

Ten hints for Silver Surfers

- **Be patient** – everyone has difficulties and frustrations when learning new skills.
- **Ask for help** at anytime, but especially if you:
 - can't see the screen clearly,
 - can't use the mouse,
 - can't hear the tutor easily,
 - haven't used a keyboard before.

Ask your computer mentor at a tester session about ways of making it easier to operate a computer such as adjusting the font or the mouse.

- **Make your life easier** - technology is about enhancing your life. Ask the tutor for advice on how the computer can help you make your life richer or more interesting.
- **Learn at your own pace** - don't compare yourself with your neighbour. Everyone comes to computers with differing backgrounds and experiences and everyone has different learning style.
- **Set realistic goals** – if you're not sure what these are, discuss with a computer mentor, a friend, or your tutor. It is better to find one useful website, or send one short email, than end up with a head full of instructions and no outcome.
- **Practice makes perfect** - don't be shy of repeating the things you're learning time and time again until you feel you've got it. "Perseverance makes experts of us all"
- **Don't stare at the computer screen for too long** - remember to take regular breaks to give your eyes a rest.
- **Have fun with it** - once you get the gist of it you will be able to use it for all sorts of things you are interested in including accessing useful information, developing interests and hobbies and playing games (crosswords, cards, bridge, chess and solitaire). You can also use a computer to listen to music and radio or watch TV and films.

- **Speak to others** - Ask those who have learnt how to use a computer how it worked for them when they first used it.
- **Don't panic!** - don't be scared of making mistakes, you won't break it. It will all make sense in the end!

Getting started with computers

Online Basics

Online basics is a free, easy to use 5 module course that will help you get started using computers and the internet. Visit the website for [more information](#).

BBC Computer Tutor

A useful online guide to using a keyboard, mouse and computer screen.
[Visit the website](#).

Buying a computer

Age UK produces a simple guide providing useful tips to help you buy a computer. Free copies are available to order by calling 0800 169 6565 or download a copy [online](#).

Make the Most of the Internet

Age UK produces information on saving time and money and keeping in touch online. Download a copy [online](#).

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