



# Harnessing Tech to Connect

*A collaboration of the Family Caregiver Program,  
Project C.A.R.E., Four Seasons Compassion for Life,  
and AARP Mountain Region.*



**November 5, 12, & 19. 1:30-2:30pm. No charge and door prizes will include digital/talking thermometers, robotic animals, and door alarms. Distribution will be by selection among completed surveys at the end of program.**

To register, go to: <https://aarp.cvent.com/TechToConnect>.

**Family caregivers are being impacted by social isolation due to COVID-19. Technology can help alleviate current stressors and challenges. Join us to be inspired about the many possibilities for caregivers to “harness technology to connect.”**

**November 5: *You Are Not Alone*** - This session offers ways to decrease social isolation by providing step-by-step guidelines to virtual worlds such as Zoom and Face Time. It also outlines caregiver resources available in our community including tech tools available for veterans through the VA.

**November 12: *Technology for Home Safety*** - Family caregivers represent an important niche in the health care network. The pandemic has forced society into greater reliance on virtual tools which opens up rich possibilities for caregivers to foster social connectivity, improve health outcomes, and access health care practitioners from home. Join us to be inspired about technologies that promote safety at home.

**November 19: *Telehealth at Home*** - Access to appointments to one’s doctor or therapist may be limited because of health, weather, and COVID-19. Thankfully, telehealth is an excellent way one can access the care of one’s doctor or therapist from the comfort and safety of one’s own home. Join us to learn more about how telehealth can be a convenient and effective part of one’s health care.