

Digital skills training helps individuals learn how to use computers, tablets, or smartphones to do everyday tasks.

- Consult with healthcare providers remotely through telehealth.
- Apply for jobs and create online resumes.
- Use government services and resources.
- Connect with family, friends, and communities online.
- Access information, take online courses, and develop new skills.
- Pay bills, bank, and shop online.

Local libraries often offer classes or individual help.

Free Digital Skills Training Resources















https://www.youtube.com/ @GCFLearnFree/videos







https://seniorplanet.org/





