

Catalogue:
Ageing in the Digital Age –
Best Practice Support
for Digital Competences of Seniors



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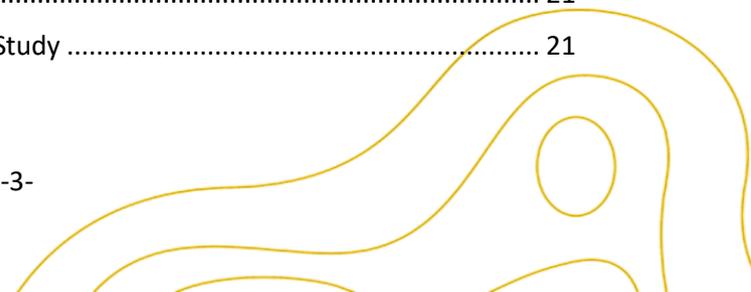


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Introduction

Europe is facing a “longevity revolution”, as the number of old and very old people will increase in the coming decades. According to Eurostat¹, by 2050 29,4% Europeans will be over 65 years old. During the period 2019-2050, the number aged 65-74 years is projected to increase by 16.6 %, while the number of people in the EU-27 aged 75-84 years is projected to expand by 56,1 %. Moreover, between 2019 and 2050, the number of people aged 85 years or more in the EU-27 is projected to more than double. Very old people will thus not be a small minority in our societies but a significant citizen group. The time has come to change the attitude towards them and to shift the focus from inabilities to opportunities and strengths. The older generation needs to be provided with educational support to enable them to remain active members of society and face the challenges of growing old independently for as long as possible.

Statistics show that senior citizens are often missing out the lifelong learning opportunities, although lifelong learning is one of the key factors of successful ageing and helps the wellbeing of seniors in later life, stimulating their social inclusion and interest in life.

As the world is transforming into a knowledge society, we increasingly rely on information delivered through computers and mobile technology devices. However, senior citizens form a large part of society that mostly lacks the required skills to participate in this development. This situation creates a growing group of disadvantaged citizens and contributes to the digital divide of European society.

This imbalance also means lost opportunities, as technology can offer many ways of improving quality of life, especially for senior citizens. More than ever before, services, including public services and business transactions, are moving online. The absence of digital skills in senior population is often synonymous of social isolation, segregation in access to information and services, loss of autonomy and increased sense of inability to adapt to the society. Indeed, improving digital skills in seniors is one way of improving their quality of life through an active lifestyle and freedom of choice and decisions.

Therefore, the overall objectives of the “Ageing in the Digital Age” project are to:

- tackle the gap between ageing population and digital literacy and address the high necessity for digital key competences of seniors, and make digital competences more accessible to them,
- strengthen and empower professionals, carers and volunteers working with senior citizens, so-called “front-liners” who are in direct and frequent contact with senior citizens to show and to explain which initiatives and programmes exist for older people to learn how to use online tools that improve their health and life quality.

¹ Ageing Europe — looking at the lives of older people in the EU — 2020 edition, Eurostat, Luxembourg 2020

Summary

The Catalogue entitled “Ageing in the Digital Age – Best Practice Support for Digital Competences of Seniors” is the product of an analysis of dozens of initiatives from various European countries, such as: projects, programmes, products, training materials, learning materials or network.

The summary of each best practice example provides information about the essential project facts such as project title, funding programme/sub-programme, partnership. Further a brief description of the projects’ content and its objectives as well as the target groups and the achieved results are presented in these summaries. In each description you can find the official project website or other source of information about the best practise example.

In order to facilitate the search for good practice examples within a title an annex is provided at the end of the “Catalogue”. Within this annex all the collected projects are ordered alphabetically.

Digitalisation in the European Union

Digital technologies are now imperative for working, learning, entertaining, socialising, shopping and accessing everything from health services to culture. It has also shown the decisive role that disruptive innovation can play. The COVID-19 pandemic has also exposed the weaknesses of our digital space.

The European way to a digitalised economy and society is about solidarity, prosperity, and sustainability, anchored in empowerment of its citizens and businesses, ensuring the security and resilience of its digital ecosystem and supply chains.

Digitalisation can become a decisive enabler of rights and freedoms, allowing people to reach out beyond specific territories, social positions or community groups, and opening new possibilities to learn, have fun, work, explore and fulfil one's ambitions. This will enable a society where geographical distance matters less, because people can work, learn, interact with public administrations, manage their finance and payments, make use of health care systems, automated transport systems, participate to democratic life, be entertained or meet and discuss with people anywhere in the EU, including in rural and remote areas.

However, the COVID-19 pandemic has exposed a new "digital poverty", making it imperative to ensure that all citizens and businesses in Europe can leverage the digital transformation for a better and more prosperous life. The European vision for 2030 is a digital society where no-one is left behind.

The European Pillar of Social Rights Action Plan projects the target for adults with at least basic digital skills to 80% in 2030. To allow all Europeans to fully benefit from the welfare brought by an inclusive digital society, , and as proposed in the chapter on digital principles, access to education allowing the acquisition of basic digital skills should be a right for all EU citizens and lifelong learning should become a reality.²

² 2030 Digital Compass: the European way for the Digital Decade. COMMUNICATION FROM THE COMMISSION TO THE EUROPEAN PARLIAMENT, THE COUNCIL, THE EUROPEAN ECONOMIC AND SOCIAL COMMITTEE AND THE COMMITTEE OF THE REGIONS., Brussels, 9.3.2021 COM(2021) 118



Digitalisation – situation in Austria

Seniors

The age limit for the term "senior" is not universally defined. Similar buzzwords such as "best agers" or "generation gold" come from marketing and usually start at an age of 50. In population statistics, on the other hand, the older group starts at 65 and thus represents the usual retirement age. According to this delimitation, there were about 1.75 million senior citizens in Austria at the beginning of 2022. Both their absolute number and their share of the population are continuously increasing due to rising life expectancy: by now, 19.5 percent of the inhabitants belong to this age group; in 2012, it had been 17.8 percent. According to forecasts, this demographic change will continue in the coming decades.

Internet use

In 2021, the private internet use of Austrians rose above 90 percent to 92.5 percent. In this country, 6.1 million people will use the internet in 2021. Especially among older people, the use increased significantly.

Almost 93 percent of the Austrian resident population between the ages of 16 and 74 used the internet in the past three months before the survey (from April to June 2021) by Statistics Austria. This is around 6.1 million people and corresponds to an increase of around 5 percentage points compared to the previous year.

The digitalisation of Austrian society has gained further momentum due to the corona pandemic: Especially in the older population, internet use in 2021 has noticeably increased compared to the previous year.

In 2021, 65.5 percent of 65-74 year-olds and 88.9 percent of 55-64 year-olds already used the internet; the year before, the proportions were 57.4 and 78.2 percent, respectively. This corresponds to an increase of 9 and 11 percent, respectively, according to the statistics. In 2010, only 28.2 percent of 65- to 74-year-olds and 52.8 percent of 55- to 64-year-olds used the internet. The frequency of use has also increased; compared to 2020, the proportion of people who used the internet several times a day increased from 59 to 62 percent among 55- to 64-year-olds and from 36 to 38 percent among 65- to 74-year-olds.

Among young people under 35, on the other hand, the maximum has been virtually exhausted for several years. Here, the rate of those who have used the internet in the last three months is close to 100 percent. More and more Austrians are also doing their banking online. This year, 71 percent of those surveyed between the ages of 16 and 74 have already conducted their banking transactions online. In 2020, it was only 66 percent.

Smartphone far ahead in internet use

The smartphone is far ahead as a vehicle for internet use; it is used by 88 percent of the 16 to 74 year-olds for internet access. 41 percent use a desktop computer to access the internet, 57 percent a laptop and 32 percent a tablet. Especially young people use the smartphone to be online; among the under-25s, the usage rate is almost 100 percent.



Digital government

In 2021, the government launched the "Digital Office" on the website [oesterreich.gv.at](https://www.oesterreich.gv.at). The most important administrative matters - from applying for an electoral card to changing one's place of residence to applying for social benefits - can now be handled directly via the internet; it is no longer necessary to go to the office. These simplifications and improved user-friendliness open up digitalisation as a "gateway to the world" for all ages. Senior citizens in particular benefit from this, as they are spared long journeys or can take care of important official business despite being ill.

In addition, the amendment to the Prescription Act has launched the e-prescription. In future, prescription codes can also be retrieved by email or app. In addition, a lost or unreadable prescription can still be redeemed at the pharmacy via e-card.

However, older people are much more likely to feel overwhelmed when dealing with digital devices or the internet. One fifth of the group of frequent users say they are "very often" or "often" overwhelmed, and almost half are "sometimes" overwhelmed.

Older internet users are on the internet similarly often as younger ones. However, they use the internet differently. While younger people use the internet in a variety of ways, including streaming content or being active in social media, older people use the internet more to search for information or to communicate with others via email. They are less likely to create or share digital content than younger people. Older people are therefore more passive on the internet, whereas younger people are more active participants.

A quarter of the 65+ age group say they are unable to recognise fraudulent emails, or can only do so with the help of a third party. Also, 16% say they have little or no knowledge that some information on the internet is false. The distinction between advertised and unadvertised content is not possible or only possible with help for 30% of older daily internet users. Possible risks on the internet are therefore not sufficiently recognised by some older people, although they encounter them every day.

Therefore, demand-oriented opportunities must be created to improve the digital skills relevant for older people. After all, not every digital skill is relevant for every user. It must also be made clear to learners what the knowledge they are learning can be useful for. For this reason, needs-based, low-threshold offers that take into account the specific needs, reservations and life circumstances of the 65+ age group are particularly important.



Digitalisation – situation in Poland

Advanced digital technologies accompany every person in every aspect of their lives, and for a significant percentage of the society they are now an essential element of functioning, both professionally and privately. The impact of these technologies on entire societies and countries is significant and is rapidly beginning to play an important role in the manner of interpersonal communication, the development of most sectors of the economy or in relations the country-citizen and the citizen-country.

Systemic changes of entire sectors of the economy, based on modern technologies that use digital data as a driving force, are the essence of the ongoing digital transformation. Basing the economy on digital technologies and greater involvement of the country and entrepreneurs in the digital transformation may contribute to a significant economic acceleration and reduce development differences in relation to the most economically advanced countries in Europe.

Integrated Country Informatization Programme

The "Integrated Country Informatization Programme" is a strategic document describing the government's activities aimed at providing the society with high-quality electronic public services. The aim of the Programme is to create a coherent, logical and efficient information system of the country, providing e-services at the national and European level in a quality and cost-effective manner.

The implementation of activities aimed at achieving the objectives of the Programme is assumed under three directions of intervention:

1. reorientation of public administration towards services oriented towards the needs of the citizen,
2. implementation of horizontal tools supporting the activities of public administration,
3. development of digital competences of citizens, administration employees and Information and Communication Technologies specialists.

The state of development of e-administration and e-health services

According to the DESI report for 2021, in the category of digital public services, Poland ranks 22nd among EU countries, i.e. below the EU average (55.1 - Poland's result, 68.1 - EU). The percentage of persons who have never used the Internet is constantly decreasing. Poles are more and more willing to be active on the Internet. The number of citizens using e-government is growing. In 2020, 41.9% of people used the Internet in contacts with public administration, compared to 26.6% in 2015. The projects implemented in recent years to increase the quality and availability of public e-services financed from EU and national funds result in increased trust in this type of contact between the citizen and the country. According to DESI, 49% of Internet users used public administration services (64% in the EU).

Poland, in comparison to other EU Member Countries, ranks among the countries characterized by a low level of digitization and penetration of e-services. Therefore, it is necessary to continue looking

for solutions facilitating access to e-services, allowing for relieving citizens in the implementation of administrative procedures, increasing the usefulness of services and digitization of processes.

Significant progress has been made in the area of **e-health**, but the use of e-services is at a lower than expected level, which allows only selected cases to be handled electronically. For example, patients have access to e-services via a website in 29% of entities. The e-registration service has been implemented by 29% of medical centres.

Ensuring cybersecurity

The development of modern technologies and the increased use of them in public administration, business and society requires ensuring cybersecurity, both in the form of specialized security systems, organizational procedures, as well as activities increasing knowledge and social awareness in the area of cyber threats (e.g. data loss / use, cybercrimes).

The state of intersectoral cooperation for digital solutions to socio-economic problems

Increasing the level of use of digital solutions by domestic organizations is crucial for the development and increase in the competitiveness of the Polish economy. Currently, their use is not very large. This is confirmed by the report Digital Economy and Society Index (DESI) for 2021, in which Poland ranks 24th in the EU when it comes to integrating digital technology in business with a score of 25.9 points (EU average - 37.6 points). According to the report, 15% of enterprises in Poland in 2020 used cloud services (EU average - 26%). A large increase in the use of digital technologies and solutions in Poland is expected.

