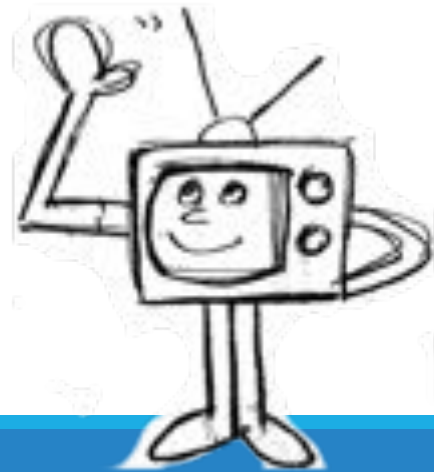


Nurturing Social Connections Among Village Members Using Virtual Group Activities



TELEVISIT.ORG

Rebuild Community

Connect older adults to each other through their participation in interactive group activities from the convenience and comfort of home

TeleVisit provides a service that creates and hosts a variety of live programs designed to

entertain



engage



inspire



educate



thus establishing community

Clients can easily "tune in" and join the group, using a very simple, specially designed 'talking picture frame'.



Absolutely no technical skill is necessary to access programs -- it's as easy as turning on the television

Mon, 8am: Talking picture frame turns on



Displays a variety of photographs



5

D

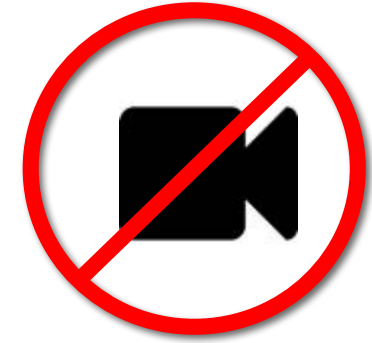
9

11

9am: Talking picture frame rings



Host Calls All Clients



Host Starts Music Program



Featuring favorites from 1930s-1970s



Exit



Host Facilitates Discussion



Simple Exercise 2x / Day (No Host)



8pm: Talking picture frame turns off

A photograph of a tablet computer lying flat. The screen is white and displays the text "Good night!" in a dark blue, sans-serif font, centered horizontally and vertically. Below the screen, the dark grey bezel of the tablet is visible, showing the three capacitive touch buttons: back, home, and recent apps. The tablet is placed on a dark brown, textured surface.

Good night!

Travel



Brain Games

- What is another name for Agapanthus?

A. Lily of the Nile

B. Mother-in-law's tongue

C. Jewel of the Valley

D. Bells of Scotland

Exit

Bingo (Invent Own Rules)

B 6

145, B 6

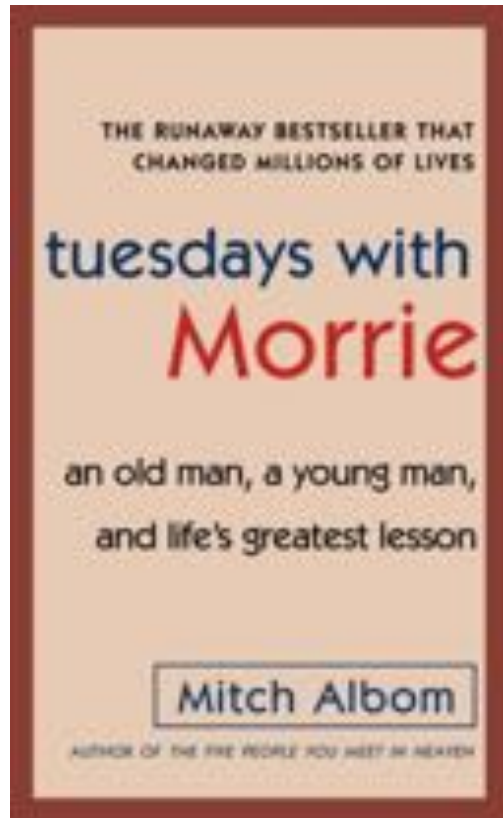
B	I	N	G	O
2	28	32	52	68
10	23	44	49	66
1	16	•	51	67
8	27	41	59	71
15	21	34	58	69

Exit

Throwback Thursday (Reminisce)



Book Club



Education



Results

- Daily Sessions for 3 Years
- Very Low Dropout Rate
- Winner 2015 Aging 2.0 “Greatest Potential Impact” Award

Six Years Later...

