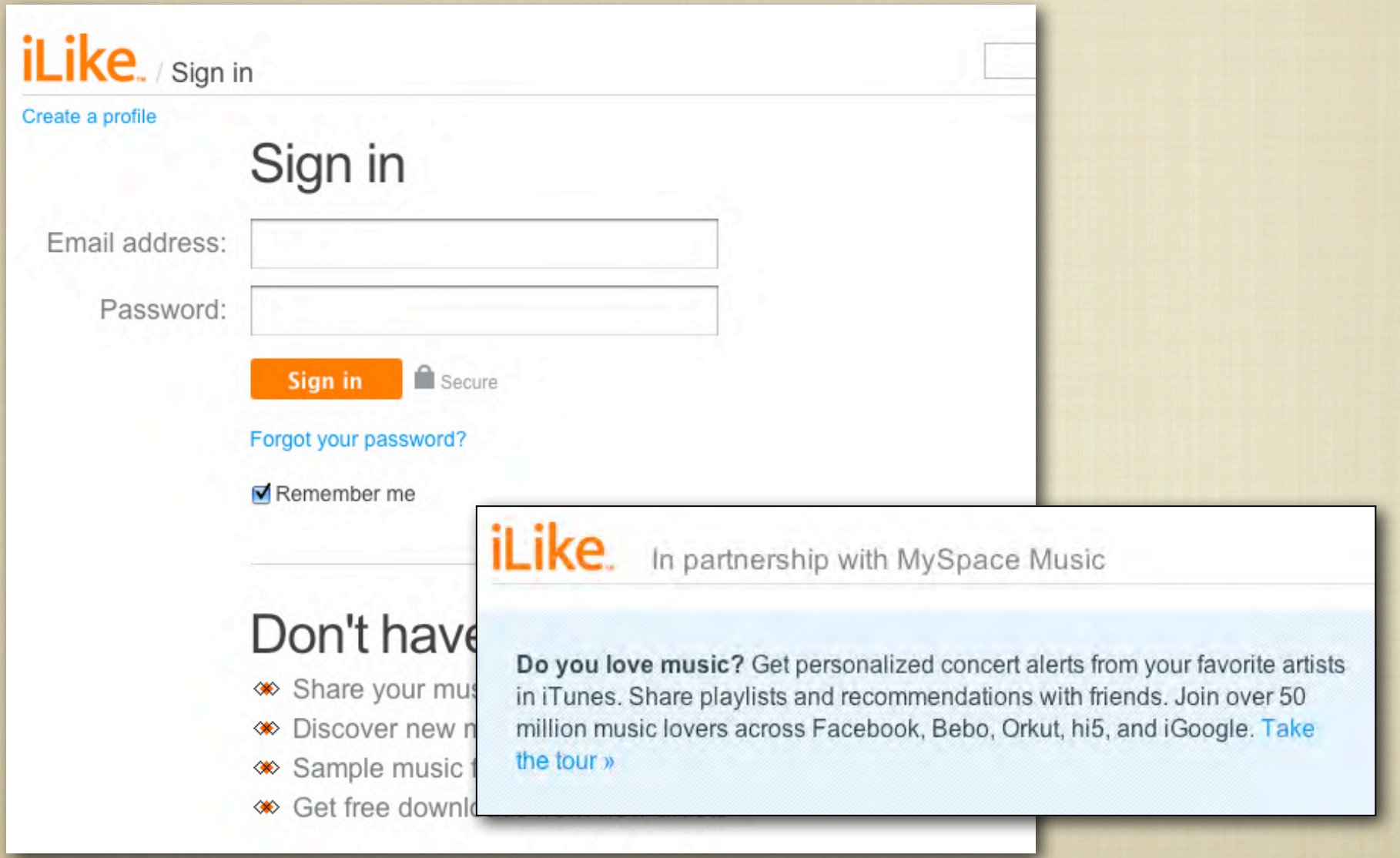
Blogger - www.blogger.com



OhioDisabilities.com



iLike - www.ilike.com



Skype - www.skype.com

- If you have your own computer or are allowed to use someone else's who has broadband why not try free internet phone calls between two computers?

