



CURATED FOR
SENIORS
Edited for life's finest chapter

FREE PRINTABLE GUIDE

Technology-Help Appointment Guide

A simple preparation guide for a useful help session

Introduction. Technology help is most effective when the learner arrives with a clear goal and the right device. A short preparation prevents a session from being spent finding chargers, accounts, or the original problem.

How to use this guide. Bring the device and charger, describe the main problem in one sentence, and ask the helper to show the steps slowly enough to repeat later.

Free and non-commercial. Prepared by George at Curated for Seniors. Not approved or endorsed by any organization.

Prepare the device

A few practical points to keep in mind.

- ☐ Bring the device, charger, case, and any needed adapter.
- ☐ Install no new app at the last minute unless the helper requests it.
- ☐ Write one sentence describing the main problem.
- ☐ Note when the problem started and what changed.

Make the session manageable

A few practical points to keep in mind.

- ☐ Start with the most important task.
- ☐ Ask the helper to demonstrate the steps slowly.
- ☐ Write the steps in your own words.
- ☐ Ask how to undo the change or get help again.

Practice and protect

A few practical points to keep in mind.

- ☐ Repeat the task once before leaving.
- ☐ Check privacy and security settings without sharing secret credentials.
- ☐ Save the written steps somewhere easy to find.
- ☐ Schedule a second session if the problem needs more time.

What to do next

Choose one next step you can complete this week. A small action is more useful than a perfect plan that never starts. Keep this guide with the notes or contact information needed for the next conversation.

Important note: *This guide is general information, not technical, medical, financial, or cybersecurity advice. Never share passwords, verification codes, or sensitive account information; use official support channels and a qualified professional for device, accessibility, health, or security decisions.*

This is general information for preparing a conversation or next step, not individualized professional advice.

Notes and what to buy