- 500+ Sessions
- 300+ Hours
- 150+ People

TED Talks **Education**

Financial Scams
Home Safety

Yoga **Chair Exercise**

Tai Chi Classical Stretch

Music 1930s-1970s

Frank Sinatra Elvis Presley
Beatles Doris Day Glenn Miller
Name that Tune Artie Shaw

Throwback Thursday

Pets Movies Home
High School Memories

Nutrition Organic
Vegan Diet Guidelines

Boggle **Bingo**

Trivia Brain Game
Bamboo Houses
Virtual Traveller

Comedy

Abbott & Costello
Tom Lehrer

Book Club

Tuesdays with Morrie
The Last Lecture

Lessons Learned

Lessons Learned

1. Getting Started
2. External Force
3. Simple is Hard
4. Build Trust Slowly

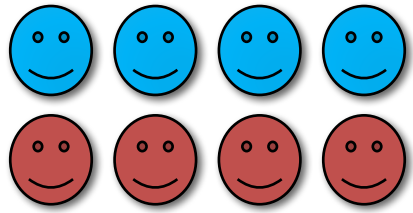
1. Getting Started

- Visit at Home, not over Phone
- Daily Phone Check in for 1 Month
- Conduct Tests with Tablet

2. Someone Must Reach Out

- Stigma of Loneliness, Embarrassed
- Inertia, Easier to Stay Home and Watch TV
- Lack of Initiative

When we hit our 80's



Half will have some form of cognitive impairment

Lose ability to take the initiative



3. Simple is Hard

- No Computer/Tablet Experience
- Auto On/Off Tablets, Kiosk Mode
- One Screen, One Button

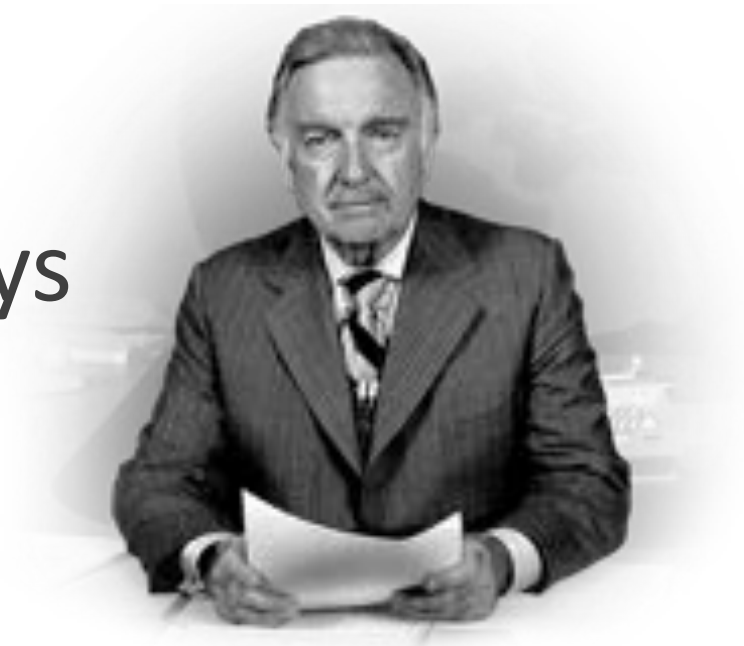
4. Build Trust Slowly

- Requires Commitment, Time & Effort
- Overcome Inertia & Insularity
- Distrust in Scam Artists over Phone/Internet

“The only way out of today’s misery is for people to become worthy of each other’s trust” - Albert Schweitzer

Engender Familiarity

- A Friendly Voice, Not BFF
- Regular Check-in Call
- Repeated Touchpoints for 90 Days



