"Helping Seniors Reach Beyond Themselves: Improving Self-Esteem Through Technology"

Prepared for the NSU Quality of Life Council
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Agenda

- Purpose
- Background
  - Senior Net
  - Senior Comp
  - Advanced topic technology courses
- Current Project
  - QOL 1 & 2
- Future Project–QOL 3

Purpose

- To offer small group computer literacy training for seniors 50 years and older
- To improve seniors' technological self-efficacy
- To assist seniors desiring to re-enter the work force with technology skills

Background

The Digital Divide

The digital divide may be defined as the disparity in access to technology that exists across certain demographic groups.

Reference:
http://people.reed.edu/~gronkep/webofpolitics/projects/digitaldivide/definition.htm

Many seniors fear technology

- We have many older Americans who do not own and do not know how to use a personal computer.

Senior Comp

A Model to Help Low-Income Senior Citizens

- The University SeniorNet Coordinator and a Senior volunteer instructor felt the need to create a model that was
  - Cost-effective
  - Reproducible
  - Viable
  - Attractive
  - Successful

Senior Comp Success

- You tube video

http://www.youtube.com/watch?v=F21syNpZsMk

Beginning of SeniorComp

- ‘Seniors with Computers’ shortened to “SeniorComp”
- Project began in October 2003
- Broward County, Florida with 10 seniors
- Federation Gardens and Federation Plaza
- SeniorNet instructors and coaches
- Curriculum from National SeniorNet

Costs to Participants

- Participants paid $50 each
- Equipment ownership transferred after the fourth course
- An Awards Luncheon at end to recognize individual and class achievements

Four Courses

- Introduction to Computers ("Getting Started")
- Microsoft Works
- Intro to the Internet
- Intermediate Internet

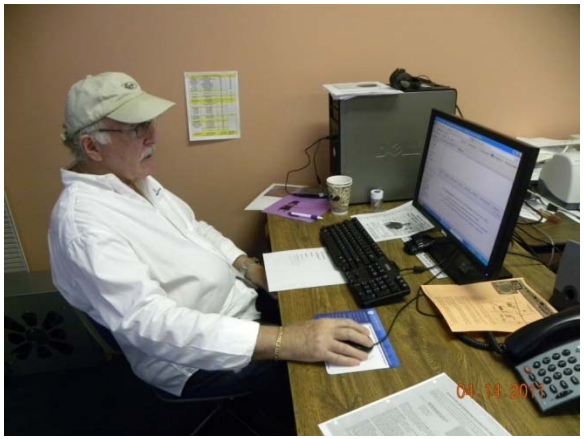
Course Organization

- Orientation Week
- Classes once-a-week for two hours/week
- Ran seven weeks
- Eight months to complete

A SeniorComp Class in Progress

Reasons for Success

- Participants enthusiastically describe what they have learned and how the world has opened up for them
- Original videotape brought second check
- 95% success rate
- The Digital Divide has been narrowed for senior citizens



Students helped each other, including many Hispanic and Russian speakers.

End of Mandel Grant

- When Cecil died at age of 92 and Jack Mandel died at age of 97, SeniorComp lost its funding

- Continued for two years on a shoestring
- Tried to find large grants – no success
- Felt lack of hard data was a weakness
- Looked at mission of the Quality of Life grant
- Applied for Quality of Life Research Grant to gather data – successful
- Reapplied for second year to enlarge "n"

What is the Quality of Life Grant?

- *The mission of the NSU Quality of Life (QOL) Council is a simple one:*

- Take the most serious problems affecting the quality of life in Broward County,
- bring the best minds of NSU's faculty, students, and community providers to bear,
- and the results will be a better quality of life for Broward County

The Quality of Life Grant

1 – Strategic Planning Team

Al P. Mizell, Ed.D.

Position Title: P.I. & Coordinator of Special Incentives

Mary Ann Lowe, CCC-SLP

Position Title; Associate Dean/Program Professor

Ashley Russom, Ed.D.

