

TECH LAB AT THE MEMORY HUB

RESOURCES



STAYING SAFE ONLINE: PASSWORD MANAGEMENT AND INTERNET SAFETY FOR ADULTS AND PEOPLE WITH MEMORY LOSS

COMPILED FROM THE TECH LAB WORKSHOP HELD ON SEPTEMBER 27, 2022 BY DR. CAROLYN PARSEY

Tips for Passwords

- Avoid using names of people you know, pets, or meaningful places
- Avoid dates or years of significance to you
- Avoid common keyboard series, such as 12345 or QWERTY, or the word “password”
- Create unique passwords for each website. Do not reuse passwords.
- Do not keep a document of your passwords on your computer.

Password Managers

- Create a ‘vault’ of all your passwords, protected by a master password
- Can generate secure passwords for websites
- Password “check ups” for compromised or repeat password use



thememoryhub.org/page/tech-tuesdays



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Internet Safety

- Do not click on links in e-mails if you can't verify the sender.
- Phishing e-mails often mimic real companies. Verify that these are legitimate before responding, opening attachments, or clicking links
- Never give out your passwords to others, including unsolicited calls
- If something looks too good to be true, it probably is

Privacy and Security

- Set up your home internet or WiFi to have password security. Avoid “open networks” whenever possible.
- On public computers, always log out of all applications before leaving. Do not leave the computer unattended if you have information on the screen.
- Most social media apps, like Facebook, have privacy filters and settings available to reduce the amount of personal data online

List of Helpful Links and Resources

Password Managers

[1Password](#)

[Bitwarden](#)

[DashLane](#)

[LastPass](#)





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More Information on Internet Safety, Privacy, and Passwords

- [AARP Password Tips](#)
- [Consumer Reports - Tips for Better Passwords](#)
- [Consumer Reports – 30 second privacy fixes](#)

More Information on Internet Scams

- [AARP Fraud Alert Network](#)
- [AARP Personal Technology Resource Center](#)
- [NCOA Phishing Scam Information](#)
- [WA State - Internet Safety Information](#)
- [US DOJ Common Scams](#)
- [MoneySmart NM Scam Webinar Recording on YouTube](#)

Facebook

- [Privacy Checkup Tool](#)
- [Privacy Management Tutorial](#)
- [Security Tutorial](#)
- [How to Make Your Account Private](#)

Apple iPhone [Privacy Settings Information](#)

Android Phones [Privacy Settings Information](#)

