



Using the Power of Technology: Reasons to Get Connected

During this time of staying home more often and practicing social distancing, you can still connect with family members, friends, and resources in your community. And it is all possible using a device you likely take with you everywhere you go: your phone. Here are some ways you can use your phone to get what you need and keep in touch with others.

Stay Connected to Your Friends and Family:

Your phone is a powerful tool for keeping in touch with friends and family members. You could use it to send text messages and make phone calls. If you have a smartphone, it is possible to download apps such as Facebook Messenger, or the application for your email program, such as Gmail or Outlook. WhatsApp is a walkie-talkie-like app you can use on your smartphone to talk to other WhatsApp users.

Find Restaurants or Access Food in Your Community:

For learning about food resources in your community, your phone can be a useful search tool. You can dial 211 and get connected with food assistance and food pantries near you. Finding grocery stores, restaurants, and information about local food pantries and meal programs is also as easy as typing keywords into your phone's web browser. To search using voice commands, use the Google Assistant with Android devices and Siri with iPhones. Simply say, "OK, Google" or "Hey, Siri," followed by what you are trying to find.

Search out Your Local Medical Service Providers:

By dialing and by web browser search, your phone can connect you to medical resources near you. In case of a medical emergency, dial 911 on your phone. For non-emergency services, you can use your phone's web browser to find information about free or low-cost health clinics, health fairs and medical providers in your area.



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Make a List of Neighborhood Resources:

Making a list of community resources can be helpful if you need to find their addresses or phone numbers quickly. Dial free directory assistance at (800) FREE-411 (800-373-3411) to look up businesses by name. Use your phone's web browser to find the following:

- Your local fire station
- Your local library
- Your local food pantry
- Your local place of worship
- The grocery store, Walgreens or Walmart that is closest to you
- Your local post office
- The number for Poison Control

It can be a good idea to make a list of the phone numbers and addresses for these places and put it where you and your family members will have easy access to the information. This could be taped up next to a wall calendar, or held to a refrigerator with a magnet.

The Disability Resource Center (DRC) of Milwaukee County can connect you with resources that are right in your neighborhood. Consider checking out their website at **www.county.milwaukee.gov/EN/DHHS/DSD/Disability-Resource-Center**. You can also call them Monday – Friday, from 8 a.m. – 4:30 p.m. Dial **(414) 289-6660** and talk with their friendly, helpful staff.