



Our Voices

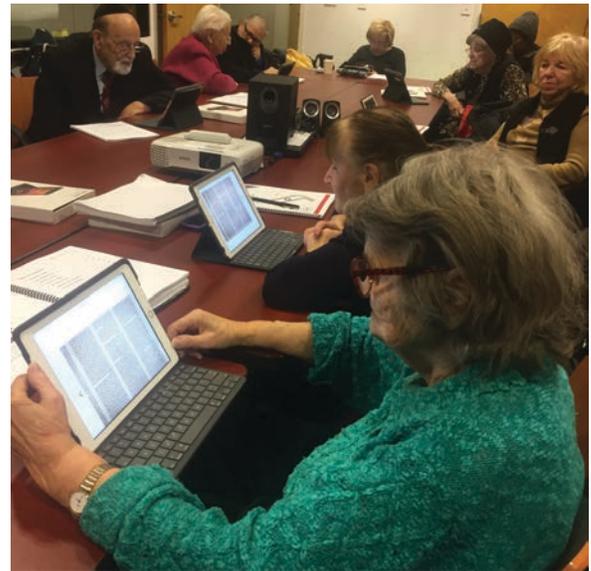
Our Voices is a six-month technology program for Holocaust survivors created by Older Adults Technology Services (OATS) from AARP and funded with support from the Jewish Federation of North America's Holocaust Survivor Initiative and Center on Aging and Trauma.

DESCRIPTION

The program draws on person-centered, trauma-informed (PCTI) design and OATS innovative Senior Planet programming to help survivors learn to use the iPad in meaningful ways, including to connect with others and reduce social isolation.

Divided into 3 phases:

- Learning foundational tech skills, such as web searching and email
- Connecting with others online and using the internet according to personal preference
- Creating a personal expression project with the iPad



Our Voices is designed to be offered in an in-person group setting of 8-10 survivors that meets twice a week for 25 weeks and is led by an instructor. It's available in both English and Russian.



OUTCOMES

In the 2018-2019 New York City pilot with 2 cohorts, participants reported “meeting new friends” and “discovering a new world” as some of the most important benefits of the program.

After 25 weeks, participants felt more connected to other people and to today’s society:

- 43% more participants interacted with others using digital technology every day or almost every day
- 33% fewer participants sometimes felt isolated from others
- 92% of participants felt comfortable using an iPad



TOOLKIT

OATS created a toolkit to support program delivery:

- Guide for program delivery and tech needs
- Outreach materials (in English and Russian)
- 3 course manuals (in English and Russian) designed specifically for Survivors according to PCTI principles
- Instructor training materials and detailed guides for each manual
- Access to the online Our Voices course (in English and Russian) that complements course manuals with additional resources and practice for participants
- Program evaluation tool (in English and Russian) to measure impact
- Guide for administering evaluation



BASIC REQUIREMENTS	ESTIMATED COSTS
Meeting space with high-speed internet	~\$190 router (if needed)
Printed course manuals (books for each participant and instructor)	~\$13/book at Staples
iPads for participants to keep after Our Voices ends and for instructors to use during program	Options: ~\$585/cellular 128 GB iPad + case + stylus ~\$455/WiFi only 128 GB iPad + case + stylus ~\$485/cellular 32 GB iPad + case + stylus ~\$355/WiFi only 32 GB iPad + case + stylus
Instructor and volunteer assistant (may vary, but this is recommended)	75 hours of class time + ~30 hours administrative time for instructor

MORE INFORMATION

To learn more about Our Voices, contact Kim Ziegler at kziegler@oats.org. For more information about OATS and Senior Planet, please visit oats.org and seniorplanet.org.