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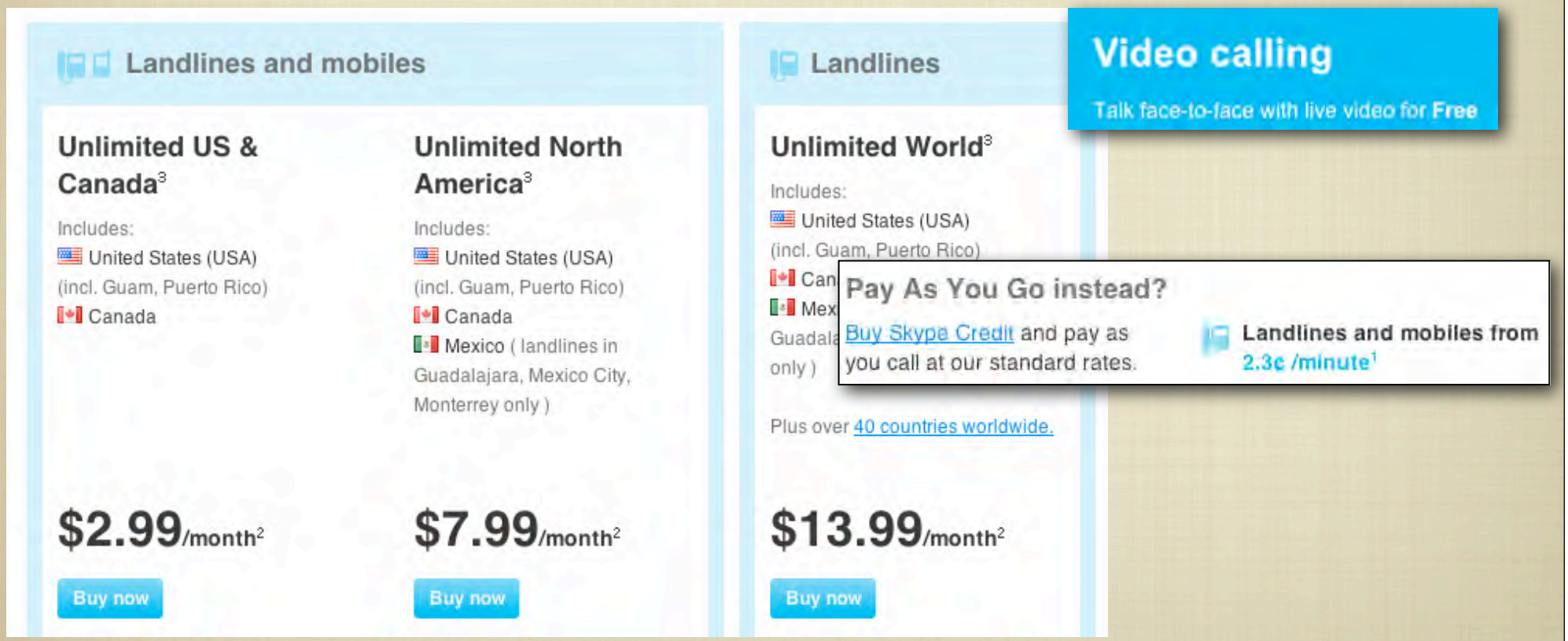
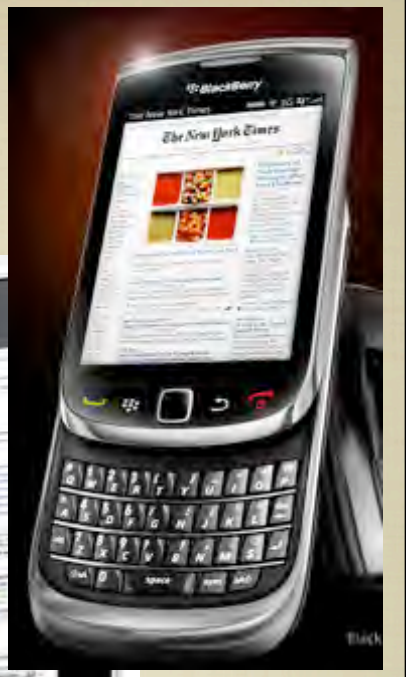


