

Self-Assessment

Participant to complete **before** training

Name						
Age	65-69	70-74	75-79	80-84	85-89	90+
Gender	Male		Female		Prefer not to say	
Ethnicity						
Location/suburb						
I want to learn	Foundation/Basic skills					
	Skills to carry out online activity and services					
	Social connection skills					
	Skills to be safe online					

Please indicate if you have the following digital skills.

Foundation/Basic skills		
I can turn on a device and log in to any accounts/profiles I have	Yes	No
I can connect a device to a Wi-Fi network	Yes	No
I can find and open different applications (App) or programmes on a device	Yes	No
I can use the different menu settings on a device to make it easier to use (e.g. change the font size to make it easier to read)	Yes	No
I can organise my information using files and folders	Yes	No
I can use bookmarks to save and retrieve websites and information	Yes	No
Skills to carry out online activity and services		
I can manage my money and transactions online securely, via websites or apps (e.g. bank account)	Yes	No
I can buy and/or sell goods or services online account	Yes	No
I can access and register services online including filling in forms, particularly government services	Yes	No
I can access and manage health services online (e.g. booking appointments or online consultation)	Yes	No
I can use the Internet to find information that helps me solve problems e.g. use search engines	Yes	No
I can use online tutorials, web chat, FAQs and forums to solve problems	Yes	No
I can use my digital skills to keep up with change of technology	Yes	No



Social connection skills		
I can communicate with others digitally (e.g. email, or Messenger)	Yes	No
I can speak to others through video tools (e.g. FaceTime, Zoom or Skype)	Yes	No
I can interact and/or post content on social media platforms (e.g. messages, photographs, video etc.)	Yes	No
I can use the Internet to stream or download entertainment content (e.g. films, music, games or books)	Yes	No
I can set privacy settings on my social media and other accounts	Yes	No
Skills to be safe online		
I can keep the information I use to access my online accounts secure, by using different and secure passwords for websites and accounts	Yes	No
I can respond to requests for authentication (e.g. reactivate an account when I've forgotten my password)	Yes	No
I can assess the risks and threats involved in carrying out activities online and act accordingly, including: <ul style="list-style-type: none">• recognising and avoiding suspicious links in emails, websites, social media messages and pop ups, and know that clicking on these links is a risk• updating my computer security systems when necessary to prevent viruses and other risks• identifying secure websites by looking for the padlock and 'https' in the address bar	Yes	No
	Yes	No
	Yes	No
	Yes	No
I make sure not to share or use other people's data or intellectual property without their consent	Yes	No
I am careful with what I share online as I know that online activity produces a permanent record that can be accessed by others	Yes	No

Self-Assessment

Participant to complete **after** the training

Name						
Age	65-69	70-74	75-79	80-84	85-89	90+
Gender	Male	Female	Non-binary		Prefer not to say	
Ethnicity						
Location/suburb						
I have learned and can use	Foundation/Basic skills					
	Skills to carry out online activity and services					
	Social connection skills					
	Skills to be safe online					

Please indicate the digital skills you have learned and can use after the training.

Foundation/Basic skills		
I can turn on a device and log in to any accounts/profiles I have	Yes	No
I can connect a device to a Wi-Fi network	Yes	No
I can find and open different applications (App) or programmes on a device	Yes	No
I can use the different menu settings on a device to make it easier to use (e.g. change the font size to make it easier to read)	Yes	No
I can organise my information using files and folders	Yes	No
I can use bookmarks to save and retrieve websites and information	Yes	No
Skills to carry out online activity and services		
I can manage my money and transactions online securely, via websites or apps (e.g. bank account)	Yes	No
I can buy and/or sell goods or services online account	Yes	No
I can access and register services online including filling in forms, particularly government services	Yes	No
I can access and manage health services online (e.g. booking appointments or online consultation)	Yes	No
I can use the Internet to find information that helps me solve problems e.g. use search engines	Yes	No
I can use online tutorials, web chat, FAQs and forums to solve problems	Yes	No
I can use my digital skills to keep up with change of technology	Yes	No



Social connection skills		
I can communicate with others digitally (e.g. email, or Messenger)	Yes	No
I can speak to others through video tools (e.g. FaceTime, Zoom or Skype)	Yes	No
I can interact and/or post content on social media platforms (e.g. messages, photographs, video etc.)	Yes	No
I can use the Internet to stream or download entertainment content (e.g. films, music, games or books)	Yes	No
I can set privacy settings on my social media and other accounts	Yes	No
Skills to be safe online		
I can keep the information I use to access my online accounts secure, by using different and secure passwords for websites and accounts	Yes	No
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	Yes	No
	Yes	No
	Yes	No
I make sure not to share or use other people's data or intellectual property without their consent	Yes	No
I am careful with what I share online as I know that online activity produces a permanent record that can be accessed by others	Yes	No

Participant's experience on the training programme and trainers/facilitators

How would you rate your experience on your training programme?				
Very satisfied	Satisfied	Neutral	Dissatisfied	Very dissatisfied
How would you rate your experience with your trainers/facilitators?				
Very satisfied	Satisfied	Neutral	Dissatisfied	Very dissatisfied
Would you recommend this training programme to others?				
Very likely	Likely	Maybe	Unlikely	Very unlikely
How likely would you to be to use the skills you have learned within the next 6 months?				
Very likely	Likely	Don't know	Unlikely	Very unlikely