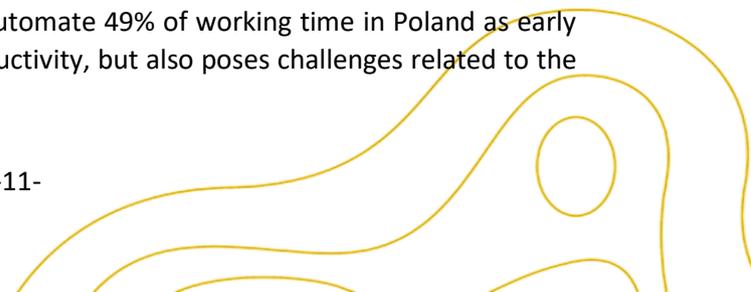
Cross-sectoral cooperation in the area of digitization, including in particular public administration, entrepreneurs, universities and science entities will affect the development, implementation and provision of new e-services, using the potential of modern technologies in the field of, inter alia, communications, internet of things and artificial intelligence. The planned activities will increase the demand for the latest generation telecommunications infrastructure in the private and public sectors. As a result of the implementation of more effective digital solutions adapted to the new needs of society, sustainable socio-economic development of the country will be possible.

The resulting e-services will provide remote access to unique tools and enable processing, analysis, safe collection and archiving of large data sets, which will result in acceleration of the development of such areas as, for example, automotive, e-health, transport, culture and entertainment, public safety, energy, financial technologies and agriculture.

In the long term, the use of the potential of digital technologies may be a significant driving force of the Polish economy, bringing tangible benefits to residents, public administration units and enterprises.

Building the information society and developing e-competences

The technological development of the country will automate 49% of working time in Poland as early as 2030. This means an opportunity to increase productivity, but also poses challenges related to the



adaptation of employees and their competences to the new labour market. Institutions and society must face changes such as the growing demand for employees with higher digital competences.

It becomes necessary to improve the e-skills of people working in public sector institutions and to constantly support the development of their skills. The epidemiological threat related to COVID-19 has shown how important it is to use digital solutions in healthcare. The digitization of this area is a complex process. Its implementation requires training support aimed at building new skills of the broadly understood healthcare sector personnel. The use of e-health solutions will support medical staff in the areas of prevention and diagnostics, and will ensure a more effective treatment process. The indicated activities and the resulting benefits will increase citizens' access to high-quality healthcare services.

It should be emphasized that the digital skills index shows a still low percentage of people with at least basic digital skills. In 2020, it amounted to 50%, i.e. by 6 percentage points more than one year before. Further activities are important to raise the knowledge and social awareness of the benefits of using modern technologies, including the use of public e-services, as well as activities aimed at changing negative social attitudes regarding ICT, promoting the acquisition and development of e-skills.

The use of digital technologies by persons 60+

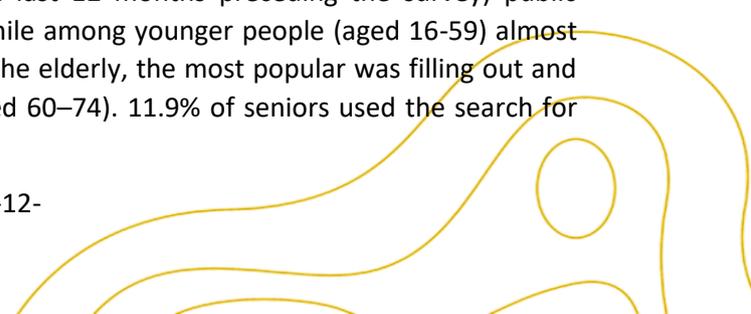
The coronavirus pandemic and related restrictions have significantly reduced the number of activities available to the elderly. At the same time, the existing limitations accelerated the computerization processes. Polish seniors are becoming more and more active members of the virtual space.

In Poland, in 2020, according to the Research on the Use of Information and Communication Technologies (ITC) in households, more than half of people aged 60–74 (51.4%) used the Internet (in the last three months preceding the survey). The share of Internet users at this age was still much lower in comparison to younger people, among whom 93.1% of people used the Internet. The percentage of people using the Internet decreases with age. However, it is getting higher every year, especially in older age groups. Among people aged 65-74, those using the Internet accounted for 43.2% in 2020, compared to 21.3% in 2015. The greatest distance was between seniors and people aged 16-24, for whom 99.2% of people used the Internet within the last 3 months.

Both the age and approach to life of older people determine their involvement in modern technologies. If they are active people who want to educate themselves and are not afraid of new challenges, the percentage of people using online services is high. 48.3% of people aged 60–74 used the Internet regularly (at least once a week). The frequency of using the Internet to a greater extent depended on the level of education.

Elder people most often used the Internet in private matters to read news, newspapers or magazines online (39.6% of people aged 60-74), search for information about goods or services (31.2%), search for information related to health (28.9%), send and receive e-mail (28.4%), and use the internet banking services (22.4%).

In 2020, 17.9% of people aged 60-74 used (in the last 12 months preceding the survey) public administration services provided via the Internet, while among younger people (aged 16-59) almost half chose this form of contact with offices. Among the elderly, the most popular was filling out and sending forms via the Internet (12.7% of people aged 60–74). 11.9% of seniors used the search for



information on public administration websites, and 9.4% declared downloading official forms via the Internet.

Elder people much less frequently than people from younger age groups used the possibility of shopping online. The percentage of persons aged 60–74 who made purchases for private use (in the last 12 months) in 2020 was 22.0%. Among younger people, this indicator amounted to 73.0%.

Among seniors aged 60–74, 36.4% followed information about the coronavirus on websites, 11.0% used social networking sites for this purpose. However, the most common sources of information about the coronavirus were television (94.6%) and radio (49.9%).

Digital competences

Digital competences are a condition for full participation in the society of the 21st century and a chance to improve the quality of life, as well as to develop an active attitude towards digital technologies, important elements of which are digital trust and awareness of the need to care for cybersecurity. The way of shaping digital competences is digital education, targeted at the needs of various groups of citizens.

The aim of digital education is to enable citizens to use digital technologies in various areas of life, benefit from them and improve their quality of life. Advanced digital skills of citizens are a necessary factor in building social capital, resulting in economic growth and increasing the competitiveness of the economy.

Governments of many countries, including Poland, recognize the importance of deepening the digital competences of seniors. This age group is still the most vulnerable of all to digital exclusion, so numerous programs are being developed to help them learn about new technologies and how they can help them in their lives.

Libraries, museums, community centres, non-governmental organizations, seniors clubs, and Universities of the Third Age also participate in improving the digital competences of elder people and open many classes in the field of computer science, allowing students to learn, step by step, the use of a computer and its software.

It is important to make elderly aware of the importance of information technologies in their everyday life, as a large proportion of people who do not use them claim that they do not feel such a need (nearly 60%), and 7% do not know what benefits they could bring them. The higher the age of a senior, the more often they express such an opinion.

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Digitalisation – situation in Slovakia

Policies

According to EU Education and Training Monitor 2020, 16 % of Slovak population in the age group from 55 to 74 years has at least basic digital skills (EU average is 22 %) while 6 % of this age group has higher than basic digital skills (EU average is 13 %). We can see that the Covid-19 pandemic brought some positive results here, since senior citizens were forced to learn to use electronic communication in order to stay in touch with their relatives and friends during lockdowns.

The most important public policy document dealing with the topic of ageing in the digital age is the National Plan of Active Ageing authored by the Ministry of Labour, Social Affairs and Family. The document addresses the topic in several action suggestions:

- To implement and develop programs facilitating digital, financial and medial literacy of people, mainly in the context of labour market demands.
- To implement the Digital skills development program for senior citizens within the Digital coalition and through IT Fitness test (the launch of the project was announced in August 2021: <https://digitalnakoalicia.sk/zlepsovanie-digitalnych-zrucnosti-seniorov-a-znevychodnenych-skupin-vo-verejnej-sprave/>. Senior citizens will be able to obtain smartphones or tablets for free if they join the training courses.).
- To analyse the impact of digitalization and automatization on senior employees and their skills, to develop the Action plan of applicability of senior people in the digital world (the goal is to engage at least 10 000 senior citizens to a pilot diagnostic test of digital skills and at least 5000 senior citizens to a pilot on-line distant learning program).
- To facilitate cooperation within tripartite to support increasing of digital skills level of senior employees.
- To implement a system of additional education of employees particularly in ICT.

Also, there is a Digital transformation strategy Slovakia 2030 and digital skills are also addressed by MIRRI SR office (Ministry of Investment, Regional Development and Informatisation of the Slovak Republic) through the support of a number of specific activities, such as the IT Fitness Test or the national IT Academy project.

Health

The survey conducted by the Public Health Authority in 2020 found out that more than 50 % of Slovak senior citizens use websites as a source of information about healthcare. More than one third of them use social media and online discussion forums as well. According to a survey, half of the pensioners communicate with their healthcare providers via electronic devices or use health-focused apps in their smartphones.

However, 64 % of Slovak senior citizens admitted having difficulties with critical evaluation of information found online.



Hoaxes and fake news

The Slovak Police warned that the number of senior citizens sharing hoaxes and fake news online is constantly rising. In reaction to this situation, Transparency International Slovakia has published a brochure *Falošné správy a hrozby internetu – manuál (nielen) pre seniorov* (False news and the Internet risks – a manual (not only) for senior citizens), addressing this topic and aiming to help senior citizens not to swallow the bait of these online “traps”. Moreover, the organization’s program *Dlhujeme im to* (We owe it to them) aims to educate senior citizens in a lot of other fields.

Digitalisation – situation in Slovenia

Digital Slovenia

The digitalisation of society and the use of development opportunities offered by the Internet and ICT are essential for the development of Slovenia and the EU. The umbrella strategic document for the development of the information society in the Republic of Slovenia is the Digital Slovenia Strategy. It envisages measures to close the biggest development gaps for faster development of digital transformation in all areas, greater competitiveness of the state and ICT industry, general digitalization of society, development and construction of digital infrastructure, improvement of cyber security and promotion of inclusive information society.

At the end of the Digital Slovenia 2020 strategy and the process of preparing the forthcoming strategy, a review of the implementation of Digital Slovenia 2020 was initially prepared in early 2020, which served as the basic basis for the preparation of the new strategy. The Government Office for Digital Transformation has formulated guidelines (essential starting points) for the **Digital Slovenia 2030 strategy**, which bear the working title "Decisively into digital", and the goal of the strategy is to be ranked among the top five countries on the DESI index by 2030. digital transformation of all segments of society to improve the quality of life of the population of Slovenia in a sustainable, green and trustworthy way.

The strategy in Slovenia thus identifies four key pillars of a decisive digital shift:

- (i) competencies and the ecosystem of digital inclusion,
- (ii) secure and sustainable digital infrastructure,
- (iii) digital transformation of companies and
- (iv) digitalisation of key public services.

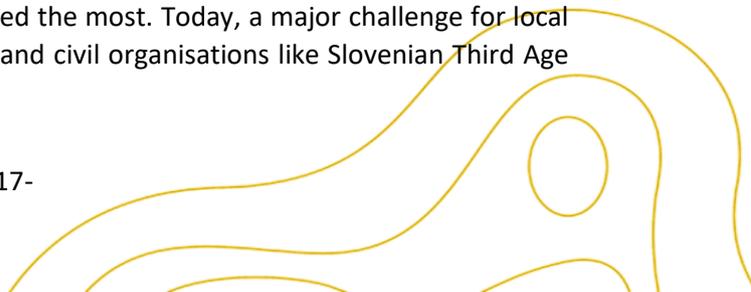
A Digitally Learning Society

Ageing society requires many changes of older peoples social roles and those of other generations. Active ageing as one of the best political visions of old age is about meeting individual and community needs and exploiting individual abilities.

Digital inclusion of older people is about equality and **digital exclusion** is mostly about inequalities among generations and social groups.

All societies in Europe are getting older. The relation between younger and older generations is changing, a number of older people is increasing. Also in Slovenia the older represent the greatest social group. 15.4% of the Slovenian population has more than 65 years and only 15% are younger than 15 years. This population structure indicates a social impact in the future: an imbalance of society, changes in social protection, health, education and work (labour).