Using Technology to Help with Memory

Digital Organizers

- PDA's - Personal Digital Assistants
- Cell Phones/Smartphones
- Advanced MP3 players
- Netbooks and Pad computing



Digital Organizers

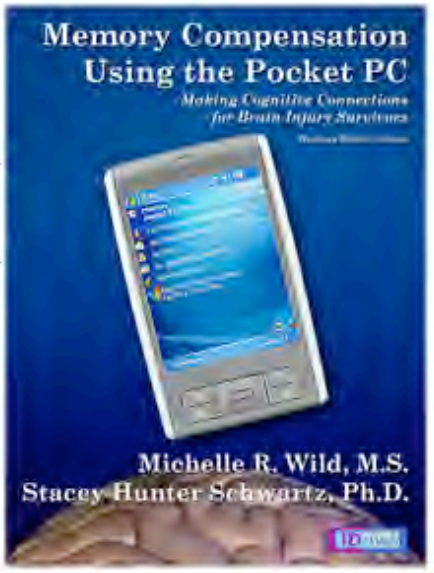
- While it is probably out of date this book may help.
- Some techniques are applicable to smartphones, pad computing etc.

Memory Compensation Using the Pocket PC: Making Cognitive Connections for Brain Injury Survivors (Windows Mobile 5 Edition)

Authors: Michelle R. Wild, M.S. (Coastline College ABI Program) and Stacey Hunter Schwartz, Ph.D.
Publisher: ID 4 the Web
Price: $69.95

Visit pda4memory.com, our new Web site dedicated to this book series!

This textbook/workbook is designed specifically for use by brain injury survivors, who often struggle with memory difficulties as a result of the insult to the brain. We use the PDA (i.e., Pocket PC) training, applied in particular to memory compensation techniques, as a relevant real-life activity. Not only do we teach you how to use the PDA, but we also provide structured exercises to help you make cognitive connections between what you are learning to do with the PDA and your life. So we are simultaneously providing general cognitive stimulation, attempting to build specific new neural pathways, preparing you to apply what you are learning to real life, and teaching you a highly effective memory



Digital Organizers

- How are they helpful?
- Calendars can remind us of meetings, medications, appointments to help remind us to connect with friends and groups even when we forget to or don't want to.
- Notes can help up stay on track and or help our short-term and long-term memory
- Help keep important information for both us and others to help us if we cannot speak i.e. medications, medical conditions etc.
- Phone numbers - friends, doctors, pharmacies
- Games- help us chill out and or exercise our minds

Digital Organizers

- PDA's - Personal Digital Assistants
  - Palm Pilots, Windows CE-based PDA's - what has happened??
  - PDA's are very hard to find - Palm had temporarily stopped production of PDA's but not it's phones.
  - PDA's (good ones) now cost more than cell phones.
  - Cell phones/Smartphones/MP3 players have many if not most of the functionality of PDA's.
  - Many more people have/need cell phones and don't want another device.
  - More than likely, PDA's are a dying breed. PDA functions are now integrated into cell phones and some MP3 players.

Digital Organizers

- PDA's - Personal Digital Assistants

iPad with Wi-Fi
16GB[1]
Ships: Within 24hrs
Free Shipping
$499.00
Select

Wi-Fi + 3G
16GB[1]
Ships: Within 24hrs
Free Shipping
$629.00
Select

- Prices - Are quite high, cell phones are actually cheaper up front in some cases. Some CP's may be more expensive on the back-end.

PDA's

Product Pricing
HP iPAQ 210 Enterprise
Price: $449.00
You Save: $76 (17%)
Your Final Price: $372.99
$349 new, $300 used

HP iPAQ 110 Classic
List Price: $299.99
You Save: $12 (4%)
Your Final Price: $287.99
$263 new, $214 used

Palm Z22 Handheld PDA (1048NA) 32MB 5.4 #7984SL
Our price: $150 new
Product Condition: Blemished *D
Replacement Plan: None

MP3's

Microsoft Zune HD

Price
$165 new

No calendar, alarm, contacts, notes etc.