Position Title: Research Associate

Mickie McGuire, Ph.D.

Position Title: Program Professor

Dan Markarian, Ed.D.

Position Title: Program Professor

Ron Cugno, Ed.D

Position Title: Co-P.I. & Program Professor

Deo Nellis, Ed.D.

Position Title: Program Professor

Nydia Cummings, Ph.D.

Position Title: Program Professor

Sylvia Orta, Ed.D.

Position Title: Program Professor

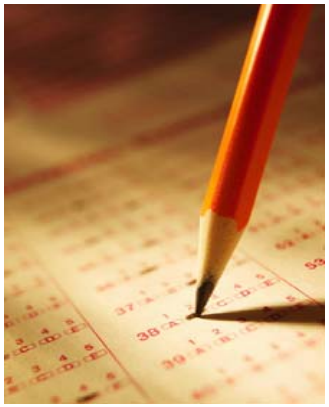
The Quality of Life Grant

2 – Operational Team

Harvey Pomeranz	Cecilia Fazzino
Frank Desko	Milton Gotlieb
Ken Raskin	Zee Ogron
Dody Raskin	Les Morgan
Roger Ball	Diane Giordano
Rose Mosley	Dotti Holt
David Randall	Jo Alice Randall
Berge H. Markarian	Hubert O. Thompson

Evaluation and Data Collection

- At beginning, middle, and end.
- Second hour – Wii bowling.
- Baseline data and summative change data.
- Mid-point Focus Group



Evaluation for First Year Project

- 20 Participants at 2 sites
- Coding Surveys to compare Pre-implementation and Post-implementation responses
- 3 Different surveys administered
- Surveys focused on self-esteem as it related to computer usage

The Year Two Project Overview

Our second Quality of Life grant; 2011-2012

- Curriculum
- Computers for half the participants; flash drives for each participant; webcams and headsets for sites electing videoconferencing as final course.
- Evaluation plans

Curriculum

- Same four courses as SeniorNet
  - Getting Started
  - Internet and email
  - Productivity Tools (Word Processing)
  - Elective (Videoconferencing, Intermediate Internet, Social Media, or their choice)
- Courses are two hours, once-a-week, seven weeks
- Concludes with Award Luncheon

Computers

- Received by half of the participants – by need
- Found Broward Recycling (ARC) at $180 with flat screen monitor or a laptop for $50 more.

The Year Two Project Evaluation

- Pre* Data Collection
  - Rosenberg Self-Esteem Scale
    - 10-item Likert scale with a 4-point response scale
  - The Murphy(1989) Computer Self-efficacy Scale
    - 29-item Likert scale with a 4-point response scale
  - Demographic Survey
- Post Survey Data Collection

Evaluation for Second Year Project

Similar to the first year project but with some changes:

- 40 Participants at 4 sites
- Coding Surveys to compare Pre-implementation and Post-implementation responses
- 3 Different Surveys created by the Researchers
- Surveys focus more on self-esteem as it relates to computer usage

Year Two Focus Group Findings

- Focus group respondents indicated that they were extremely excited with the instruction they were receiving.
- The focus group respondents also indicated an appreciation for being able to use what was learned in class to better communicate with family and friends.
- Additionally, participants appreciated the style and formatting of the class and the opportunity to continuously review what was previously taught.

