

# Digital Navigator

## New Service Available in North Ayrshire

The Digital Navigator service is available to those 65 and over, living with a long-term health condition. It supports people to use technology to help them live well, safely and independently in their own homes.

The service can provide personalised wellbeing plans that focus on supporting people to take control of their own health and wellbeing. A key component of the plan will be connecting people to local activities and services that can help them maintain their independence and quality of life.

The digital navigator can also introduce people to technology that can help them with their health conditions, perhaps through integrated home and mobile monitoring solutions or wellbeing apps or even video enabled care solutions.

If you have digital equipment such as a tablet or an iPad and do not feel confident enough in your ability to use them. Your North Ayrshire Digital Navigator can help improve your confidence and increase your digital capabilities.

If you are interested in speaking to the Digital Navigator, please get in touch on  
**01294 317740**