The Digital Economy and Society Index (DESI) is a composite index that summarises relevant indicators on Europe's digital performance and tracks the evolution of EU member states in digital competitiveness. **The DESI** comprises five components; connectivity, human capital, the use of internet, integration of digital technology, digital public services. Already in 2016, all Member States improved on the DESI. Slovakia and Slovenia progressed the most. Today, a major challenge for local and national government, as well as the third sector and civil organisations like Slovenian Third Age



University is squaring the circle between delivering digital services, providing the benefits of digital engagement.

According to the Digital Economy and Society Index 2021 (hereinafter DESI 2021), Slovenia ranks 13th among EU Member States and has advanced by three places compared to the previous year.

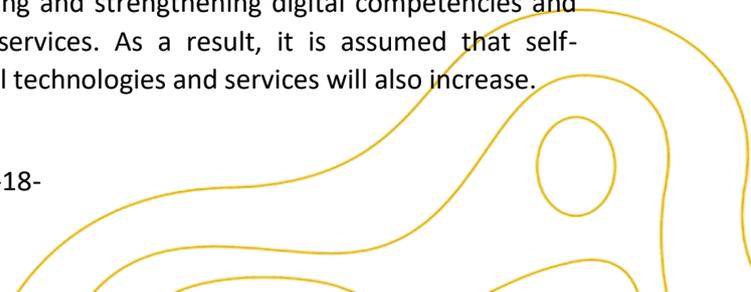
According to DESI 2021, Slovenia ranked 9th in the EU in the field of connectivity. There has been a slight increase in the number of households covered by fixed very high-capacity networks. Broadband access to next-generation networks covers 88% of households. In terms of human capital, Slovenia is just above the EU average. Slovenia ranks 8th among EU countries in integrating digital technology into companies.

In the field of digital public services, the country is successful in the open data indicator, ranking tenth in the EU. Slovenian Internet users actively use e-government services (77%) compared to an average of 64% in the EU.

The **DESI 2020 data** show that Slovenia has a higher proportion of people than the European average who have never used the Internet. The share of Internet users and the share of users of online courses, online banking and online shopping is lower than the European average. Levels of basic digital skills remain below average, as 45% of the population aged 16 to 74 do not have basic digital skills, with 32% of people aged 55-64 without digital skills (SORS 20191).

UMAR (Office of the Republic of Slovenia for Macroeconomic Analysis and Development) notes that the COVID-19 epidemic in 2020 strongly marked the Slovenian economy and significantly affected the quality of people's lives, but also brought some new opportunities. At the same time, some unresolved development challenges intensified during the pandemic. The Digital Slovenia 20207 strategy states that one of the largest deficits in Slovenia is the area of the population's ability to integrate into the information society, which dictates the preparation and implementation of numerous measures to improve the situation in this area. The renewed Digital Slovenia 2030 strategy also notes that only citizens with digital competences can take full advantage of the digital transformation and successfully integrate into the digital society. training, the Commission has proposed a new action plan for digital education, which contains ambitious actions with two strategic priorities: to promote the development of the European digital education ecosystem and to strengthen digital competences and skills for digital transformation.

In order to enable and encourage digital literacy in the coming period, we adopted the **Digital Inclusion Act** in Slovenia on 8 March 2022. The Act means a comprehensive regulation of the field of promoting the digital inclusion of the population, which, with its adoption, is becoming a strategic priority of the Republic of Slovenia. Digital inclusion of the population is a precondition for social development, which is made possible by the digital transformation of the economy, public administration and the wider public sector and society as a whole. The law is the foundation for making the promotion of digital inclusion an obligation at all times executive branch. In order to increase the digital inclusion of the population of Slovenia, the law sets specific goals for digital inclusion. Of the four pillars of digital inclusion - accessibility and availability of information and communication infrastructure and digital services, active citizenship in the information society, digital competencies and trust - the law focuses on acquiring and strengthening digital competencies and knowing the benefits of digital technologies and services. As a result, it is assumed that self-confidence, critical, responsible and safe use of digital technologies and services will also increase.



The Act addresses the social component of digital transformation, so it divides the population of the Republic of Slovenia into nine target groups for which incentive measures are intended: preschool children, compulsory school children, high school and university students, teachers at all levels, adults, the disabled and pensioners (Article 9). The breakdown of groups is necessary so that measures can be adapted to the specific needs of each population group. Namely, with different measures we can achieve different levels of digital competencies.

Digital Voucher

Due to the extraordinary increase in the need for digital inclusion, dictated by the aggravated situation of the COVID-19 pandemic, the first digital voucher - Digital Voucher '22 - is issued on the basis of this Act (Article 27). It is intended for the purchase of statutory computer equipment in the amount of EUR 150, obtained by high school students, students of post-secondary and higher education study programs of 1st, 2nd and 3rd level and participants in an educational program subsidized from budget items e-inclusion and digital connectivity state budget for 2022 who are **adults aged 55 and over, or retirees.**

The proposed measure reads: "A digital voucher is being introduced to promote lifelong learning in the field of digital skills. In the first phase, retirees will be eligible for digital vouchers. Beneficiaries will be able to redeem the digital voucher from education providers or courses to be selected through a call for tenders. In their implementation, special emphasis will be placed on the use of online public administration services. "

Some other examples of digitization for the needs of access to efficient services

Digital e-Health

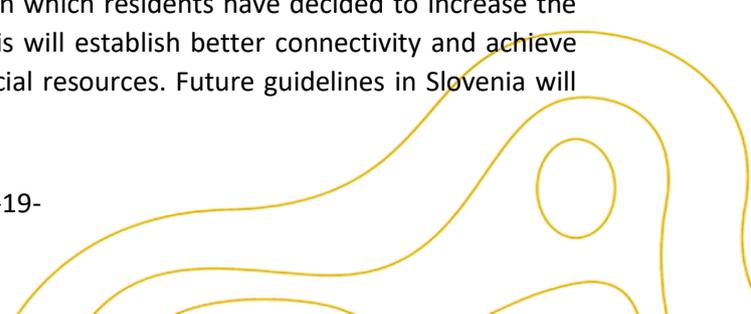
The e-Health system with an efficient form of electronic solutions brings greater security and quality of health services. E-Health brings a reduction in administrative costs and effective management of comprehensive health and health-related data and information. Informatization enables uninterrupted communication, secure and traceable exchange of data and electronic documentation between healthcare providers.

Digitalna e-uprava

The basic purpose of the portal is to offer administrative services to users via the World Wide Web and thus, in addition to the classic ones, provide an additional, electronic route for the provision of these services. In order to provide an excellent user experience, the portal is designed in accordance with modern technological and design guidelines and is user-oriented. Information on services is collected in content-rounded areas that monitor all important events in an individual's life from birth, through schooling and employment, to retirement. Descriptions of individual services are designed to guide users in an understandable and transparent way through the procedures to be performed by one or more public administration bodies.

Digital Smart Communities

Smart cities / communities are living environments in which residents have decided to increase the quality of life by using modern ICT technologies. This will establish better connectivity and achieve optimal use of energy, materials, services and financial resources. Future guidelines in Slovenia will



encourage the development of smaller towns, regions, smart communities and smart villages. According to the Ministry of Public Administration (MPA), which is leading the digitalisation process in Slovenia, Slovenian municipalities most often decide to introduce smart solutions in the field of resource and infrastructure management, culture, sports, tourism, environmental care, mobility, logistics and transport.

In addition, **other community institutions**, such as libraries, museums, theatres, archives, centres of culture, are increasingly involved in digitization; political organizations and parties; organizations for the rural and agricultural sector of the population; organizations of local communities; organizations for leisure time; professional organizations; organizations for environmental protection; social welfare organizations; organizations for the disabled; organizations for helping families, parents, organizations for tourism,, organizations of seniors, etc.

Let us mention a **few other interesting initiatives**. One such successful program of **digital security solutions is the Hackathon program**, which takes place under the auspices of the Slovenian Police and Ministry of Public Administration, in cooperation with the companies Tehnološki park Ljubljana (Odeon project, Interreg Mediterranean program), ABC Accelerator, Microsoft, IBM Slovenia, GDİ, Comtrade and Xlab.



Zavod IZRİIS has established an intergenerational digital platform, the first of its kind in Slovenia, which with its content, the possibility of active participation and intergenerational exchange contributes to increasing the digital literacy of the elderly, their greater social inclusion and reducing the intergenerational digital divide. The platform offers older people the opportunity to: (1) lifelong learning to acquire functional digital skills; (2) learning to use key e-services for the elderly; (3) access to active and healthy aging content and programs; (4) participation and learning in intergenerational virtual meetings.

MAGDA – mobile App for Seniors

Magda is the first mobile application for the elderly, where all important content and information for the elderly are gathered in one place.

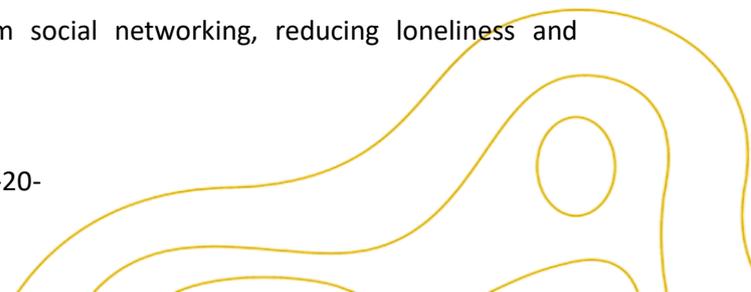
We focus on areas that significantly affect the quality, activity and social diversity of the lives of the elderly. The application offers help in the use of new technologies, which consequently bring the elderly independence, better information, access to various content and greater inclusion in society.

ČVEKIFON – a unique telephone network for the elderly

ČvekiFON is a joint project of Symbiosis and Humanitarian in cooperation with the main telecommunications partner A1, which the Ministry of Labour, Family, Social Affairs and Equal Opportunities recognized as a project of national importance and fully supported. WHY?

The covid-19 pandemic in Slovenia launched the initiative for ČvekiFON not long after they recommended avoiding unnecessary contacts at the national level, but we know how important social contact is for the elderly, so we wanted to give them back what means the most to them.

ČvekiFON was created with the aim of long-term social networking, reducing loneliness and connecting.



Computer Digital Literacy – People’s Universities in Slovenia

The aim of this program (50 hours) is developing a general computer skills and digital literacy for life-friendly and better communication in society, with emphasis on the acquisition of basic knowledge of computer and digital technology. During this period, participants learn about the following issues:

- 1) basic computer skills,
- 2) internet, e-mail,
- 3) e-Government, e-Banking,
- 4) ATM, parking meters,
- 5) Mobile phone,
- 6) other similar digital devices.

The added high value of such education is also added by accessibility, as there are **56 universities for the third age in Slovenia** (almost in every municipality), and the network of **People's Universities** also has as many as 29 full members. In both settings, they pay close attention to educating the elderly population with a special focus on computer literacy and strengthening the digital skills of the elderly.

PROJECT BRIDGE – People University Velenje

The aim of this project (90 hours) is to help older people to use ICT and gain digital literacy skills in daily life and to take advantage of the opportunities of the information society.

Intergenerational Companionship by Computer Study

Author: Maja Rant, The Institute of Anton Trstenjak

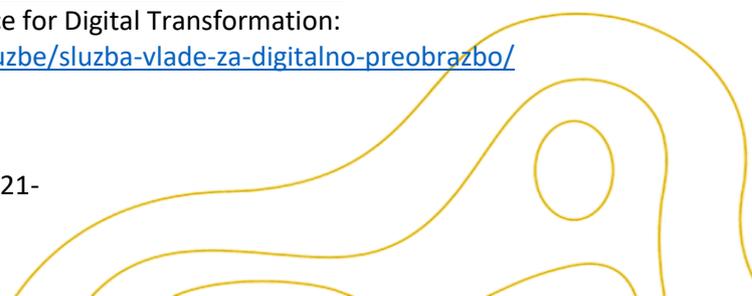
The program offers older people opportunity to enjoy in a good company with young students who are willing to be in a role of teachers for the elderly to learn the basics of computer science or upgrading their computer skills. The students, as teachers, and the older people in the role of students, attend the free of charge course which lasts one academic year.

Empathic Technologies, a New Future

There is a lot of talk about so-called Empathic Technologies using artificial intelligence (AI) which will undoubtedly fill social isolation gaps in the future, especially in broad social integration and empowerment of older people. Of course, prototypes of such products are in the initial stages of development also in Slovenia (Institut Josef Stefan).