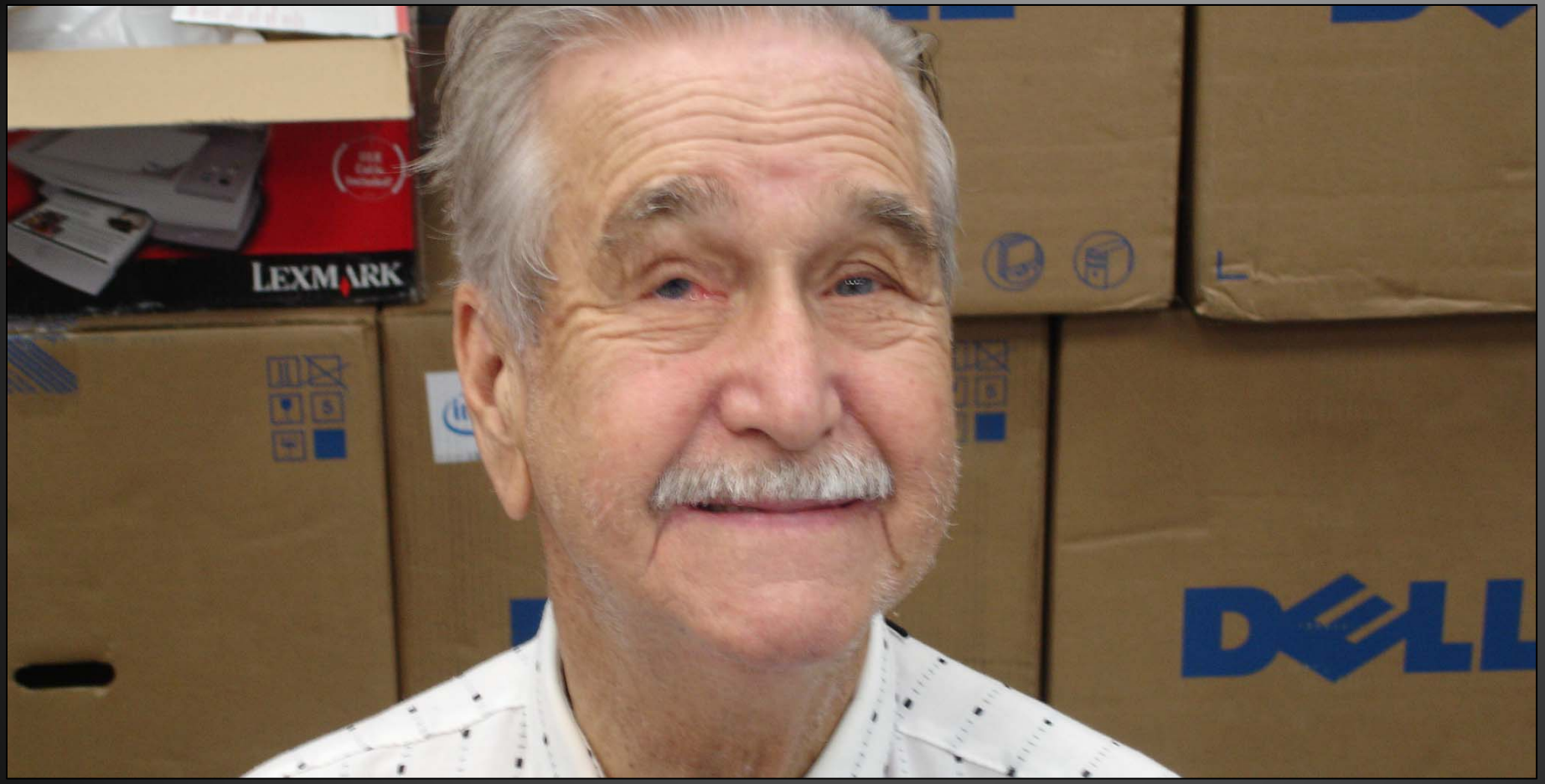
Plans for Next Year

- Submited proposal for Third Year Project
  - $10,000; five sites; six months
  - OASIS for curriculum
  - University of Miami partnership
  - Two OASIS long courses
  - Series of short OASIS courses (1-4 weeks each)
  - Up to 20 laptops for low-income seniors
  - Webcams for sites studying videoconferencing
  - Flash drives for all students.
  - June 2012 award notice
  - October to May project

Expansion Plans

- Compiling list of potential funders
- Sending copies of CD and Inquiry letter
- QOL Research data to strengthen proposals
- Goal is to establish SeniorComp sites around the country – esp. at NSU Education Centers
- Serve as a model for others to replicate

~The End~



The End

"When I got my new computer, it was one of the happiest days of my life."