[](https://www.google.com/url?sa=i&url=http%3A%2F%2Fwww.yuppee.com%2F2014%2F06%2F04%2Fcould-you-live-without-technology%2F&psig=AOvVaw2N3SvQZQ4qtNL93nlsVGWq&ust=1606853449632000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPiRi-CJq-0CFQAAAAAdAAAAABAE)

**Eastern Carolina Council Embraces Technology**

In a world of social distancing communities are having to seek new and inventive ways to engage older adults and caregivers. Support for older adults, their families, and their caregivers is an essential part of the country’s comprehensive response to the pandemic. As professionals we need to begin thinking outside of the box to solution seeking approaches to assist older adults in remaining independent in their homes. Individuals need to look at technology as a person-centered approach to care and aiding in independence. Technology can transform the experience of growing older by connecting individuals with friends and family, engaging older adults in our communities, assists with communication and engagement, and most of all technology can build confidence and independence among older adults.

During a time where agencies are having to adjust their day to day interaction with clients, Eastern Carolina Council staff have embraced the utilization of technology to expand on the services they provide throughout the region. ECC staff have provided virtual training programs, caregiver training classes, virtual support groups, social media informational posts, one-on-one zoom client contact sessions, podcast recordings, radio interviews, and developed an Eastern Carolina Council YouTube channel. ECC staff have been working over the past several months on developing informational videos to inform our community of the services that our agency provides and have begun recording senior technology informational videos. Staff continue to explore innovative ways to connect with members in the community and educate professionals. ECC would like to invite you to subscribe to our YouTube channel and like us on Facebook.

**Resources:**

* **Eastern Carolina Council YouTube channel:** <https://www.youtube.com/channel/UC9Uvd3T0Tg9AL8rgo_HKWFQ>
* **Eastern Carolina Council Facebook page:** <https://m.facebook.com/Eastern-Carolina-Council-197110850304922/>
* **Eastern Carolina Council AAA FCSP technology podcast recording:** <https://themesh.tv/2020/11/23/technology-for-seniors-with-january-brown/>
* **Virtual Caregiver Conference recording sessions:** <http://caregiverssummit.org/>
* **Get to know Your ECCAAA Long-Term Care Ombudsmen:** <https://www.youtube.com/watch?v=q7IKsOydIrI>

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