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4. Digital Inclusion Promotion Act: <https://www.uradni-list.si/glasilo-uradni-list-rs/vsebina/2022-01-0653/zakon-o-spodbujanju-digitalne-vkljucenosti-zsdv>
5. Strategic documents of the Government Office for Digital Transformation: <https://www.gov.si/drzavni-organi/vladne-sluzbe/sluzba-vlade-za-digitalno-preobrazbo/>



Outcomes of the project meetings

During the project duration we organised four transnational project meetings and, in addition, meetings with seniors' education organisations, professionals, caregivers and volunteers working with senior citizens.

Below are the main conclusions of these discussions on digital education of seniors.

Main barriers of seniors in using ICT

Many studies show that while more and more older people are using the internet in recent years, the digital divide between younger and older people is still large. While in the phase around retirement the proportion of people with access to the internet is now quite high at over 80 percent, people in their mid-70s and older are less likely to have internet access. At the same time, however, it becomes apparent that there are clear differences within the group of older people. Older people with a low and medium level of education use digital technology significantly less often or less competently than older people with a high level of education. In addition to the level of education, (earlier) professional and technological biographies also play a role in the competent use of digital technologies. Above all, older people with a formally high level of education have come into contact with digital technologies in their professional lives.

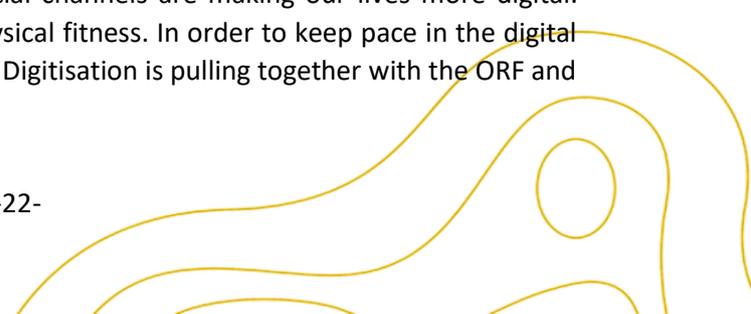
There are also clear gender differences: while more and more older women are using the internet, women account for just under 40 per cent of those over 80 years of age who use the internet, while overall they make up two-thirds of the older population in this age group. In addition to traditional role models, women's professional biographies also contribute to this difference between men and women: Older women were partly not employed at all or often to a lesser extent and in less technical occupations than men. They usually received a lower salary and also have fewer financial resources in old age than men of the same age.

All too often, older people are stereotyped as sceptics who are hostile to new technologies. But seniors are just as capable as younger people of acquiring necessary skills. Different offers help to support them on their way into the digital world.

During the search of best practice in the countries of the partnership, the project partners had meetings with seniors' education organisations, professionals, caregivers and volunteers working with senior citizens. The discussions dealt with the main barriers of senior citizens, the impact of the Covid-19 pandemic on the use of ICT, and the promotion of digital education of older people. In the following, we present the respective outcomes in each country of the partnership-

Promotion of digital education of older people in Austria

The Federal Ministry for Digitisation and Economic Location (BMDW), together with the Austrian Broadcasting Corporation (ORF), contributes to building digital skills among senior citizens and digital beginners. It is important to take all people with us in digitalisation - from the youngest to the older generation. Smartphones, the internet or even official channels are making our lives more digital. Mobility is therefore no longer just a question of physical fitness. In order to keep pace in the digital age, senior citizens need digital skills. The Ministry of Digitisation is pulling together with the ORF and



the Seniors' Council to accompany the best agers on their digital path, and has launched the ten-part learning video series "Smartphone ABC" as a learning aid, which is now available at www.digitalelebenswelten.at.

The Austria Radio and Television (ORF) has also been focusing on this issue in its early evening magazine "Studio 2" with the column "Digital Austria" to inform the older generation about the possibilities of the digital world. As a broadcaster of society, ORF wants to contribute to making as many people as possible digitally fit. Especially in times of the pandemic, it is important that digital beginners get help to stay in touch with their families and friends, at least virtually. That is why ORF has designed and broadcast numerous contributions that strengthen digital skills. The Corona crisis has massively increased interaction with our audience, and the ORF can thus respond even better to the difficulties many people have with digital technologies.

For all those who work in the field of digital education with older people, the platform digitalesenioren.at (also available at digitaleseniorInnen.at) offers information. Among other things, one can find studies and teaching materials on the topic of "seniors and digital media" as well as examples of good practice. The service point digitaleSeniorInnen is run by the non-profit association ÖIAT (Austrian Institute for Applied Telecommunications). The materials are intended to support adult educators in promoting the digital participation of older people.

Promotion of digital education of older people in Poland

Effective use of digital competencies should be reinforced by the attitudes of individuals, conditioning them to have a positive attitude towards technology and a willingness to constantly develop digital competencies. Knowledge of the benefits and risks of using digital technologies is the basis for building an informed digital society.

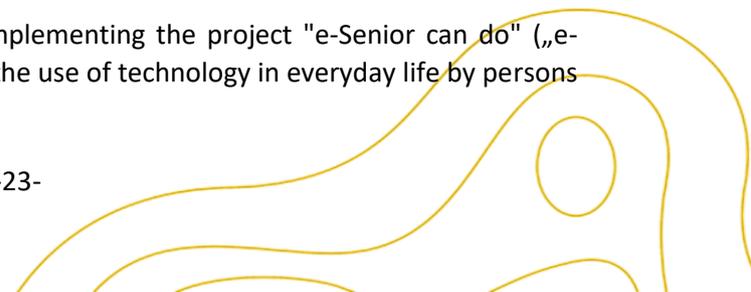
Efforts to improve digital skills of the Polish society are taken by numerous entities, including the Chancellery of the Prime Minister, ministries, municipalities and non-governmental organisations.

There are several proposals to counteract the digital marginalization of seniors in Poland.

Government's programmes to support the development of digital skills of elderly:

- Integrated Country Informatization Programme (area: development of digital competences of citizens, administration employees and Information and Communication Technologies specialists)
- Digital Skills Development Programme 2030 (area: providing opportunities for everyone to develop digital competencies). It is assumed that thanks to the Programme's activities, the development of digital competences "from preschoolers to seniors" could contribute in building an inclusive, open and modern society, which, in the individual dimension, will translate into a better quality of life.
- Multi-annual Programme for the elderly "Active+" for years 2021-2025 (area: digital inclusion, including activities aimed at increasing the skills of using modern technologies and using new media by elder persons, as well as disseminating and implementing technological solutions favouring social inclusion and safe functioning of the elderly)

In addition, the Ministry of Digitization has been implementing the project "e-Senior can do" („e-Senior potrafi”), the purpose of which is to promote the use of technology in everyday life by persons



of all ages. For example, on www.gov.pl, in the "Digitization" tab, seniors can find some simple tips related to using the Internet. There are some Internet safety tips they can learn about and remember well.

Activities to improve digital competences in Poland are already being implemented with funds of the Operational Programme "Digital Poland 2014-2020", Regional Operational Programmes 2014-2020 and the Operational Programme Knowledge Education Development.

Lots of municipalities included digital skills development in their strategies and have taken efforts to define their inhabitants' needs in that respect. The municipalities have taken up information and promotion activities, such as highlighting advantages of resolving customer issues via the Internet.

There are more organisations, initiatives which are involved in the process of digital inclusions of elderly persons.

One of them are the Senior Councils which are more or less formal groups of elder persons who want to meet and talk about the problems they face on a daily basis in their homes, cities and municipalities. Such Senior Councils cooperate with local government institutions, including Marshal's Offices and municipalities with plenipotentiaries for the elderly, who help them find an institution or organization that conducts activities in the field of digital education. Senior Councils also cooperate with non-profit organizations and the Universities of the Third Age which carry out this type of trainings.

It is worth to mention about the so-called Digital Poland Lighthouse Keepers ("Latarnicy"). They are trained volunteers who carry out activities for digital education of people 50+ in their local communities. Their role is to encourage persons to use the digital technologies and teach how to use them. So the Lighthouse Keeper is the person who teaches people 50+ to use a mobile phone, computer or tablet, helps them start using the Internet and its tools such as e-mail or search engines. Educational activities of the Lighthouse Keepers are distinguished by their informal character and focus on the individual needs of the trainees. In addition, Lighthouse Keepers operate using local public Internet access points such as libraries, volunteer fire stations, telecentres. For people aged 50+, learning in such conditions is easier than during a formal course led by IT experts. Especially that it is often a one-to-one contact, not an educator – a group one. The lighthouse keepers have been operating since 2012 as part of the Digital Poland of Equal Opportunities initiative, implemented by the "Cities on the Internet" Association and the Ministry of Administration and Digitization. In recent years, it is the largest initiative in Europe implemented in the field of digital education of adults.

Various entities, including governmental ones, organize educational campaigns to help the elderly use modern technologies and the Internet. One of them is an educational campaign called "Senior - let's meet online" (Seniorze - spotkajmy się w sieci). The goal of this campaign is to increase senior citizens' knowledge of online safety and promote attitudes to support our parents and grandparents in navigating the digital world. Other example is an educational campaign of Play - the telecommunication company. During the lockdown, as part of #stayathome campaign (#zostańwdomu) Play created manual for seniors as a series of 10 episodes available on their website and on the YouTube channel, which explain the most important and useful smartphone and Internet using ways in a very simple manner.



Promotion of digital education of older people in Slovakia

The issue of the gaining digital skills among seniors is targeted by The Ministry of Investment, Regional Development and Informatization (MIRRI) of the Slovak Republic, which launched a project to support the digital skills of seniors. The pilot phase for the first 1,000 participants started in June 2022. The training sessions under the pilot phase are conducted in approximately 60 training venues in regional and district towns across the country. Primary and secondary schools, libraries, municipal and city authorities, day care centres and leisure centres that have provided their premises for training are involved. The Ministry of Informatisation has concluded an agreement with 64 trainers who will train seniors in small groups.

The implementation phase will start in the autumn 2022, which will be open to all seniors with different levels of digital skills, regardless of whether or not they are members of the Unity of Pensioners in Slovakia or other associations. 172 800 seniors will be trained. Digital skills are also essential for safety in the online space. There are a growing number of cases where seniors have lost their life savings to social networking scammers. Fraudsters often target seniors because they know they are vulnerable and easy prey. Digital skills allow them to better engage with society, communicate with loved ones and family, and use services, many of which are already only available online.

The training itself will consist of 4 parts:

- basic digital device handling (acquiring basic digital skills on how to use digital technologies when working with data, information and digital content)
- information retrieval (better orientation in the world of the Internet)
- communicating online (learning about the different ways of communicating over the internet in written and video form)
- information security (all about the pitfalls of working with digital technologies)

At the end of the training, graduates will receive a tablet with the accessories they have worked with during the training, as well as a data package to ensure they have a secure internet connection.

Knowledge that seniors will gain:

- Basic digital device handling (acquiring basic digital skills on how to use digital technologies to work with data, information and digital content)
- information retrieval (better orientation in the world of the Internet)
- communicating online (learning about the different ways of communicating over the internet in written and video form)
- information security (all about the pitfalls of working with digital technologies)
- MIRRI also wants to combat "digital poverty" in this way.

More information about Slovak nationwide project can be reached here:
<https://www.mirri.gov.sk/aktuality/inovacie/vicepremierka-remisova-odstartovali-sme-pilotny-projekt-ktory-zlepsi-digitalne-zrucnosti-a-bezpecnost-v-online-priestore-pre-seniorov/>



Promotion of digital education of older people in Slovenia

The concept of the Digital Ageing project was presented in several activities to the interested professional and public community. The first communication activities about the project took place via electronic notifications to those social partners that the institute has in its network and that deal with the elderly population in their activities. In January 2020, we also visited some environments in person: the University for the 3rd Life Period at the local level, the Provincial Federation of Pensioners' Associations as a regional network, the Office for Social Activities of the Municipalities of Velenje, Šoštanj, Mozirje at the regional level, the Adult Education Institute, the regional School Center education for adults and seniors, and visited the personnel department of the company Gorenje and Pregovnik Velenje, which also brings together the initiative of the company's retired employees and offers them various computer literacy courses throughout the year.

Due to the pandemic that started in March 2020, communication was difficult for a while, but during this time we sent out our first newsletter, which we also addressed to a large number of policy makers, ministries, especially the Ministry of Digital Transformation, which was founded in the Republic of Slovenia in the summer of 2020 and whose basic tasks are aimed at the digitization of Slovenia. For this purpose, the elderly also received so-called digital vouchers intended for education and the purchase of technical computer equipment. Among other things, a large number of providers of digital literacy for the elderly, including Simbiozo, Smart Naris, Centerkontura, etc., informed about the progress of our project.