MP3/PDA

Apple iPod touch

8GB[1]
FaceTime
Retina display
HD video recording
Game Center
Ships: Within 24hrs
Free Shipping
$229.00

Cell Phones

- Cell phones have been evolving over time
- The first ones were very simple and would maintain a list of phone numbers and names.
- Some time after that PDA's and MP3 players arrived.
- After that, we saw convergence with Palm's cell phone PDA.
- We are now in the era of that convergence. While there are still simple cell phones, there are many that are hybrids: MP3/video/cell phone/organizer.

Cell Phones

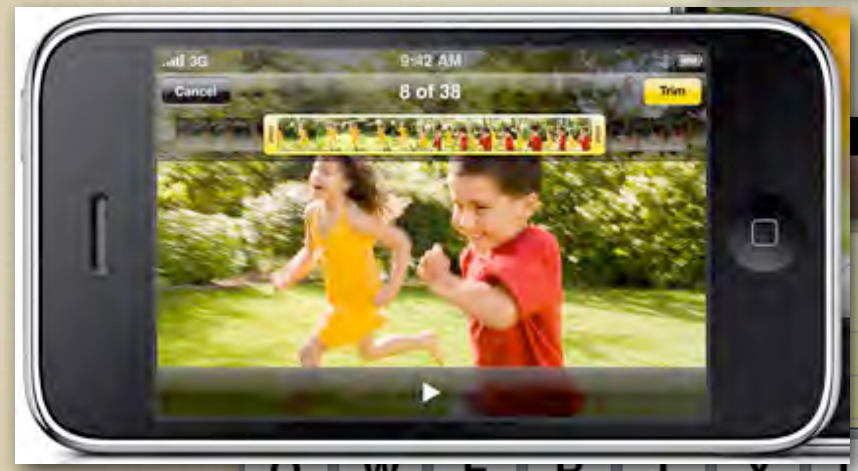
- For the BIAOH conference we have some recommendations:
  - **Affordable** - The phone and the plan need to be affordable over the long and short-term
  - **Software** - The phone needs to have a calendar and an alarm clock. This is tremendously useful for appointments and for taking medicine.
  - **Screen size** - The screen needs to be big enough for the person using it. Many cell phone screens are TOO tiny to be useful for calendars and alarm clocks. Be sure to test out the cell phone for a while and make sure that you are comfortable with it.

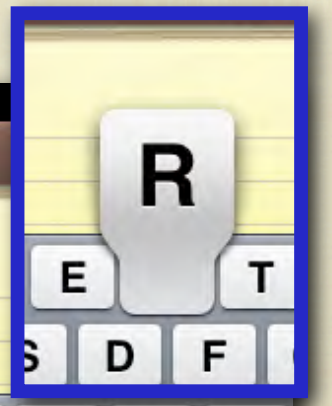
Cell Phones

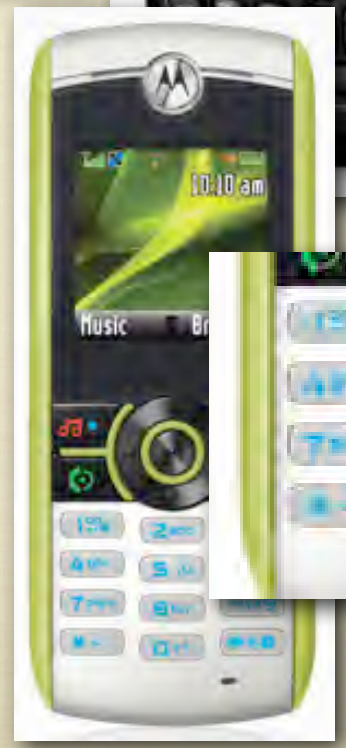
- For the BIAOH conference we have some recommendations:
  - **Ease of use** - What good are features if they are a pain to use. If you find that you have to "live" in the user manual to get anything done, go find an easier one. Good cell phone design includes making the cell phone easy to use.
  - Spend time with the phone and make sure that it works for you! Ask lots of questions and make sure that the answers check out. Make the salesperson show the features to you and how they work. **Make sure that you can "work" those features for yourself.**
  - Read up on the reliability of the phone you are interested in.

