

# Seniors Recreation Council of WA Inc

## Tech Savvy Seniors

# UPDATE



**Web:** [www.srcwa.asn.au](http://www.srcwa.asn.au)

**ISSUE: 1** 24th April 2020

**Temporary Phone** 08 9344 2451

## STILL HERE TO HELP

During the course of this pandemic we have all had to make some adjustments to how we go about our day to day business. Restrictions on mass gatherings and social (physical) distancing have changed the way SRCWA can deliver its programs and advice.

Seniors Recreation Council is recognised as the peak body for organisations supporting seniors' involvement in sport and recreation. The Council is constantly reviewing its strategies to increase the participation of seniors in sport, recreation and associated physical and mental activity.

Over the years I have met many wonderful seniors through the Tech Savvy Seniors Program. In an effort to ensure we continue to provide content relevant to seniors we are looking for topics we can comment on and present to you via Youtube for free. If you have suggestions or ideas for topics please send them to [martin.yates@srcwa.asn.au](mailto:martin.yates@srcwa.asn.au).

Be sure to include a contact number so we can call you back to discuss your idea.

Kind Regards

Martin Yates

SRCWA Tech Savvy Seniors Program Manager

**Temporary Contact Number 08 9344 2415**



## SCAMS TARGET SENIORS

Scams seem to have been around no matter what era we are in. Although these scams seem a lot more sophisticated these days they have in most cases done the rounds before in one guise or another. We have been taught to lock up our physical property like houses and vehicles, the same is

advisable with our digital presence (on computers and the internet). Some things we can do to make our selves a little more secure online is to "lock our computer" by;

- Installing regular updates, allow the operating system to automatically update at regular intervals. Microsoft has an

unofficial "Patch Tuesday" every month or two weeks.

- Installing Antivirus software and regularly updating it. If you have a computer and don't know how to do this ask someone who can help.
- Don't click on links in "unknown websites" you may see a notification when you visit

some sites which state "Congratulations You Are A Winner Click Here To Claim Your Prize!" this may be an invitation for you to allow malicious software to be installed on your computer. Malicious software can affect how your computer works it may also send every keystroke you make and data to a scammers computer. This information can then be used to access your Bank Accounts etc.

Always Remember:

- Financial institutions will generally not send an email requesting personal details.
- If you receive unsolicited communication from a service provider treat it with caution, call the provider on the phone number on your usual statement to confirm.
- If a deal or opportunity seems too good to be true it definitely is.
- If you feel uncomfortable at any time during a request let them know you will be getting some independent advice from a trusted adviser.
- Keep yourself informed on current scam trends by signing up for WA Scam Net Alerts phone the Consumer Protection Advice Line on : 1300 30 40 54



If you have any concerns please contact Martin at the SRCWA Office on (08) 9492 9774 (leave a message with your details) and we will get back to you

## VIDEO CHAT TIPS

During isolation and distancing one of the more popular ways of staying in touch is via applications (platforms) which allow us to see a video of the other person at their location in real time. There are popular platforms you may have heard of in the media such as Face Time, Skype, Facebook Messenger and Zoom. Here are a few tips we can keep in mind when using the above platforms

1. Make sure your device and app is up to date as well as your antivirus software.
2. Be aware that others (scammers) may be able to join in to your video call or listen in, if your privacy settings are not set correctly. Try to not give bank or personal details during a video conversation.
3. Make sure you have a good connection such as the NBN or a 4G mobile device (your mobile phone may be 4G ask your Telco). A fast internet connection makes for a better viewing experience.
4. This may seem funny, but wear clothes and remember to turn the camera off and close the app when you are finished the conversation. There have been many instances where people haven't realised the camera is running and because they are home they get seen in their underwear. If you are unsure if your camera is off use a Post-it Note to cover the camera lens.
5. Make sure you have plenty of light coming towards you not behind you (don't sit with your back to a window). Try to choose a wall or background that offers some contrast without being overly busy – but, more importantly, provide space between your body and the background.
6. Set up your device on a table or stand and check the angle of view, there's nothing more distracting than looking up someone's nose. Try to have the camera level with your face if not slightly above, then turn on your camera to set up the field of view to make sure every thing you want seen is on screen.
7. Sit back and relax and enjoy the experience.
8. If you have problems ask for help from your Telco or a trusted friend or family member .

**Remember "THE ONLY SILLY QUESTIONS ARE THE ONES YOU NEVER ASK!"**  
**[www.srcwa.asn.au](http://www.srcwa.asn.au) Email: [martin.yates@srcwa.asn.au](mailto:martin.yates@srcwa.asn.au)**