Most of project presentations were carried out in 2022, when the epidemic measures were finally relaxed. During this time, we presented the project in the Office for Social Activities of the Municipality of Velenje and the regional library, which was well attended by the target group of the elderly as well as by educators of digital education for the elderly.

The project was also presented to the Youth Network, which works at the regional Youth Center in Velenje (youth FOR the elderly project) and the Youth Union, which also deals with computer and digital literacy of the elderly.

In order to promote the results and purpose of the project as much as possible, we also visited the regional center for the promotion of education for the elderly and homes for the elderly, such as Center Zimzelen Topolšica.

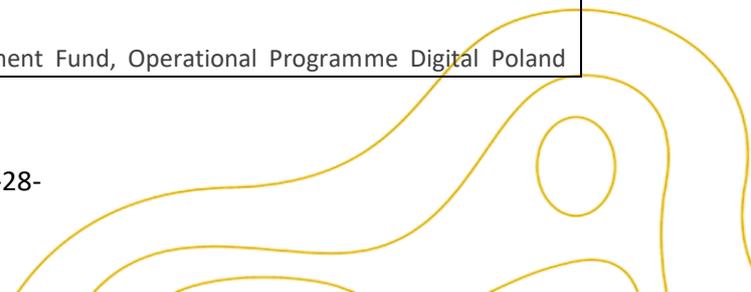
The other line of activities concerned the education providers who, in the field of digitization of the elderly, also strive for their maximum inclusion in society. That's why we presented the project to the managers of HR departments at one of their regular monthly meetings.



Best Practice Examples

In this section you can find examples of projects, programmes, initiatives, training materials, etc. that we believe qualify as best practice examples in the field of Digital Competences of Seniors.

Latarnicy2020.pl (Lighthouse Keepers 2020)		
Source: https://latarnicy2020.pl/	Available languages: Polish	Country of origin: Poland
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The "Latarnicy2020.pl" project is one of the largest initiatives for digital education of adults in the country.</p> <p>The substantive foundations of the activities were developed as part of the "Lighthouse of Digital Poland" project implemented by the "Cities on the Internet" Association („Miasta w Internecie“ Association) together with the Ministry of Administration and Digitization in 2011-2015 under the slogan: <i>Digital Poland of Equal Opportunities</i>.</p> <p>The project has been implemented in Poland in 12 voivodeships.</p> <p>The main goal of the project is to acquire and increase the level of digital competences by nearly 30 thousand project participants – residents of voivodeships where the project activities are realised, and to increase the use of information and communication technologies.</p> <p>The general objective will have been achieved through the implementation of a number of detailed activities, i.e. .:</p> <ul style="list-style-type: none"> • recruitment and training of a group of 250 professional digital educators (the so-called Lighthouse Keepers of Digital Poland) who will provide training support to project participants, • implementation of the "lighthouse method" – a model of adult education developed in the Digital Poland of Equal Opportunities project, • increase of the level of digital competences of important professional and social groups – officials, teachers, employees of local government institutions, councilors and village leaders, who will motivate adult residents to use Internet resources, • reduction of the scale of social and digital exclusion of persons with disabilities. <p>The project will have a significant impact on improving the operation of local government units by increasing work efficiency (improving employee competences) and increasing the ability to create and develop public e-services and to integrate persons with disabilities with persons without them thanks to creating opportunities for wider social interactions through the use of the Internet. It is assumed that as a result of the project implementation, the operation of local government units will be improved and the use of public e-services will be enhanced.</p> <p>The website of the initiative https://latarnicy2020.pl/ features educational materials (reports, brochures, workshop materials and lesson plans) and films that have been developed in the Digital Poland of Equal Opportunities project. They can be useful in lighthouse work as a didactic aid or inspiration in developing scenarios for classes with seniors.</p> <p>Project co-financed by the European Regional Development Fund, Operational Programme Digital Poland</p>		



for 2014-2020.

Access date:

12.03.2021

E-Senior / Cyfrowa Wielkopolska / Śląska Akademia Senior@ /MEW@ (E-Senior / Digital Greater Poland / Silesian Academy of Senior /MEW@)		
Source: https://cyfrowy-senior.com/ https://www.cyfrowa-wlkip.com/cel-projektu/ http://cyfrowy-slask.com/ https://cyfrowa-mewa.com/	Available languages: Polish	Country of origin: Poland
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
Description: <p>The aim of the projects E-Senior / Digital Greater Poland (Cyfrowa Wielkopolska)/ Silesian Academy of Senior (Śląska Akademia Senior@) /MEW@ is to activate persons over 65 in the area of digital competences through training and animation activities.</p> <p>The results of the projects are the inclusion of Seniors in building the information society in Poland, the development of functional digital competences and the abilities of using IT in everyday life.</p> <p>The trainings implemented as part of the projects enable each project participant to acquire very practical skills of:</p> <ul style="list-style-type: none"> • using the Internet, computer, phone, tablet and other IT devices; • shaping the competences that are helpful in the everyday life of a Senior (online communication, e-services including online shopping and banking, medical services, e-government and more). <p>The project includes various activities with Seniors, among them the following can be distinguished:</p> <ol style="list-style-type: none"> 1. Training of digital competences: <ol style="list-style-type: none"> a) basic level - adapted to the needs and capabilities of Seniors (subject, time and atmosphere of classes), are carried out in two versions: <ul style="list-style-type: none"> • standard training - 60 hours of classes for persons with minimal experience in using the computer and the Internet; • extended training - 90 hours of classes for persons who do not have experience in online communication and work with the computer, and due to their health condition or disability, require longer support. b) advanced level - 30 hours of additional thematic training for persons who will want to deepen basic digital competences (e.g. in the field of digital photography, blogosphere, online finance, etc.) 2. Animation projects - group activities activating Seniors in the local community using functional digital competences and IT tools (e.g. creating online discussion and hobby groups, book clubs, film, art, photography or tourism, local culture and history lovers' clubs, creating websites / blogs by enthusiasts, etc.) <p>Projects implemented in partnership, and the project promoter is the Foundation for Social Participation.</p>		

Projects co-financed by the European Union under the Operational Program Digital Poland for 2014-2020.

Access date: 29.03.2022

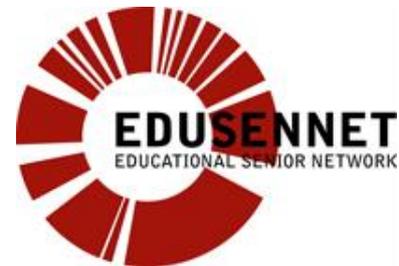
Projekt "Seniorzy w akcji" (The project entitled „Seniors in action”)		
Source: https://aktywni21.org.pl/	Available languages: Polish	Country of origin: Poland
Thematic area: <input type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
Description: <p>The objectives of the SENIORS IN ACTION project under the Erasmus + Program are:</p> <ul style="list-style-type: none"> • inclusion of the students of the Jeleniogórska Academy of the Third Age in active lifelong learning. • strengthening the key competences of the students of the Jeleniogórska Academy of the Third Age (digital, social and learning competences). <p>As part of the project activities, two group adult learning mobilities will be organized during which seniors cooperating with the Foundation "Active XXI" will have one-week classes at universities of the third age in Milazzo (Sicily) and Cuenca (Spain).</p> <p>Participation in mobility activities will activate seniors in their activities and encourage them to be more active. The obtained results will motivate them to further work. They will also be an inspiration for other adults studying at the Academy of the Third Age. Preparing for departure: searching for information, preparing presentations, planning joint educational activities with partners from Italy and Spain and participation in mobility will strengthen their key competences such as digital, language, learning and social skills (empathy, communication, tolerance).</p> <p>The project is implemented by the "Active XXI" Foundation.</p> <p>The project co-financed by the European Union under the Erasmus+ Programme.</p>		
Access date: 29.03.2022		



Adult Inclusive Design (AID)		
Source: https://aktywni21.org.pl/pl/aid/	Available languages: Polish, English	Country of origin: Poland
Thematic area: <input type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input checked="" type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>Project under the Erasmus + Program entitled Adult Inclusive Design (AID) aims to develop tools that will allow organizations to teach active seniors how to volunteer to help other seniors. It has been observed that seniors are divided into two groups - those who have a high energy potential and would like to share their knowledge and experience, and those who feel lost in various life situations and wait for a helping hand. Often those in need of help do not keep up with the galloping development of the world and it is difficult for them to find a common language with younger people, so the project focuses on relations between seniors who certainly understand each other very well and can quickly find a common language. However, sometimes the mere willingness to help is not enough to effectively support another person, so the volunteers themselves will also need to expand their knowledge and develop certain skills.</p> <p>The AID project will provide institutions working with seniors with tools to effectively support senior volunteers in expanding their competences. During the project, educators and trainers of four institutions prepared a guide for trainers containing not only information on the necessary content that a senior volunteer should know, but also scenarios of workshops shaping the volunteers' skills necessary for their effective work. Seniors in four countries assessed the effectiveness of work – through participation in workshops conducted according to the developed scenarios, and tested the acquired skills in practice as senior mentors for other seniors, emigrants or disabled persons.</p> <p>Project results:</p> <ul style="list-style-type: none"> • methodological manual "Volunteering as a source of better quality of life for seniors" available in the form of an e-book • application and other IT tools supporting people who want to become a volunteer or train such persons. <p>Implementers of the project: "Active XXI" Foundation, Castilla-La Mancha University (Spain), SYNTHESIS Center for Research and Education Ltd (Cyprus) and LUMSA University (Italy).</p> <p>The project co-financed by the European Union under the Erasmus+ Programme.</p>		
Access date: 29.03.2022		



Educational Senior Network (EduSenNet)		
Source: https://edusennet.efos-europa.eu/	Available languages: Dutch, English, German	Country of origin: Czech Republic, the Netherlands, Germany, Slovakia, Sweden, Spain
Thematic area: <input type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input checked="" type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>„EduSenNet“ is a Erasmus+ Programme project which focused on the learning possibilities of the elderly over 50 on the chosen UTAs and countries with the aim to realise pedagogical research with the outcomes about formal, non-formal and informal learning of the elderly. The partners focused on learning possibilities of UTAs, evaluated them and described links with formal education at the universities.</p> <p>The main goals of the project supported fulfilment of the learning needs and their development in their own environment. Project topic showed, that learning of the elderly is very important not only for the individuals but for whole society throughout Europe.</p> <p>Main results:</p> <ul style="list-style-type: none"> • Review Table presenting the learning possibilities revealed in the study • Research on learning conditions, methods and learning needs, comparison of results about motivation and barriers of the elderly participants in adult learning programs • Curriculum innovation within the study programmes • Recommendations for further development of non-formal and informal learning with promotion of the interests of new learners. <p>The project results have been summarised and documented in the project booklet "Education for seniors in Europe" and brochure "Educational Senior Network", as well as on the project website.</p> <p>The project partnership consisted of 7 partners from 6 European countries (Czech Republic, the Netherlands, Germany, Slovakia, Sweden and Spain).</p> <p>The project co-financed by the European Union under the Erasmus+ Programme.</p>		
Access date: 28.04.2021		



Cyfrowy Senior (Digital Senior)		
Source: https://seniorcyfrowy.pl/	Available languages: Polish	Country of origin: Poland
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The main goal of the project entitled “Digital Senior” is to activate persons of various ages, mainly persons 65+ in the area of digital competences, through training and animation activities in the Podlaskie Voivodeship. The result of the project implementation will be the inclusion of seniors in building the information society, developing digital competences, acquiring the skills to use e-services, creating permanent mechanisms for increasing digital competences at the local level.</p> <div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>Project participants will be supported in the form of development activities, i.e. training (15 meetings of 4 hours per group, 60 hours in total) on the acquisition, consolidation and improvement of digital competences.</p> <p>Everything will take place using the project method, based on the activity of seniors as participants, by using the newly acquired knowledge in practice and sharing knowledge and experiences with others.</p> <p>The training program includes e-mail service, Internet surfing skills, use of Facebook, YouTube and developing e-services, in particular public administration and in banks.</p> <p>Training topics:</p> <ul style="list-style-type: none"> • Basic computer functions, image, communicators. • Viewing and analyzing information. • Security tools, electronic banking. • Communication using digital tools and applications – chat and Skype. • Communication by e-mail. • Online civic activity: e-culture and e-education. • e-office civic activity. • Setting up an e-mail account and using services. • Personal data protection. Viewing, searching and filtering information. • Spiritual needs and taking care of health. • Social relations and developing hobbies. • Local news, trip planning. • Using the capabilities of YouTube. • Creating a profile on Facebook. </div> <div style="flex: 0.5; text-align: center;">  </div> </div>		



- Image and sound processing.

and animations in the field of self-performance of a multimedia presentation on a selected topic.