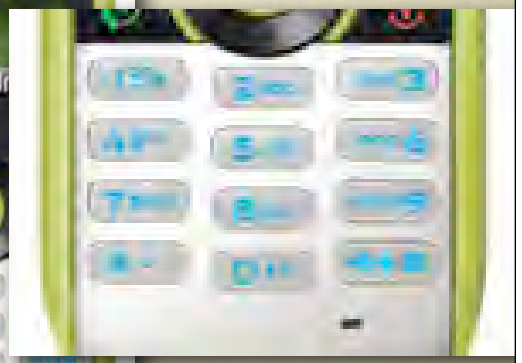
Cell Phones

- Keyboards or screens? While you can use the numeric/phone pad of a cell phone to enter data, other phones have small keyboards or the screen can be a keyboard.









Cell Phones

- Prices!
  - Many cell phones will come with a “plan” or contract. Some contracts will “give” you a “free” cell phone, meaning that your monthly payments will slowly pay off the cost of the cell phone.
  - This is very useful in low cash situations where it may be hard to cough up a chunk of cash for a phone, but making monthly payments may be easier.
  - This may also be useful to those on SSD (Social Security Disability) since there is an issue with having assets worth over $2000 total. By the time the contract runs out the $ value of the asset is nearly $0.

Cell Phones/Smartphones

- Great news!
- Smartphones are all the rage now!
- There are many vendors:
  - Apple, Blackberry, Google-based Android smartphones, LG, HTC, Samsung etc.
  - Just one year ago, there were really TWO smartphones out there. Now we have a great selection and better pricing!

Netbooks

- What are they?
- They are tiny laptops that cost less than $400 typically
- Affordable and portable computing
- Great alternative to expensive and big laptops and desktops
- Some have 3G broadband built-in. $60/mo

Netbooks w/3G and Wi-Fi

Acer Aspire One AO532h	Dell Inspiron Mini 10 HD	Acer Aspire One with Windows® XP
Total Due Today* $ 39.99	Total Due Today* $ 39.99	Total Due Today* $ 49.99
Mail-in Rebate via AT&T Promotion Card N/A	Mail-in Rebate via AT&T Promotion Card N/A	Mail-in Rebate via AT&T Promotion Card N/A
Price $39.99	Price $39.99	Price $49.99

ONLINE ONLY PRICE	
No Commitment Pricing	$449.99
2-yr Contract Price	$39.99
*Total Due at Time of Shipping	$39.99
Free Accessory Kit	- $0.00
You Save $410.00	

ONLINE ONLY PRICE	
No Commitment Pricing	$449.99
2-yr Contract Price	$49.99
*Total Due at Time of Shipping	$49.99
Free Accessory Kit	- $0.00
You Save $400.00	

ONLINE ONLY PRICE	
No Commitment Pricing	$449.99
2-yr Contract Price	$39.99
*Total Due at Time of Shipping	$39.99
You Save $410.00	

DOMESTIC PLANS		
DATA	250 MB	2 GB
COST	$14.99/mo	$25.00/mo

iPad with Wi-Fi + 3G

Connect to the Internet at Wi-Fi hotspots and over AT&T's 3G cellular network when you're on the go; 3G service sold separately.
More about 3G service

16GB [1]

Ships: Within 24hrs
Free Shipping
$629.00

Select

Assistive Software

- There is an emergence of assistive software for some handheld devices. Here are a few examples of what is to come..

Assistive Software

AssistiveWare

Proloquo2Go

Category: Education
Released Apr 21, 2009
Seller: AssistiveWare B.V.
© 2008-2009 AssistiveWare
Version: 1.0.1
216 MB

$149.99 BUY APP

APPLICATION DESCRIPTION

Proloquo2Go provides a full-featured augmentative and alternative communication solution for people who have difficulty speaking. It provides natural sounding text-to-speech voices (INITIALLY AMERICAN ENGLISH ONLY), up-to-date symbols, powerful automatic conjugations, a default vocabulary of over 7000 items, full expandability and extreme ease of use.

Proloquo2Go is for anyone who cannot afford spending thousands of dollars on an AAC device and yet wants a solution that is just as good if not better. SLPs, teachers and parents recommend it for children and adults with autism, cerebral palsy, down syndrome, developmental disabilities, apraxia, ALS, stroke or traumatic brain injury.

