

How to Zoom - detailed guide


Our Online Stroke Support Program is delivered by Zoom. Zoom is an interactive video conferencing platform, which allows you to join meetings, groups and activities virtually, regardless of your location, from the comfort of your own home. Zoom is easy to use.

To connect, you will need:

- A private area where you will not be disturbed during the session.
- A laptop, iPad, tablet, desktop computer, or smartphone.
- A good internet connection.
- Optional equipment: a web camera, microphone and speakers if your desktop computer doesn't come equipped with these.

Wi-Fi & data requirements

- ✓ Zoom uses your internet data.
- ✓ If you have Wi-Fi, consider connecting to your Wi-Fi.
- ✓ Lower-speed internet connections and less powerful computers may use less data, but can also reduce the video and voice quality.
- ✓ Smartphone & tablets users: connect to a Wi-Fi network to avoid using your mobile data allowance!



For assistance, please contact
our team via phone on 9670 1117
or email at
info@strokeassociation.com.au

How to join the Zoom session

1. To access the Zoom link, go to the email you received from the Stroke Association of Victoria (SAV). If you didn't receive an email, you can visit www.strokeassociation.com.au/stroke-support/online-support

2. The link may look like this:
Join Zoom Meeting
<https://zoom.us/j/9433197569?pwd=RFdSalcyUUdBbW52MXBOVjNOanZnZz07>

Or it may appear like this:

[Join via this ZOOM meeting link](#)

3. Click on the link and it will take you to the online session. You may be asked to enter the Meeting ID and Passcode. These details are usually listed below the meeting link.
4. You will be placed in a waiting room. When the session is ready to begin, the session host will allow you to join.
5. To ensure the safety of all participants, you must have your video turned on.
6. As another safety measure, you must have your full name & Centre/Support Group name (if applicable) displayed.

To download Zoom

If you would like, you have the option to download Zoom, so it is always available on your device.

- ✓ Laptop or desktop computer users can download a free and secure Zoom program from <https://zoom.us/download>.
- ✓ iPad, tablet or smartphone users can download the free and secure Zoom application from the App store. Search for "Zoom Cloud Meetings" in your App store - once found, click on the app to download it to your iPad, tablet or smartphone.