

Module 10: Stay in touch through social media and video calls



What is a video call?

- A video call is like a phone call, but with video so you can see the other person.
- Many people use video calls to:
 - Stay connected with family and friends
 - Attend telehealth appointments
 - Join hobby groups or classes from home



Make a video call

- Both people must use the same video calling app.
- Some apps are built-in:
 - FaceTime for iPhones/iPads
 - Google Meet for most Androids
- You can also download apps like WhatsApp, Messenger, or Zoom.
- **To make a video call:**
 - Open the selected app
 - Select a contact
 - Tap the video button



Key video call icons



Mute/unmute



Camera on/off



Flip camera (front/back)



Add someone to the call



What is social media?

- Social media lets you connect, share and stay in touch online. Facebook is the most popular platform for older Australians — it helps you see updates from family, join interest groups, and message friends, all in one place.



Explore Facebook

- **What you can do:**
 - Scroll your **News Feed** to see posts from friends, groups or pages
 - On a post:
 - Tap **Like** to react to a post
 - Tap **Comment** to reply to a post
 - Tap **Share** to send a post to someone
- **Post something:**
 - Tap What's on your mind?
 - Write a short message or add a photo
 - Tap Post
- **Add a friend:**
 - Tap the Search bar and type a friend's name
 - Tap their profile, then tap Add Friend
 - Once they accept, you'll be notified and see their posts in your News Feed
- **Explore more features:**
 - **Search bar** – Look up people, topics or pages
 - **Groups** – Join communities based on hobbies or location
 - **Events** – Find online or local events
 - **Marketplace** – Buy/sell in your local area
 - **Pages** – Follow services, news or interests
 - **Reels** – Watch short videos
 - **Saved** – Save posts to revisit later
 - **Messenger** – Send private messages or start a video chat



User guide

Scan the QR codes (with your camera) or click the links.

FaceTime



WhatsApp



Google Meet



Facebook

