



Community Living Skills

Snapshots

Technical Skills

“Technology, like art, is a soaring exercise of the human imagination.”
—Daniel Bell, writer

Introduction

The Technical Skills session is part of the Community Living Skills workshop. The session is targeted toward people with minimal experience using computers. It covers various topics related to devices that perform standard computer-tasks, such as a standard PC, tablet, smart phone or similar device, as well as some common accessibility accessories.

Having the ability to use computers can increase communication, access to resources including disability-information and peer support, and a variety of other information and tools that can support independent living.

Content Summary

What is a Computer?: Introduction to computers and similar technology, their parts and common computer terms

How Do I Use a Computer?: Setting up a device and basic computer use tasks, such as typing, navigating windows and controlling sound

Using the Internet: Connecting to the internet, using the web through a browser, email and social media use, and some safety and ethics tips

Assistive Technology: Assistive hardware, software and state assistive technology programs





Healthy Community Living

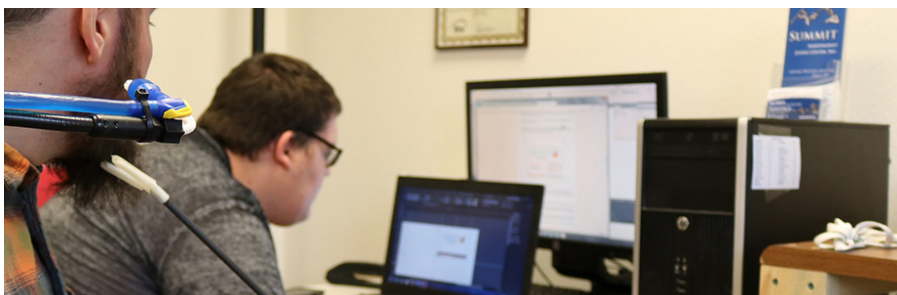
is a program to support opportunities for people with disabilities to live well and participate fully in their communities.

It includes two peer-led independent living skills workshops, **Community Living Skills** and **Living Well in the Community**, which are each divided into ten specific content sessions.

RTC:Rural used an iterative participatory curriculum development (IPCD) process to involve key stakeholder engagement in the development, implementation, and evaluation of each workshop.

Each workshop has been developed through partnerships with people with disabilities with the Association of Programs for Rural Independent Living (APRIL) and Centers for Independent Living (CILs).

The HCL Snapshots series explores how partner participation through the IPCD process was fundamental in shaping the HCL program to improve people's wellbeing by providing support, health promotion, education, and opportunities for people with disabilities to succeed in reaching personal goals.



Learning Objectives

Workshop participants can learn the basics of what computers are and how to use them, as well as different ways to safely connect to resources on the internet. They will also learn how various types of assistive technology can reduce challenges and increase independence to benefit their lives.

Disability Community Partnership Shaped Content

The Technical Skills session was significantly shaped by HCL project partners through an iterative participatory curriculum development (IPCD) process. Many people struggle with understanding basic computer use. There are several similar devices to computers that can access the internet, email, and similar applications, which is why basic computer and internet-use becomes an important practical and social resource for independent living.

CIL project partners brainstormed topic areas around what constituted basic computer use, and provided supplementary resources they use with independent living consumers to support their computer skills. In the pilot phase, participants were at different skill-levels when going through this session. Participants who had computer-use experience or their own devices enjoyed sharing and showing other participants examples of devices, applications, and assistive technology. This kept participants who were more tech-savvy actively engaged when going over more basic information, which also facilitated peer support.

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RTC:Rural
Research & Training Center
on Disability in Rural Communities

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