The project entitled "Digital Senior" is implemented by the EUROPARTNER Academic Club of European Integration in partnership with the Łomża Council of the Federation of Scientific and Technical Associations NOT in Łomża.

The project is implemented under the Digital Poland Operational Program, co-financed by the European Regional Development Fund.

Access date: 29.03.2022



Cyfroklub Seniora (Senior Digital Club)		
Source: https://fabrykaprzyszlosci.pl/pilotaze-i-eksperymenty/edukacja-cyfrowa-seniorow	Available languages: Polish	Country of origin: Poland
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
Description: <p>As part of the activities of the Centre of Education and Creation FACTORY OF THE FUTURE in Tarnów, a thriving Senior Digital Club has been opened – a place where you can spend time learning new – very useful in everyday life skills, but also fulfilling your hobbies and individual needs thanks to reaching the Internet resources. The FACTORY OF THE FUTURE also implements projects for the digital integration of people over 60 years of age.</p> <p>In the Senior Digital Club you can get to know the rich resources of historical photographs of the town and its inhabitants, learn to photograph with a digital camera and send photos to your loved ones. With an instructor, you can visit the largest European museums, get to know music portals with your favourite songs, find your friends on social networks – on Facebook or other ones. You can learn how to pay for parking with a mobile phone, shop safely in online stores (with home delivery) and pay bills at no extra cost.</p> <p>The Senior Digital Club is equipped with laptops, tablets, x-box kinect console, scanner and printers, which can be used freely during opening hours.</p> <p>The organizers of the Senior Digital Club want to adapt the activities to the individual needs of seniors.</p>		
Access date: 29.03.2022		



Program “Seniorzy w akcji” (The “Seniors in Action” Programme)		
Source: https://seniorzywakcji.pl/	Available languages: Polish	Country of origin: Poland
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input type="checkbox"/> Initiative <input checked="" type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The "Seniors in Action" is a nationwide programme, which has been implemented since 2008 by the Society for Creative Initiatives "ę" from the funds of the Polish-American Freedom Foundation. It was launched to use the enormous potential of free time, knowledge and life experience of older people.</p> <p>In the "Seniors in Action", seniors decide. They implement their ideas, introducing positive changes in the lives of their peers and in their community. In the programme active persons who want to combine developing their own passions and interests with acting for the benefit of others are looked for. Younger people who want to support intergenerational activities are also invited to participate.</p> <p>Recruitment to the programme is organized in the form of a competition, within which the ideas developed by persons 60+ (alone or together with a younger person - the animators in a pair must differ in age by at least 25 years) in cooperation with a selected non-profit organization or institution , e.g., a third age university, foundation, association, community center, library, or housing association can be supported.</p> <p>Grants are awarded for the implementation of projects that involve the elderly in activities for the benefit of the surroundings, promote intergenerational cooperation and volunteer work of the elderly.</p> <p>Participants of the "Seniors in Action", in addition to grants for the implementation of the project, may receive funds for study visits, which enable them to learn about initiatives carried out in various locations covered by the programme. The possibility of cooperation with experienced trainers from the network of Flying Culture Animators and Flying Sociologists run by the Society "ę" is considered to be an additional support.</p>		
Access date: 31.03.2022		



Digital senior citizen		
Source: https://dsc.erasmus.site/pl/	Available languages: Polish, Estonian, Italian, French, Spanish, Greek	Country of origin: Poland, Estonia, Italy, France, Spain, Greece
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input checked="" type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input checked="" type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The project entitled “Digital senior citizen” focuses on adult education and well-being of seniors aged 65 and over. These persons are at unfavorable situation in terms of digital skills because while younger generations acquire these skills practically from their childhood, older persons did not have the opportunity like that simply because computers and the Internet did not exist when they grew up and digital competences were not included in their educational paths. Even those who graduated the universities are among the low-skilled in the field of digital literacy. This fact severely limits their lives, preventing them from taking full advantage of the time spent in retirement. Moreover, the most attention is now paid to education of young people, and when computer classes for seniors are organized, they are usually not tailored in any way to the specific needs of this target group. They're basic and technical, just like any other beginner's computer science class, no matter what their age or ability is.</p> <div data-bbox="1082 837 1390 1137" data-label="Image"> </div> <p>Project goals:</p> <ul style="list-style-type: none"> • extending the competences of adult educators by preparing open educational resources (OER) containing an innovative, tailored to the needs of the "Digital Life" education course, • broadening the competences of adult educators by providing them with the Digital Story Telling methodology to train students at unfavorable situation, in particular seniors, • developing open educational resources (OER) adapted to the needs of adult educators and seniors in order to support the development of digital skills of both groups, • disseminating the results with the aim of reaching as many adult teachers and seniors as possible across the European Union. <p>The project developed the following results:</p> <ul style="list-style-type: none"> • "Digital Life" course for adult educators, as an Open Educational Resource (OZE) [5 modules] • "Digital Life" course for seniors, as an Open Educational Resource (OER), [3 modules that will help listeners feel more confident in the daily use of ICT] • Handbook for adult educators "How to Conduct Digital Life Training". <p>Project implemented in partnership: MITRA FRANCE (France – coordinator), Eesti People to People (Estonia), Danmar Computers (Poland), CESIE (Italy), Centre for Education (Spain) and UNIVERSITY OF THESSALY - UTH (Greece).</p>		

The project co-financed by the European Union under the Erasmus+ Programme.

Access date: 31.03.2022

Program wieloletni na rzecz Osób Starszych „Aktywni+” na lata 2021–2025 (Multiannual programme for the elderly "Active+" for the years 2021–2025)

Source: http://senior.gov.pl/program_asos	Available languages: Polish	Country of origin: Poland
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input type="checkbox"/> Initiative <input checked="" type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
Description: <p>The main goal of the Multiannual programme for the elderly "Active+" for years 2021-2025 is to increase the participation of older persons in all areas of social life by supporting the activity of non-governmental organizations working for seniors.</p>  <p>For the "Active+" programme, in each year of its operation, funds will be allocated to activities and initiatives that activate seniors. Non-governmental organizations and other authorized entities acting for the benefit of the elderly will be able to apply for co-financing of their projects with the amount of PLN 25,000-250,000.</p> <p>Co-financing will be awarded in four priority areas:</p> <ul style="list-style-type: none"> • Social activity, which includes activities aimed at increasing the participation of older persons in active forms of spending free time, supporting dependent elderly persons and their environment in the place of residence, developing voluntary work for older persons in the local environment and increasing the involvement of elderly persons in the labour market. • Social participation, which contributes to strengthening the self-organization of the elderly environment and increasing the influence of the elderly on decisions concerning the living conditions of citizens. • Digital inclusion, including activities aimed at increasing the skills of using modern technologies and using new media by older persons, as well as disseminating and implementing technological solutions favoring social inclusion and safe functioning of the elderly. • Preparation for old age by strengthening lasting intergenerational relations, shaping a positive image of the elderly and increasing the safety of seniors. <p>The programme is financed from the state budget.</p>		
Access date: 09.09.2021		

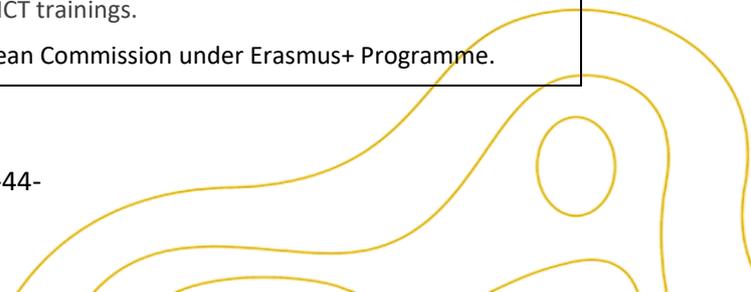


Live eLearn: blended experiential learning for adults		
Source: https://www.liveelearn.eu	Available languages: English, Italian, Spanish, Czech, Finnish	Country of origin: Italy, France, Spain, Czech Republic
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input checked="" type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>Project under the Erasmus+ Programme entitled „Live eLearn: blended experiential learning for adults” is targeted to senior learners aged 65 and above. It addresses lifelong learning in a context where senior learners keep gaining knowledge about topics they are particularly interested in (such as arts, sociology, philosophy, etc), thus they are intrinsically motivated. They learn with the purpose to keep active, up-to-date and integrated. Educational institutions offer this educational activity based on theoretical content (conferences, workshops, etc) and practical activities (extra academic activities, workshops done outdoors). In this project it is integrated in other subjects and courses digital competences, which provide the capacity of information, communication, creation of networks, dissemination, etc.</p> <p>The project aims to extend and develop the competences of the staff involved with non-formal and informal education of senior learners through the effective use of ICT. The project promotes social inclusion and digital inclusion, active participation and collaboration through innovative ICT-based methods, providing tools for educators for assessment and validation of competences learnt.</p> <p>Main target groups of this project are the non-formal and informal trainers and educators (touristic guides, trainers, tutors, facilitators...) that are currently offering extra-academic and cultural activities or other kind of activities done outdoors, as trekking, visiting of villages, museums, etc... to senior citizens in adult education institutions and wish to promote their digital inclusion and potentiate the skills and competences acquired.</p> <p>Products:</p> <ol style="list-style-type: none"> Didactic guidelines and educational methodologies proposals to be applied for an Experiential Classroom performance with ICT-based activities and study cases: <ul style="list-style-type: none"> „Learning by research; discovering and spreading“ „Blended learning; the best of both worlds“ „Digital Storytelling for creativity and teamwork“ „Engaging online handcraft lessons“ „Walky-talky lessons with digital media and physical activity features“ „Gamification as a teaching method in community colleges“ Assessment Toolkit - a tool useful for educational staff and other staff not related to education (touristic guides, facilitators,...) that helps them to better design the ICT-based educational activity, it is possible to uncover the senior citizens’ need <p>The project co-financed by the European Union under the Erasmus+ Programme.</p> <p>Access date: 04.05.2022</p>		

W ochronie życia i zdrowia – teleopieka i telemedycyna (In the protection of life and health – telecare and telemedicine)		
Source: https://zaopiekowana.pl/ https://zaopiekowany.pl/	Available languages: Polish	Country of origin: Poland
Thematic area: <input type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
Description: <p>The projects "In the protection of life and health – telecare and telemedicine" are addressed to seniors 65+ from designated areas of the Silesian Voivodeship. As part of them, remote care and health services tailored to their needs are implemented in seniors' homes, the so-called telecare and telemedicine. These care and health services, combining modern ICT technologies with the work of professionals, are designed to extend the period of independence of seniors at home.</p> <p>Each participant undergoes an interview with recognition of their needs, during which it is determined what types of support available in the project, apart from remote care, can help the Seniors in maintaining their health - and we try to provide these services. Depending on the identified needs, during the projects, participants are provided with special devices for remote ECG or glucotransmitters. Additionally, in the house of each participant, telecare devices are installed with the possibility of 24-hours contact with the Telecare Centre. There is a professional Telecare Centre in Jastrzębie-Zdrój, where qualified telecarers work (people experienced in working with seniors, including medical caregivers, psychologists, gerontologists, occupational therapists, senior consultants, paramedics). On the other hand, in Katowice, there is the Telemedicine Centre, where paramedics as well as doctors - cardiologists and internists work 24/7. These two centers working together provide care for seniors in the field of emergency coordination, psychological assistance, screening for neurodegenerative diseases (Alzheimer, Parkinson), cardiological problems and diabetes. Each service in the project is completely free. A very important element of the project is the involvement of the neighborhood network and the help of volunteers.</p> <p>The implementers of telecare and telemedicine projects are the "EBI Association", OPIEKANOVA Sp. z o.o., Telemedycyna Polska S.A. and municipalities.</p> <p>Projects implemented under the Regional Operational Programme of the Silesian Voivodeship for 2014-2020 co-financed by the European Social Fund.</p>		
Access date: 24.02.2021		



