

## Logic Model

### Outcomes

- The PATH Across the Digital Divide project's goal is that by April 1, 2023, 56 PATH Clinic patients will report an increase in Healthcare Technology Self-Efficacy (HTSE).

### Outputs

- Flyers were written and designed to address the most common topics that project participants identified as barriers to improving their confidence with technology.

### Activities

- Participants who expressed interest were given the option to receive brief, informal educational sessions in which they set and achieved a small, concrete goal related to tech.

### Inputs

- PATH Clinic provided guidance to speak with patients, lobby space, and materials use (clipboards, pens, printing).
- Surveys selected, adapted over time by fellow, mentors, and participant feedback.
- Printing, funding: UAB SOM Office of Service Learning.

## Introduction

How would you solve your tech problems without Googling answers? Approximately 1 in 4 Alabama households lack access to high-speed internet. This project's goal is to promote digital inclusivity by working one-on-one with patients of the PATH Clinic to address their individual goals for using technology. The results stand to inform strategies toward equitable healthcare for patients without access to basic technologies.

### Online Health Information: Know What to Trust

#### The Bottom Line

Health information is easy to find on websites, in apps on phones, and all over social media. Some of the information online and in apps is updated and trustworthy. But some of that information is not. It's important to learn some ways to tell the good from the bad.

#### Is it Trustworthy? Ask the 5 Ws.

Before trusting health information online, in an app, or on social media, remember to ask the 5 Ws Who, What, Why, When, and Where.



#### Who?

Who created this site or app? Who runs it? If it is on social media, which website or organization posted it? Are they health experts? If information does not match what your healthcare provider has told you, ask your healthcare provider about it.



#### What?

What is the site or app offering? Does it feel too good to be true? If so, it probably is. Remember, you can't believe everything you hear!



#### Why?

Why does the site, app, or social media account exist? Is it to make money? A site that ends in .com is often run by a business trying to make money so the information may not be trustworthy. The most reliable sites usually end in .edu (a university), .gov (the U.S. government), or .org (a nonprofit organization).



#### When?

When was this information written? Health information can change when new discoveries are made. Trustworthy health information sources should have a date when the information was "last updated" or "last reviewed."



#### How?

How does the site give you information? In general, a trustworthy health information site should never ask for money, ask for your personal information, or ask you to register for anything.

Information and language adapted from familydoctor.org, a site run by the American Academy of Family Physicians, and nccih.nih.gov, a site run by the National Institute of Health. Updated 03/2023.



CREATED BY PATH ACROSS THE DIGITAL DIVIDE + TECH STUDENT INTEREST GROUP @ UAB WITH THE ALABAMA SCHWEITZER FOUNDATION QUESTIONS? WANT MORE INFO? (205) 578-6891 OR TECHSIGUAB@GMAIL.COM

Flyers created, tailored to common concerns

## Impact

Through surveys, conversations, and informal focus groups in the lobby of the PATH Clinic, patients received targeted coaching to improve their confidence using technology. This project also created an official student service organization within the UAB School of Medicine to aid in the sustainability of the PATH Across the Digital Divide project and work to promote access to basic tech.

## Critical Assessment

Outside of the project site and mentors, a lack of awareness about the digital divide and its impact on health equity was a challenge, but ended up being an opportunity to raise awareness on the topic. This year, working alongside peer fellows and with the multidisciplinary PATH Clinic team, run by the UAB School of Nursing, have taught me how transformative interdisciplinary collaboration can be!

### FREE OPTIONS FOR INTERNET ACCESS

GET ONLINE FOR FREE



#### 1) LOCAL LIBRARY: COMPUTERS + WIFI OR BORROW MOBILE HOTSPOTS FOR INTERNET ANYWHERE

All public libraries provide free Wi-Fi that you can use on your phone, tablet, or computer.

All public libraries also have computers that you can use for free. You should not need any identification or a library card to use them. Just ask for a guest pass.

Every Birmingham Public Library location offers active mobile hotspot devices that you can borrow for two weeks, free of charge. With these devices, you can create a private, secure wireless network anywhere, such as in your home or car. You do need a library card to borrow these, and that requires a state-issued ID.

#### 2) HOME INTERNET FOR FREE OR AT REDUCED COST: ACP

The Affordable Connectivity Program (ACP) is a government-sponsored program that helps qualifying households pay for internet service.

It gives up to a \$30 discount on monthly bills, making some plans free. You can use the money on a new or existing internet plan. This will cover the whole cost of some programs, making internet at home free.

Some households will also qualify for up to \$100 to spend toward a computer or tablet.

Go to [affordableconnectivity.gov](https://affordableconnectivity.gov) to apply and choose a provider. To contact the ACP support center with questions, call (877) 384-2575 or email [ACPSupport@usac.org](mailto:ACPSupport@usac.org).

#### 3) OTHER PUBLIC SPACES

Coffee shops, hotels, hospitals, and universities usually have free WiFi that you can use with your own phone, tablet, or laptop.

#### HAVE SOMETHING TO ADD?

If you know a way to get free internet access that should be added to this list, please call (205) 578-6891 or email [techsiguab@gmail.com](mailto:techsiguab@gmail.com)