

# Internet and Digital Knowledge Self-Assessment



Please tell us a little more about your access to the Internet and how comfortable you are using digital technology. Your answers will help us provide the right support and lessons for you. We will ask a similar set of questions at the end of our classes to measure progress. This provides helpful information on how we can keep improving and will help you see what you've learned!

*You may find some terms that are unfamiliar. Don't worry! There are no right or wrong answers. These questions help us know what to teach. Answer as best you can. We will not share your personal information without your permission (see privacy note for details). If you have any questions, please contact Peter: [tech@sfccommunityliving.org](mailto:tech@sfccommunityliving.org) or 415-821-1003, extension 109.*

Your Full Name: \_\_\_\_\_ Date: \_\_\_\_\_

Class: \_\_\_\_\_  Tuesdays  Thursdays

## Internet Access and Devices

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**Can you get onto the Internet from your home? Please check all that apply.**

- No**, I need to go somewhere else to get online: \_\_\_\_\_
  - Yes**, I use my *iPhone or Android smartphone to connect to the Internet* at home
  - Yes**, I use a *cellular hotspot* (from Verizon, T-Mobile, or someone else) to connect to the Internet
  - Yes**, I use an *internet provider* to connect with a tablet or computer over WiFi. My provider is:
    - AT&T  Comcast  Monkeybrains  Sonic  Another: \_\_\_\_\_
  - I'm not sure. Please help me figure this out!**
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**Do you have a device like a tablet or computer to get onto the Internet from your home?**

- No**, I need a tablet or computer
  - Yes**, I have a **tablet** at my home. It is:  an Android tablet  an iPad  a Kindle Fire
    - Another: \_\_\_\_\_  I'm not sure
  - Yes**, I have **desktop or laptop computer** at my home. It is:  an Apple (Mac)  a PC (Windows)
    - Another: \_\_\_\_\_  I'm not sure
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**Having a camera and microphone on your device will let others see and hear you on Zoom and other video conferencing applications. Please tell us what you know about your device (check all that apply).**

- There is a **camera** included in my device, or I have a camera attached
  - There is a **microphone** included in my device, or I have a microphone attached
  - I can hear **sound** from my device, or I have headphones or speakers attached
  - I am not sure about these things. Please help me figure this out!**
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**Do you have any physical concerns that make it more difficult for you to use a tablet or computer? We can suggest strategies and tools that may help you with these challenges.**

- I have ***trouble seeing things*** on my tablet or computer and/or ***glare from a screen hurts my eyes***
- I have ***trouble hearing*** my tablet or computer
- I have ***trouble pointing to and/or selecting things*** on a tablet or computer

**Do you have any other concerns about using a tablet or computer?**

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## **Digital Knowledge**

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**Please tell us how familiar you are with using tablets or computers. Check all that apply.**

- This is ***all new to me***
  - I feel comfortable ***turning on my computer or tablet***
  - I know how to ***get around and find things on my computer or tablet***
  - I know how to ***make adjustments to make it is easier for me to see or hear things on my device***
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**Please tell us how familiar you are with using the Internet. Check all that apply.**

- Using the ***Internet is new to me***
  - I have an ***email address***
  - I am comfortable ***reading emails***
  - I can read a ***document attached to an email***
  - I am comfortable ***clicking on a (trusted) link in an email***
  - I know how to ***get to a web browser to find information online***
  - I feel comfortable ***filling out an online form***
  - I can ***watch videos online***
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**Have you used video conferencing applications like Zoom, Facetime, Skype, or WebEx to see and talk with other people over the Internet? Please check all that apply.**

- I haven't used Zoom***, but would like to learn
  - I have called in to Zoom to participate in a ***group meeting by telephone***
  - I have used Zoom to participate in a ***group video meeting***
  - I have used Zoom to ***host*** a group video meeting
  - I have used ***other video conferencing applications*** like WebEx, FaceTime, or Skype.
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## Getting Connected and Informed Online

### Finding Tech Help and Staying Safe Online

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I have someone in my household (or within my COVID-safe bubble) who can provide in-person help when I have a technology question or something isn't working.

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

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When I get stuck on something on my device, I know how to find help online and/or through a teacher.

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

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I feel comfortable staying safe online (sharing only information I want to share, avoiding scams, etc.).

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

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### Staying Connected

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I feel comfortable using the Internet to connect with friends, family, and other people through email or social media like Facebook or Instagram.

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

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I feel comfortable using video conferencing applications like Zoom or WebEx to participate in events and activities like classes, church, exercise, or social groups.

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

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### Finding Help and Information

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I feel comfortable using the Internet to search for programs or other services that enhance my well-being, such as activities in my community, and/or local events.

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

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I feel comfortable using the Internet to find places to get assistance with food, transportation, and other needs; apply for jobs; check social security; use online banking; and/or answer financial questions.

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

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### Staying Healthy

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I feel comfortable using the Internet to answer questions about my health

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

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I feel comfortable communicating with my doctor or other healthcare providers over the Internet, for instance through my health provider's website or via video visits (telemedicine)

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

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Is there anything else you'd like to learn about your tablet or computer? Is there anything else you'd like to learn how to do online?

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## How Are You Doing?

I am content with my friendships and relationships

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

I have enough people I feel comfortable asking for help at any time

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

My relationships are as satisfying as I would want them to be

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

Are there areas where you'd like more information, referrals, or assistance? (Check all that apply)

- |  |  |
|--|--|
| <input type="checkbox"/> Emergency preparedness          | <input type="checkbox"/> Resources for mental health & grief support |
| <input type="checkbox"/> Getting groceries or meals      | <input type="checkbox"/> Safe and affordable transportation options  |
| <input type="checkbox"/> Help with others                | <input type="checkbox"/> Safe opportunities to meet in person        |
| <input type="checkbox"/> Help with pets                  | <input type="checkbox"/> Support with caregiving                     |
| <input type="checkbox"/> Help with taking care of myself | <input type="checkbox"/> Volunteering                                |

Is there anything else you'd like us to know?

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**Privacy Note.** Your privacy is very important to us. We will not share your personal information outside of the Community Living Campaign staff working on this teaching project without your permission. We may use your answers combined with other students' responses and without your name and identifying characteristics to report to current or potential funders to continue growing the funding available for internet access, digital devices and training for older adults and people with disabilities.

 **Thank You for Completing this Assessment!**