

Technology Solutions and Platforms to Combat Social Isolation

In addition to phones, there are many technologies available to help residents stay connected. Here are a few to consider. *Please note: This is NOT intended to be all-inclusive or in any way endorse one technology over another. We also acknowledge technologies/access might not be available in your area or at your nursing facility depending on internet access and broad-band availability.*

Technology	System Requirements	Cost Information	Additional Information
<p>Skype https://skype.com</p> <p>Skype is an application that provides video chat and voice calls via the internet. Skype allows for one to one and group calls.</p>	<p>Works via mobile, PC, Xbox and Alexa.</p> <p>Windows desktop, Windows 10, Mac OSX, Linux, Android</p> <p>Need internet access.</p> <p>Need to download Zoom app.</p>	<p>Free of charge except if you are trying to communicate with a landline or a mobile device.</p>	<p>You can block users if you don't want to receive their communication.</p> <p>User needs to be able to navigate through menu buttons (not dementia friendly).</p>
<p>Zoom https://zoom.us/signup</p> <p>Zoom has video communications with a cloud platform for video and audio conferencing.</p>	<p>Works with cell phones, ipads and computers.</p> <p>Need internet access.</p> <p>Need to download Zoom app.</p>	<p>Basic Plan-Free</p> <ul style="list-style-type: none"> • Unlimited 1-to-1 meetings • 40 min limit on group meetings of 3-4 attendees • Unlimited number of meetings <p>Upgrade plans available for a fee.</p>	<p>This site is here to help you most effectively use Zoom in the coronavirus pandemic: https://zoom.us/docs/en-us/covid19.html</p> <p>One person signs up as host and gives others the code to join.</p> <p>User needs to be able to navigate menu (not dementia friendly).</p>
<p>Free Conference Calling www.freeconferencecalling.com</p> <p>Free conference call service.</p>	<p>Accessible from any type of phone.</p> <p>Need email account to set up account and receive conferencing information.</p>	<p>Conference calls are free.</p> <p>Only domestic long-distance rates as determined by each caller's long-distance carrier.</p>	<p>No reservations needed, 24/7 service.</p> <p>Users can record calls.</p> <p>The host enters in the given conference line number and provides participants with a "star-number" to enter.</p>