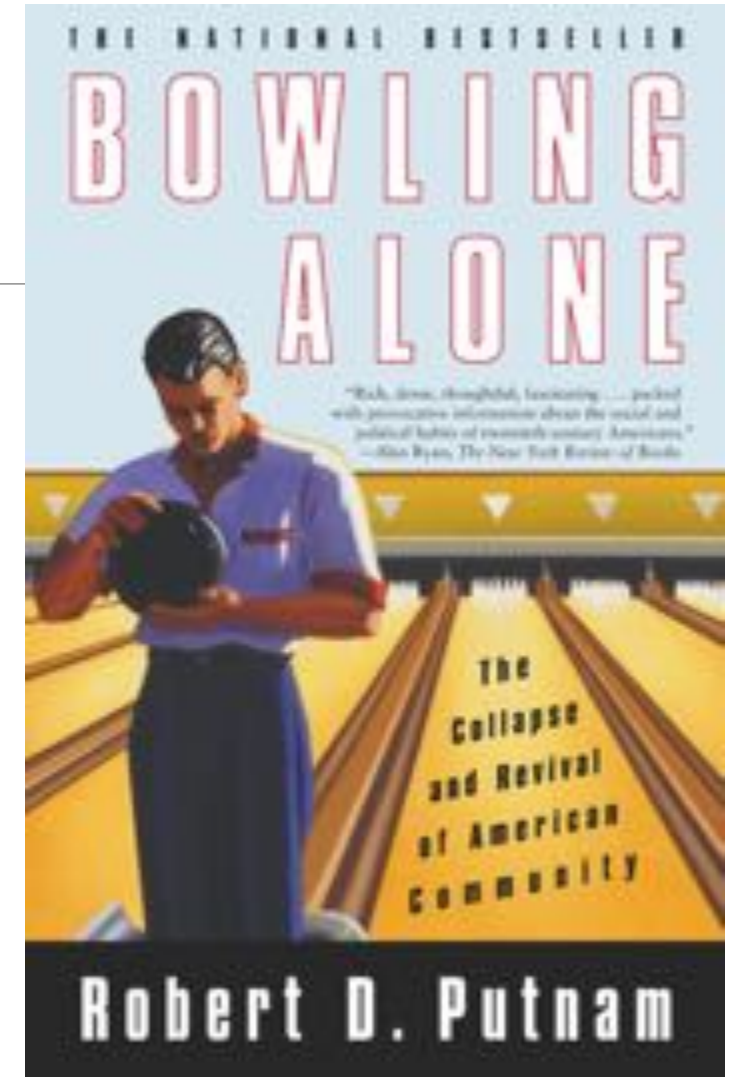
Keep it Light Initially

- Humor Disperses Tension
- General Topics, eg. music
- Get to Know You



Rebuilding Social Capital

- Decline in Volunteerism
- Engender Generalized Reciprocity
- Generational Succession



Helping Strangers vs. Friends

- Emotional Bank Account
- More Likely to Help Someone You Know
- Cannot Wait Until Help is Needed



Engagement Necessary for Sustainability

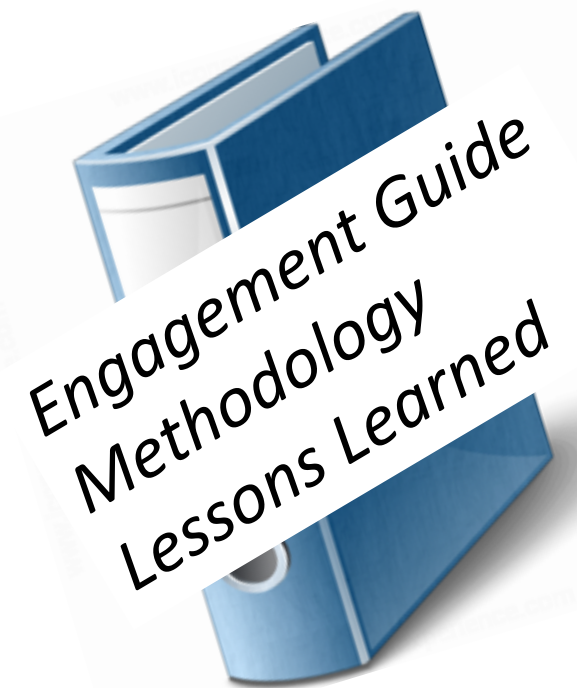
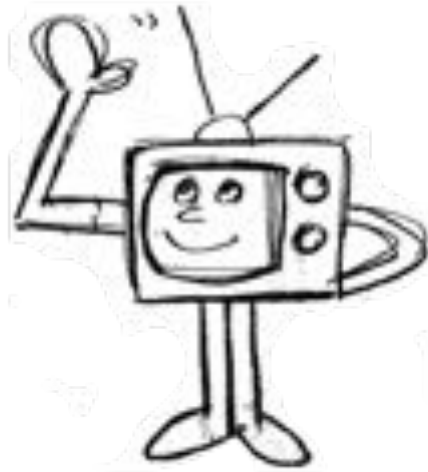
- Not a Business Transaction
- Friends Less Likely to Drop Out
- Get the “Not Ready Yet” Involved

**Reach out and
touch
someone.**



New Jersey Bell





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