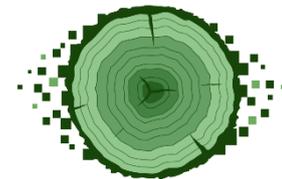
60+ Virtual Culture		
Source: https://erasmus-plus.ec.europa.eu/projects/search/details/2016-1-PL01-KA204-026593	Available languages: English, Polish	Country of origin: Czech Republic, France, Italy, Poland
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
Description: <p>60+ Virtual Culture was an international initiative in which 4 partner organizations of similar background in informal education, including education of seniors, from Poland, France, Czech Republic and Italy have worked together to improve and optimize educational offer for elderly concerning their digital competences within the context of culture accessibility.</p>  <p>The process of optimization has been developed in two stages. First, each organization appointed one teaching tandem (young ICT educator and one experienced senior (50+) educator) who took part in 3 Joint Staff Trainings, during which based on exchanged practices and knowledge, an educational model for local senior centers or libraries had been developed. Therefore, an innovative offer of ICT courses for seniors aiming at encouraging older people to participate in culture resources and cultural events using new technologies (e.g. accessing e-books, audio-books, visiting virtual museums, buying tickets online, creating and uploading content etc.) was created. Simultaneously so created teaching program was implemented, tested and adjusted during two cycles of ICT workshops for seniors in each country. The teaching tandems provided during the project a total of 198 hours of workshops for 105 seniors in four countries. Additionally, from among the participants of workshops 8 Digital Ambassadors were selected – people at the age of 60+ whose leadership and digital competences enabled us to include them into dissemination process and in some cases into the process of supporting the trainers in the teaching processes both during and after the termination of project activities.</p> <p>Results:</p> <ol style="list-style-type: none"> 1. Lesson plans of ICT Workshops for Older Adults: <ul style="list-style-type: none"> • online newspapers, • books on-line (e-book and audiobook), • music and films online, • going out- cultural event, • monuments of the world- visiting historical places abroad. 2. Tips for trainers. How to approach seniors during ICT trainings. <p>This project has been funded with support from the European Commission under Erasmus+ Programme.</p>		



Access date: 14.10.2021



Digital Skills for People Living in the 3rd Age - Effective Digital Access to Public Services		
Source: http://digital-3rd-age.eu/	Available languages: English, Bulgarian, Greek, Spanish, Czech	Country of origin: Bulgaria, Greece, Spain, Czech Republic
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input checked="" type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input checked="" type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The project “Digital Skills for People Living in the 3rd Age - Effective Digital Access to Public Services” aims at training elderly people on developing specific digital skills needed to access public services online, and thus to better adapt to digital-oriented changing world and to feel confident using online tools to manage and improve their health and life quality.</p> <p>Tangible results:</p> <ul style="list-style-type: none"> • Public services roadmaps providing information on the most relevant online public services in 5 EU countries • Training programme for improving basic digital skills and developing specific skills for digital access to public services • E-learning and e-assistance platform with a Virtual assistance tool for digital inclusion of the elderly • Effective methodology for high-quality work with elderly people by applying confidence-building approach and interactivity • Policy recommendations for improving active ageing and digital literacy of elderly • Triggering word of mouth events for presenting the project results and supporting their exploitation at local, national and European level. <p>Intangible results:</p> <ul style="list-style-type: none"> • Improved ability of people living in the 3rd age of effective digital access to public services; • Increased digital literacy of elders; • A step forward active ageing: by obtaining digital skills senior citizens can feel a better accomplishment and personal satisfaction into their lives leading to a more active and healthier 3rd age; • Knowledge and experience gained by partner organisations in the field of transnational cooperation, project management, innovative practices to inclusion of elder people; • Exchange of good practices and lessons learned on active ageing and social inclusion within and across nations. <p>Digital Access outcomes are available as free on line resources.</p> <p>The project was funded under the Erasmus+ programme for the period 2017-2019. The project has been</p>		



DIGITAL ACCESS
DIGITAL SKILLS FOR PEOPLE LIVING IN THE 3RD AGE
Effective Digital Access to Public Services

funded with support from the European Commission.

Access date: 28.02.2022



Slow Learning: Developing the skills of IT trainers of older people		
Source: https://slowlearning.eu/slowlearning-project-for-seniors/	Available languages: Danish, English, Greek, Slovenian, Spanish	Country of origin: Denmark, Greece, Slovenia, Spain
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input checked="" type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input checked="" type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
Description: <p>“Slow Learning” is a Erasmus+ Programme project aiming in training IT educators to acquire the competences and skills they need, in order to be able to train effectively elders in new technologies, by using innovative methodologies and tools.</p> <p>The training of older adults requires andragogically well-trained providers, who are familiar with the theory and practice of adult education, know the characteristics of the life course of the members of different age cohorts and those effects on the readiness for education, understand that older adults are an extremely diverse group of adults with very different needs and require tailor-made approaches and modes of work in educational programs.</p> <p>Learning & education can play a very important role in reducing age segregation, as it regulates imbalance between generations and opens up new opportunities for social inclusion to older adults.</p> <p>Main objectives of the project are:</p> <ul style="list-style-type: none"> • better understanding of senior expectations & needs in learning environments, focusing on IT training • improved knowledge & use of pedagogical tools, new technology in educating seniors • exchange of good practice among partners • create the basic theoretical foundations for the implementation of education of IT to older adults • get to know older adults as an extremely diverse group of adult learners for whom education is being prepared according to their needs and for them. <p>Target groups of the project are adult educators, teachers, mentors, trainers, professionals in IT and seniors.</p> <p>Results:</p> <ul style="list-style-type: none"> • Compendium of existing innovative and effective practices and tools in teaching technology to seniors • Job Profile of IT trainers of seniors • Training programme for IT trainers • Video for sharing the successful experiences by teachers and older people. <p>Partnership of the project was composed of the organizations from Slovenia, United Kingdom, Denmark, Greece and Spain.</p>		



This project has been funded with support from the European Commission under Erasmus+ Programme.

Access date: 30.03.2022

Innovative methods for increasing effectiveness of teaching English of 55+ learners (InMETE 55+)		
Source: https://inmete55plus.blogspot.com/	Available languages: English	Country of origin: Poland, Hungary, Italy
Thematic area: <input type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input checked="" type="checkbox"/> Other	Target group: <input type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
Description: <p>Teaching foreign languages, especially English, to seniors, is becoming one of the most crucial elements of education in later-life in Europe. Existing analysis concerns mainly the needs and current state, but there are not enough didactic materials which would support teachers in their daily work with learners 55+. This concerns in particular those materials that go beyond the traditional language course, and include such elements that are emotionally engaging, motivating, and provide new incentives: mental, physical and sensory - so essential in later-life pedagogy.</p> <p>Bearing in mind the above, the main objective of the “Innovative methods for increasing effectiveness of teaching English of 55+ learners” (InMETE 55+) project under the Erasmus+ Programme was to develop tangible propositions of innovative methods for increasing effectiveness of teaching English to 55+ learners.</p> <p>Through well-structured cooperation, researches, discussions, international meetings, three tangible intellectual outputs of the project were prepared:</p> <ol style="list-style-type: none"> 1. resource pack of possible resources: materials, ideas and guidelines which could be used during the English lessons to increase cognitive functions of elderly learners, in particular, their attention, motivation, emotional involvement, memory functioning, senses and body involvement, communication sensitivity and capability, and also their well-being; 2. nine detailed lesson outlines together with teaching/learning materials for teachers and students (each for two levels: elementary (A2-B1) and intermediate (B2) including innovative elements taken from external sources like art, historical heritage of our countries, memory rules and methods, music, poetry, body expression and para-theatrical forms, etc.; 3. two curricula for a one-year (60 hrs) course for learners 55+, two levels - elementary (A2-B1) and intermediate (B2). <p>These three products are available free of charge for seniors’ educators from the non-profit sector. The project Partnership includes organizations from Poland, Hungary and Italy.</p> <p>This project has been funded with support from the European Commission under Erasmus+ Programme.</p>		
Access date: 10.09.2021		



CODECATZ		
Source: Django Girls & The Slovenian University of Third Age https://djangogirls.org/en/ https://www.utzo.si/en/	Available languages: English, Slovenian	Country of origin: United Kingdom, Slovenia, other
Thematic area: <input checked="" type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input checked="" type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
Description: <p>In Slovenia there have been several initiatives important for spreading coding, among socially disadvantaged groups among which CodeCatz. CodeCatz ended up founding Django Girls Store, a non-profit organisation that empowers and helps women to organize free, one-day programming workshops by providing tools, resources and support. Their goal is to bring more amazing women into the world of technology and increase the diversity in the tech community. They believe that they are making technology more approachable by creating simple tools and resources designed with empathy. During the Code Week Slovenian Third Age University and Katja Koren Ošljak made a step further towards older people's coding.</p> <p>Django Girls is a non-profit organization and a community that empowers and helps women to organize free, one-day programming workshops by providing tools, resources and support.</p> <p>During each of Django Girls's events, 30-60 women build their first web application using HTML, CSS, Python and Django.</p>		
Access date: 14.10.2021		




Digitalna vključenost in aktivno staranje Razvoj metodološkega pristopa, osredotočenega na uporabnika, za raziskovanje uporabe mobilnega telefona med starejšimi (Digital Inclusion and Active Ageing Developing a user-centred methodological approach to investigate the use of mobile phone among older people)		
Source: Simobil – Slovenian Telecommunication Operator	Available languages: English, Slovenian	Country of origin: Slovenia
Thematic area: <input checked="" type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input checked="" type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input checked="" type="checkbox"/> Network <input checked="" type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
Description: <p>Contemporary societies are facing two striking trends: widespread population ageing and rapid diffusion of information and communication technologies (ICTs). Since old age often implies ailing health and social isolation, societies could embrace the advances in ICTs to enhance social integration, health and active ageing. However, the complexity and novelty of ICTs threaten many older people with exclusion from their use. Older people could be offered eservices, which would improve their quality of life, if based on age friendly design. Although digital inclusion is strongly advocated in the EU research and policy strategies and associated with positive outcomes such as high quality of life for older people, and new market opportunities for ICT system providers, the uptake of assistive technologies (ATs) among elderly is slow-moving. In this context, mobile phones (MPs) represent an opportunity for digital inclusion due to their already widespread use among the elderly. Therefore, the project is directed towards studying sociotechnical affordances of ATs in mobile phones to foster inclusive and empowered ageing of the heterogeneous group of the elderly.</p> <p>The project “Digital Inclusion and Active Ageing” brings together over two decades of internationally recognized interdisciplinary research by the project team in areas of (a) social informatics, (b) social science methodology, including mixed-methods data collection and evaluation designs for elderly, (c) gerontology, (d) experience with large international (FP5, FP6, FP7, COST Actions, LLP, Interreg) empirical digital inclusion projects and (e) developments of web applications for elderly (online learning games).</p>		
Access date: 12.12.2021		



DIGITALNA VKLJUČENOST ZA STAREJŠE (DIGITAL INCLUSION FOR SENIORS)		
Source: The Slovenian University of Third Age https://www.utzo.si/en/	Available languages: English, Slovenian	Country of origin: Slovenia
Thematic area: <input type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input type="checkbox"/> Initiative <input checked="" type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input checked="" type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
Description: <p> Slovenian Third Age University (National Association for Education and Social Inclusion) is currently a nationwide set network of 52 universities in 52 localities with about 21.000 students, more than 1.000 mentors and 1.000 volunteers. </p>  <p> The Slovenian Third Age University </p> <p> Since 1984 when it was established it has been catering for the needs of older people in the field of informatics and new technologies. In 1986 mentors of Slovenian Third Age University developed a programme for low-literate employees complete beginners to learn both English and computer skills needed for the programme WordStar. It was accompanied by a film with mimes illustrating basic computer skills and was a breakthrough in ICT education. In Ljubljana there are currently more than 620 students enrolled in computer classes right now. There are programmes catering for students needs at different levels and developing overall computers skills. </p>		
Access date: 30.09.2021		



Digitalizirana družba in starejši (Digitized society and the elderly)		
Source: Festival for the third period of life https://f3zo.si/	Available languages: Slovenian	Country of origin: Slovenia
Thematic area: <input type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input checked="" type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>For 20 years, there have been discussions and a multitude of different projects and programs (many of which have never been implemented) on the need to use Information and Communication Technologies (ICT) in the daily lives of the elderly population, as well as other vulnerable groups. Extremely rapid development of technologies and services that dictated by capital has intervened in all pores of our lives, which we are suddenly faced with the fact that mastering e-skills has a huge impact on quality of our lives. But today we are no longer talking about the information society, but about digitalisation, which is supposed to change the whole society.</p> <p>Technological development has greatly changed our way of life. Among other things, it is everything several things can be done "remotely", using different electronic devices connected to the Internet. It seems that more and more often this will be the only one how to exercise rights and access services in a digital society. Therefore decision-makers, competent institutions and civil society must pay special attention attention to ensuring equal opportunities for older and vulnerable groups in integration into the digital world. Last year's festival for the third period of life, for the 20th time in a row, dedicated a special festival, open to the public, professional discussion to the digitization of the elderly, as this is the very important basis for the inclusion of the elderly in all social pores. <i>The annual festival is therefore in itself a well-established good practice of pressing issues of society in the integration of the elderly.</i></p> <p>The participants of the round table highlighted the following measures of equal integration of older and vulnerable groups into the digital society:</p> <ol style="list-style-type: none"> 1. Integrate the inclusion of older adults and vulnerable groups (systematic planning and implementation of digitization measures) together with support activities such as they are information, counseling, motivation, analysis and evaluation. 2. Improving cross-sectoral cooperation between public and private providers in the field of acquiring knowledge, skills and competencies, and implementation of permanent (adapted) support programs for the elderly and vulnerable groups for quality of life in the digital society. 3. Providing accessible internet infrastructure and connectivity (be able to use a smart device) and appropriate communication on how to use these services. 4. Establishment of mobile centers for the elderly, which will be placed in public accessible locations e.g. shops, health centers, banks, where can help the elderly through the first steps in using digital services (eg obtaining a digital certificate, downloading applications to a mobile phone, user help, etc.). 		



