ICT4Elders

Promoting ICT knowledge

for the elderly people

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ICT4Elders NEWSLETTER
April 2023

The final project meeting in Prague

The final meeting of each European project is always a festive event. We are joyful about the results and the work done, but we also feel a little sad that the meeting with great and inspiring people is coming to its end.

And this was also our Prague meeting, which was the end of the ICT4Elders project. So, on 5th and 6th April 2023 we met in the capital of the Czech Republic to summarize the project results, in particular IO3 Delivery of learning to elder caregivers (APSS ČR & AKMI), current status and next steps in general, reminder of indicators we have to reach, current status in the Czech Republic, current status in Greece (AKMI).

Then we looked at IO4 Guidance to elders on the use of ICT services (Život Plus & AKMI), in particular current status and next steps in general, reminder of indicators we have to reach, current status in the Czech Republic and current status in Greece (AKMI).

Another agenda in the busy two days was IO5 Engagement of nursing homes for the integration of ICT4Elders in their premises (EAN), current status and next steps in general, reminder of indicators we have to reach, implementation of activities in the Czech Republic, implementation of activities in Greece.

As usual, the meeting concluded with the summary of dissemination (EAN & APSS CR), multiplier events - Initiation of the activity (requirements, budget) (APSS CR) and also progress, achievements & next steps (EAN).

Throughout the program we also reflected on new possibilities for projects that could build on ICT4Elders and further use its outputs.

We are happy for the great project outputs that will now help and, thanks to the availability on the web and free access, anyone will be able to use them. We consider the project a success and are grateful for the great collaboration with all partners!

Vojtěch Měřička & Karel Vostrý, European Ageing Network

Pilot trainings at the SeneCura Klamovka

During March and April were Život Plus and SeneCura closely collaborated to implement two pilot trainings according to a set curriculum using the developed learning materials.

The pilot trainings were conducted in person in SeneCura SeniorCentrum Klamovka with SeneCura's clients. Participants were introduced to various topics related to technology by a lecturer Zdeněk Vyhnis from the organization Život Plus, z.ú. with the help of SeneCura caregivers who take excellent care of the seniors.

The aim of the trainings was to provide the seniors with the skills and knowledge they need to use modern ICT devices, including smartphones, tablets, and computers. The clients who participated in the trainings showed an unusual level of interest, which was an encouraging sign that such trainings are much needed.

The feedback from the clients was overwhelmingly positive, which indicated that the training was successful in meeting their expectations. The clients were appreciative of the opportunity to learn about the latest technologies and to become more confident in using them. The training also helped to reduce the fear and apprehension some seniors feel when using new technologies.

The seniors were enthusiastic about exploring communication applications such as WhatsApp and Facebook Messenger, which have become increasingly popular in recent years. The seniors were excited about the prospect of being able to connect with their loved ones and friends more frequently and easily, regardless of their geographical location. Additionally, the seniors were keen on learning about web browsing and the various websites and online services that could benefit them. They were eager to learn how to use search engines to find information quickly and efficiently and to become more comfortable with navigating through various web pages.

In conclusion, the seniors' preference for learning about basic topics related to smartphones and computers, communication applications, and web browsing underscores the importance of tailoring training programs to meet their specific needs and interests. By focusing on the topics that seniors are most interested in, the training programs can be made more engaging and effective in empowering them to use technology more confidently and effectively in their daily lives.

Overall, the success of the pilot trainings at the SeneCura SeniorCentrum Klamovka in Prague highlights the importance of educating seniors about ICT technologies. It is crucial to bridge the digital divide and ensure that everyone has the opportunity to benefit from the advancements in technology. These trainings are an excellent way to empower seniors to stay connected, informed, and engaged in today's digital age.

Zdeněk Vyhnis, Život Plus

Promoting ICT knowledge for the elderly - conference in the Czech Republic

On the 21st of March 2023 an event regarding the project ICT4Elders took place. It was realized by the organization APSS ČR with the cooperation of SeneCura SeniorCentrum Klamovka, Život+ and EAN.