"The price is so compelling," said Dan Herlihy, owner of Connective Technology Solutions, "and the software and hardware platform Proloquo2Go runs on so radically improved over current devices in its category that if not quite a paradigm shift, markedly raises the bar for accessibility, ease of use, and affordability."

The current price is an introductory price. After a few weeks the price will be US$ 199.99 or Euro 149.99.

INCLUDED VOICES: The current version includes North American English male, female, girl and boy voices. British English voices will soon be available as an option. Support for other languages and voices is in the pipeline.

Read more on proloquo2go.com

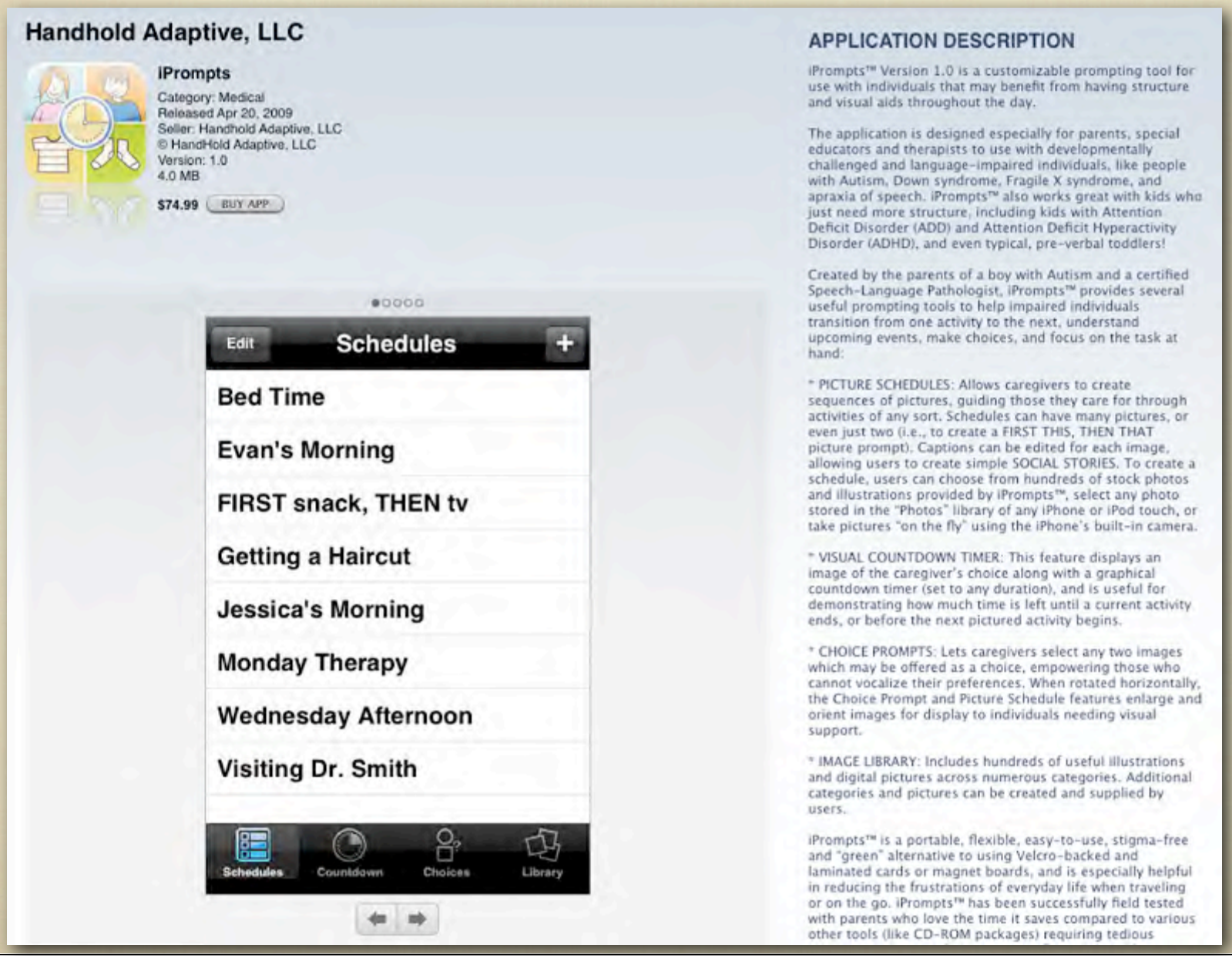
WHAT'S NEW IN THIS VERSION:
- Enhanced launch performance.
- Enhanced navigation performance.
- The speech rate is now remembered across launches.
- Changes in vocabulary: (1) added a missing number to the Numbers category; (2) added "husband" and "wife" to the My Family and People categories.

