

Digital Connection

a guide to agreeing suitable times to connect digitally with loved ones

It can feel daunting using technology to keep in contact with friends and loved ones, you may feel that you don't want to disturb them or you may not be confident in using a video calling app.

Try our top tips for digital connection.

1 - Agree on a time

- Try and find a regular time slot, it could be midday on a Sunday or every Wednesday at 7pm.
- Agree on a time limit, 30 minutes or an hour

2 - Agree on downtime

- Everyone in the conversation should agree that just because you can send messages or emails instantly doesn't mean that you will get a response instantly.
- Use the mute function on chat groups so that you are not disturbed at an inconvenient time.

3 - Agree on an App

- Find something that you all have access to and stick with it.
- Create a group chat with your family members.
- Get someone to give you a tutorial or talk you through the steps. You need to know how to: start the app, find your contacts, send a message, start a call, answer a call and end a call. Write it down and keep it in a safe place such as your phone case.