Section 2:
Why go online?

In this section:

- Find out how **getting online** can **help** you.

- What to think about **before you go online**.

How going online can help you

Going online can keep you informed.

Keep up-to-date with the **news**.

Keep up-to-date with **sport**, **music** and other **interests**.

Read **health information**.

Renew your **prescription** with your GP practice.

Going online can help you stay in touch

Share your **experiences** and hear other people's stories.

Keep in contact with **family and friends**.

Share pictures on **social media**.

Connect with other people with **aphasia**.

Going online can help you communicate.

There are apps to **support communication.**

There are **therapy apps** to practise **activities** like reading and writing.

There are apps to help you **practise** your **communication skills.**

Going online helps you gain independence.

Learn new skills with online training.

Shop online and have it delivered to your home.

Use online banking to pay your bills.

Set an online **calendar** to remember important events.

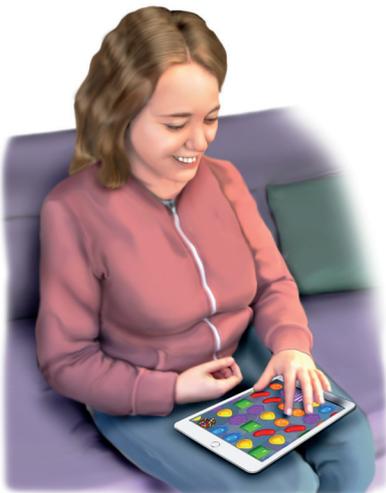Use an online map to **travel** somewhere new.

Go online for fun.

Watch interesting or funny **videos.**

Play online **games.**

Video call a friend, or have a group chat.

What to think about before getting online

Here are **three questions** you can ask yourself.

1. What am I **interested** in?

   Think about what you might want to **do online**.

2. What do I need to **get started**?

   ### A device or computer

   You might have a **computer**, **smart phone** or **tablet** at home.

   Local libraries have computers you can use for free.

   ### A connection to the internet.

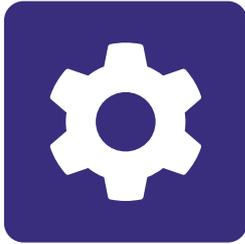   You can use **mobile data** on your phone or tablet.

   You can use **broadband** through a cable or wifi.

   Wifi works with most computers and devices.

   Many **public areas** and shops offer **free wifi**.

   You might have a **family member** or friend who can offer **support**.

3. Will I need **adjustments**?

You can adjust your **device to make it easier to use**.

For example, if you are sensitive to light, you can **change** the **colours** on the screen.

If you find reading hard, you can use a **text-to-speech** reader. This will **read aloud** the text on the screen.

The **AbilityNet** website has information about how to **add** a **text-to-speech reader** to your device.

www.abilitynet.org.uk.