LANGUAGES:
English

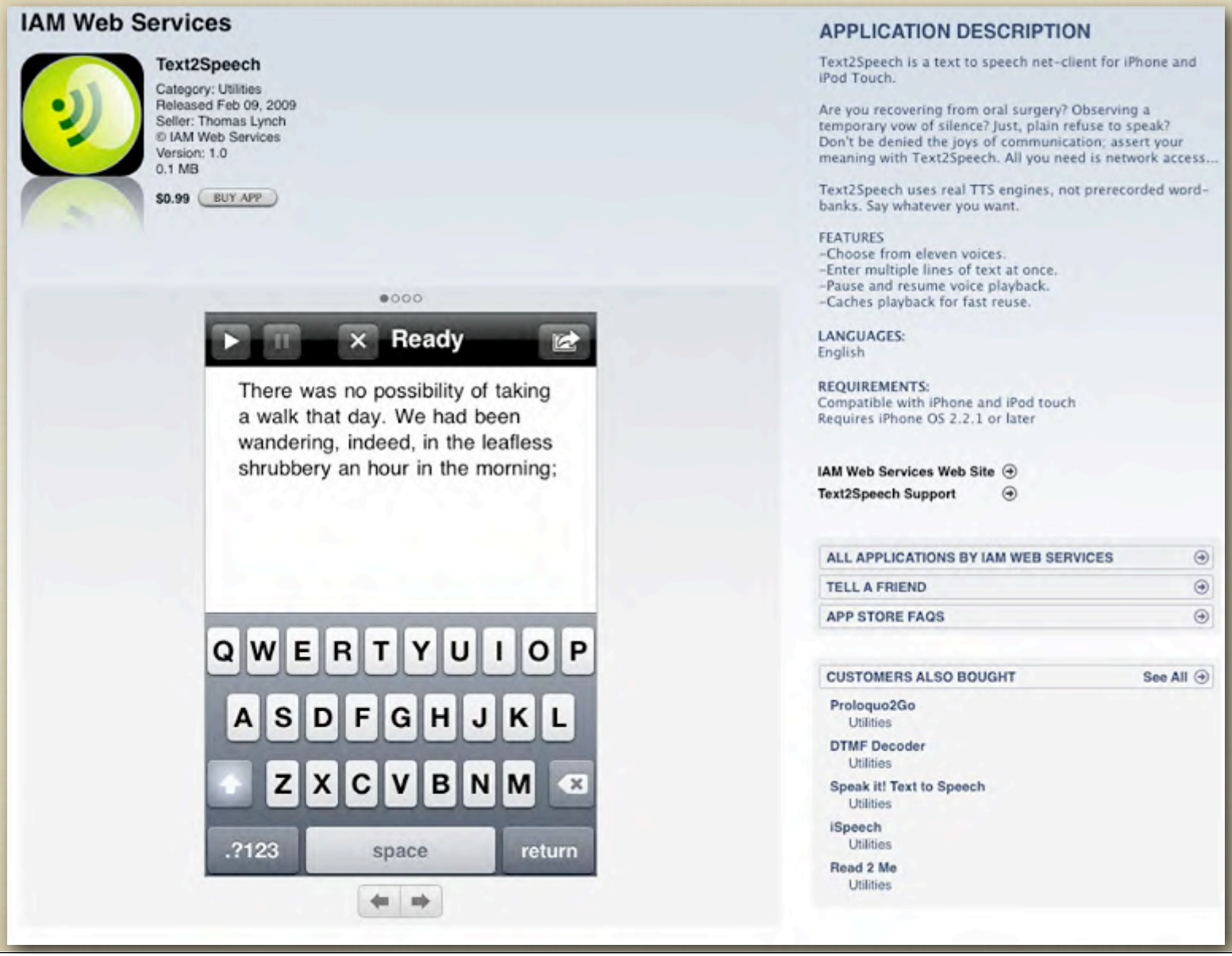
REQUIREMENTS:
Compatible with iPhone and iPod touch
Requires iPhone 2.2 Software Update