The event was held with the participation of more than 120 people. The main goal for this event was to bring attention to the experiences and knowledge of elderly people regarding the usage of IT technology. Turns out that according to the international studies, whose main focus is regarding the quality of life that the usage of ICT technology leads to the improvement of quality of life for the whole population. That´s because the elderly are placed to the part of population that is the most endangered with digital literacy such as fear, technological barrier or the absence of skill. This can all lead to social exclusion of the elderly. To prevent this exclusion all involved partners created project ICT4Elders.

As a part of the implementation of this project the partners presented the results of an analysis in their respective countries from available resources, data and activity directly concerning the elderly, social services workers and family members. The result of the analysis showed that about 40% of the elderly that are 65 years old or older owns a computer and actively uses the internet. But on the other hand, around 40% of them don´t have an access to the internet and around 50% of them can´t even work with the internet. One part of this analysis was also a social experiment in which the elderly took part in. The social experiment main goal was to evaluate the vulnerability of the elderly regarding their IT knowledge and to raise awareness and perception of the area of threats in the digital world.

This all lead to the creation of educational program for the elderly which gives them the opportunity to grow and to be actively involved with the rest of the population. The program was presented to the participants at the event. The course can be completed through online platform or through the help of social services workers, who had already completed the "Training guide for lecturers". The whole program also includes number of practical examples for practice and for mastering the usage of digital technologies. The educational course itself contains 3 main modules. First one is named: The

equipment, internet and apps. This Module contains three lessons in total. Second Module is named: Online communication, entertainment and health, which also contains three lessons. Last Module is named: Online security. This Module focuses in its three lessons on the internet banking, electronic payment, online shopping, disinformation and inappropriate content.

According to the feedback, that was received after we have presented to the participants, Module 1 looked the most interesting too them. Around 80% of the responders were most intrigued in Lesson 2: The internet and web browsers, then 70% took interest in Lesson 3 and around 40% in

Lesson 1. For Module 2 and 3 their interest in the topics was gradually lowering except for Lesson 1: The communication in Module 2 where 80% of the elderly thought this was the most useful Lesson. Module 3 which regarded the online security had the lowest interest out of all of the previous Modules. Only between 0-10% of participants thought all of the Lessons in this Module were useful. When it came to the question of how much new things the elderly learned after completing the educational program around 30% learned only new things, 30% haven´t learned anything new and 40% learned more new information than they already knew.

This shows that even though the elderly are interested in having a better knowledge about the IT, there are still some areas that needs more focus on, which this program tries to cover fully. Starting from the most basic knowledge about the IT to the help with adapting to the new digital world. The feedback from the participants was really positive. They were really excited and happy about the project and its outputs. The participants of the event even claimed, that the project outputs are very helpful to them and that it´s a very unique concept of educational seminar. If you want to learn more about the project you can visit the official website https://www.ict4elders.eu .

Simona Matějková, APSS ČR

The ICT4Elders training in Greece has been completed!

The training involved professionals in the field of older adult care who in turn trained older people in the use of electronic devices and the internet. The ICT4Elders training took place in March and April 2023 involving 30 professionals (social workers, carers etc.) and 30 older adults.

During the first phase of the training, the consortium introduced the ICT4Elders training material, the e-learning platform, and a training guide to the professionals in order for them to acquire the appropriate skills and tools to provide ICT guidance to older adults.

In the second phase, the trained professionals provided training on ICT skills to older adults (70+) by using the ICT4Elders e-learning platform. More specifically, the older adults were trained on 3 modules:

- » Devices, Internet, Applications
- » Online Communication, Entertainment & Health
- » Online Safety.

The ICT4ELders e-learning platform is available for free in 3 languages (English, Greek, and Czech) and will also be soon available in German. All that is required is a simple registration using your email address.

Register now, here!

Grigoris Chryssikos, Symplexis

Multiplier Event in Greece!

The "ICT4Elders-Promoting ICT knowledge for the elderly people" is at its last implementation days. Social workers and caregivers, volunteers, students and companions of older adults, family members of an older person, VET trainers, active ageing organizations, nursing homes, and NGOs working in the field of social inclusion will have the opportunity to attend the final Multiplier Event of the ICT4Elders Project in Athens, Greece.

The main scope of this event is to engage all and diverse ICT4Elders project target groups with the resources and materials developed during the ICT4Elders project implementation, while "spreading the word of ICT4Elders in Greece."

Christina Triantafyllou, AKMI

Thank you for your support!

Lead partner

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