AssistiveWare Web Site

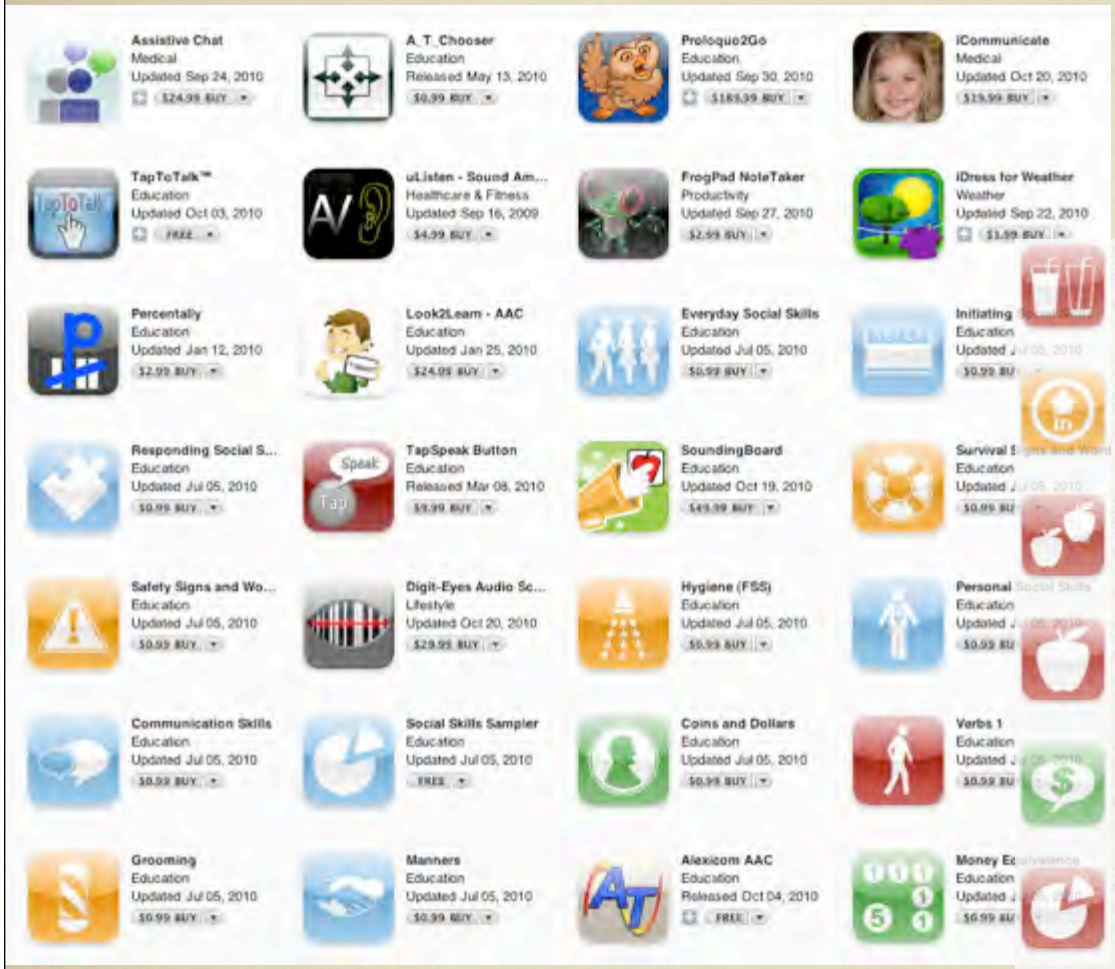
Assistive Software



Assistive Software



Assistive Software



All iPhone Apps for "assistive software"

Assistive Software

Questions and Answers

by Donald Tillman
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