5. Empowering seniors to be as independent as possible tackling digital transformation such as education of the elderly educators to help older people with digital inclusion and acquisition of skills / competences (intergenerational assistance).
6. Systematic provision and protection of the right to disconnect from digital devices and screens even during the digital transformation. That right that is tight related to privacy is the foundation of democracy.

Speakers drew special attention to the user-friendliness and adaptability of digital services and applications to the elderly. For older adults, any digitized service can be a whole new experience that needs to be carefully approached by the provider.

Access date: 01.04.2022

EkoSMART – Smart Integrated Healthcare and Longterm Care System

Source: Telekom Slovenia https://www.telekom.si/zasebni-uporabniki/ponudba/e-oskrba	Available languages: English, Slovenian	Country of origin: Slovenia
Thematic area: <input checked="" type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input checked="" type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input checked="" type="checkbox"/> Network <input checked="" type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers

Description:

EkoSMART (Smart Integrated Healthcare and Longterm Care System) is a large research project in Slovenia. One of its field of research (smart integrated healthcare and longterm care system) aims to enable elderly population, people with chronic diseases, dementia or other health conditions, longer, more active and safer conditions to remain living independent in their own homes, resulted in a social care service based on IoT (Internet of Things) and person-centered technologies, available 24 hours a day. The technology supporting the service detects a need for intervention if a user is due to falling or other difficult health condition not able to make an urgent call.



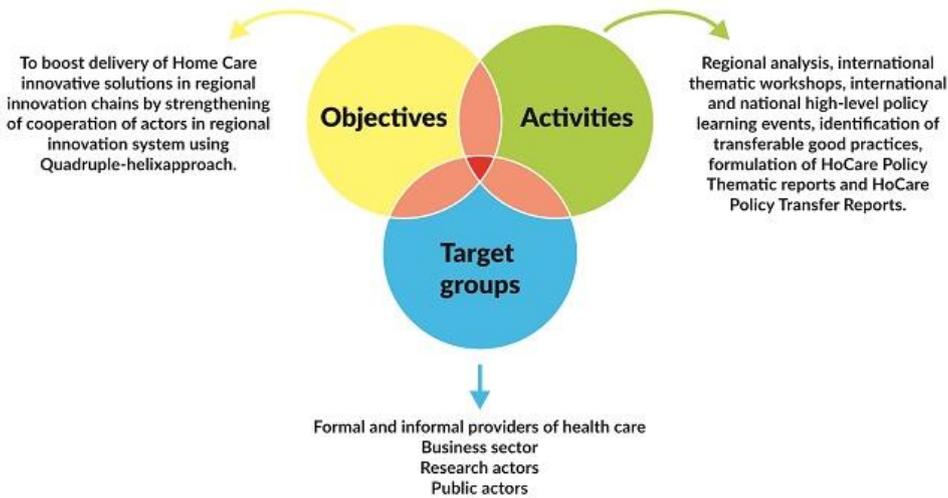
EkoSMART is developing approaches and prototypes to ensure the basic conditions for effective transformation to integrated healthcare and home care system. It provides: integration of different levels of healthcare, effective and secure exchange of information among different stakeholders of the healthcare system on the national level (national registers, accounting system, big data analysis) and basic conditions for development and sustainability of the healthcare and social system.

The main goals are:

- development of a model of integrated healthcare provision and the establishment of related infrastructure,
- development of a systemic foundations for extending the model of integrated healthcare provision,
- raise the quality of life and safety of chronic patients and extended care,
- safe use of medicines and reduced number of referrals to clinical pharmacologists.

Access date: 12.12.2021



HoCare		
Source: Interreg Europe, HoCare Project https://projects2014-2020.interregeurope.eu/hocare/	Available languages: English, Slovenian	Country of origin: Slovenia
Thematic area: <input type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input checked="" type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
Description: <p>Innovative solutions for Home Care by strengthening quadruple-helix cooperation in regional innovation chains. Ageing of the population is challenge for all EU regions. But it means at the same time also an opportunity for growth and jobs as there is created great potentila to dleiver innovative solution for home care.</p> <p>Objective of HoCare project is to boost delivery of home careinnovative solutions by strengthening of cooperation of actors in regional innovation system using Qudruple-helix approach, which is an innovation cooperation model where users, business, research actors/universities and public authorities cooperate in order to produce innovation. Government, industry, academia and civil participants work together to co-create structural changes far beyond the scope of what any organization or person could do alone.</p> <p>Link to the video – thematic workshop Slovenia: https://www.youtube.com/watch?v=5B8VKXRMNFI&t=5s</p> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div>		
Access date: 14.10.2021		



m-Ageing		
<p>Source: University of Ljubljana, Faculty of Social Sciences, Centre for Social Informatics https://projects2014-2020.interregeurope.eu</p>	<p>Available languages: English, Slovenian</p>	<p>Country of origin: Slovenia</p>
<p>Thematic area:</p> <p><input type="checkbox"/> Internet</p> <p><input type="checkbox"/> General ICT aspects</p> <p><input type="checkbox"/> Health</p> <p><input checked="" type="checkbox"/> Access to services</p> <p><input type="checkbox"/> Leisure / socio / cultural</p> <p><input checked="" type="checkbox"/> Other</p>	<p>Type of good practice:</p> <p><input checked="" type="checkbox"/> Project</p> <p><input type="checkbox"/> Initiative</p> <p><input type="checkbox"/> Programme</p> <p><input type="checkbox"/> Product</p> <p><input type="checkbox"/> Training / learning materials</p> <p><input type="checkbox"/> Network</p> <p><input type="checkbox"/> Website / app</p> <p><input type="checkbox"/> Other</p>	<p>Target group:</p> <p><input checked="" type="checkbox"/> Senior citizens</p> <p><input type="checkbox"/> Professionals working with senior citizens</p> <p><input type="checkbox"/> Teacher & trainer</p> <p><input type="checkbox"/> Volunteers and caregivers</p>
<p>Description:</p> <p>Digital inclusion and active ageing: Developing a user-centered methodological approach to investigate the use of mobile phones among older people. Development of a model of user involvement for studying the needs, use, usability and benefits related to assistive technologies integrated in mobile phones.</p> <p>PROBLEM</p> <ul style="list-style-type: none"> • the need of older adults to live at home for as long as possible; • economically unsustainable health and social care systems; • burdened informal carers. <p>SOLUTION</p> <p>Model of user involvement which is involving older adults and informal carers in 3 stages of the R&D:</p> <ul style="list-style-type: none"> • eliciting user needs and generating design ideas; • evaluating selected mobile application in lab setting and real environment and generating redesign ideas; and • evaluating redesign ideas. <p>IMPACT</p> <p>Potential for triple-win outcome: improved QoL of older people and informal carers, financial gains for the health and social care sector, new market opportunities.</p> <p>TRANSFERABILITY</p> <p>Has been (and will be) applied by other companies and researchers, as well as within EU project proposals.</p> <p>SOURCE OF FUNDING</p> <p>Slovenian National Research Agency and Simobil.</p>		
<p>Access date: 14.10.2021</p>		



PHARAON – Pilotni primeri za zdravo in aktivno staranje (PHARAON – Pilots for Healthy and Active Ageing)		
<p>Source: National Institute of Public Health of Republic of Slovenia https://www.nijz.si/sl/pharaon-pilotne-raziskave-za-zdravo-in-aktivno-staranje</p>	<p>Available languages: English, Slovenian</p>	<p>Country of origin: Slovenia</p>
<p>Thematic area:</p> <p><input checked="" type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other</p>	<p>Type of good practice:</p> <p><input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input checked="" type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input checked="" type="checkbox"/> Other (technology)</p>	<p>Target group:</p> <p><input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers</p>
<p>Description:</p> <p>The overall objective of the PHArA-ON project is to provide support for Europe's ageing population by integrating digital services, devices, and tools into open platforms that can be readily deployed while maintaining the dignity of older adults and enhancing their independence, safety, and capabilities. The project will utilise a range of digital tools including connected devices (e.g., the Internet of Things, IoT), artificial intelligence, robotics, cloud and edge computing, smart wearables, big data, and intelligent analytics that will be integrated to provide personalised and optimised health care delivery.</p> <p>The Slovenian pilot aims at improving well-being through passive monitoring using a variety of sensing devices like wearables, sensors embedded in furniture, and environmental sensors.</p> <p>During the pre-validation phase, a number of PHArA-ON technologies were used to monitor physiological indicators of residents directly (wearables, imbedded sensors), as well as to monitor their environment (environmental sensors, embedded sensors): SmartHabits (ENT), InvisibleCare, IoChat, IoTool (Senlab), Amicare (CETEM), MOX wearable (MAIN), Wearables (CORO), Discovery (Ascora). Furthermore, a system was tested to easily browse events, register, and potentially arrange transit using a familiar system, like a television with remote control using the following PHArA-ON technologies: IoChat, IoTool, SeniorsPhone, InvisibleCare (Senlab), Sentab system (SenTab). The communication support tools are centered on an easy to use, television-based communication tool (Daisy, SenLab) and a smartphone interface designed specifically with older adults in mind, with chat and other communication tools supported as well.</p> <p>This project has received funding from the European Union's Horizon 2020 Innovation programme.</p>		
<p>Access date: 01.03.2022</p>		



SPERO – Social Communication Platform for Seniors		
Source: Development Centre of the Heart of Slovenia https://www.razvoj.si/?lng=en	Available languages: English, Slovenian	Country of origin: Slovenia
Thematic area: <input checked="" type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input checked="" type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
Description: <p>Seniors living in their home face a great risk of loneliness. The risk is much higher when the extended family is not living in the same house. Usually they are linked to the local environment through church visits, doctor visits, grocery shop, newspapers and television.</p> <p>The project develops an innovative social communication platform and end-user device designed for seniors who can easily communicate to everybody who joins the platform. They are able to read news; they can be immediately informed on the local events, sport activities, clubs' activities. It can be used also as a reminder.</p> <p>The end-user device is designed to have only five buttons. It is connected to TV since it is senior's prime display in the house. By implementing new communication channel to seniors, and sourcing multiple digital communication channels of senior's friends, family, local community and care organization, it can tackle the social isolation problem raised by the introduction of the digital communication in the society.</p>		
Access date: 12.12.2021		



**RAZVOJNI CENTER
SRCA SLOVENIJE**



THE SILVER CODE		
Source: The Slovenian University of Third Age (projects) https://www.utzo.si/en/projekti/silver-code/	Available languages: English, Slovenian	Country of origin: Slovenia, other
Thematic area: <input type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
Description: <p>Living both in a rapidly developing digital world and in aging society, the Silver Code project goal is to make older learners active players and citizens, equipped with competences required by our hyper connected world.</p> <p>The main Silver Code project objective is to increase the digital literacy of older learners and offer basic knowledge and skills in coding.</p> <p>Older EU citizens from the 27 EU countries are both the target group, reached through direct activities (30 learners per partner country will take part in the training activities), and direct beneficiaries, reached through peer-to-peer learning methods and dissemination events (about 100 people per partner country). A relevant number of participants, among older people, will be medium-high skilled, such as retired professionals and older people being professionally active and willing to improve their knowledge and competencies.</p> <p>This will be reached through:</p> <ul style="list-style-type: none"> • The development of a training course, delivered by professional trainers (for theory and general supervision) and youngsters, possibly ICT students, expert on coding, acting as “tutors”(for the practical sessions). • Creation of a “Silver Coding” community based on tools such as platform, forum, social network groups. 		
Access date: 30.09.2021		



Age Management		
Source: https://www.agemanagement.sk/	Available languages: Slovakian	Country of origin: Slovakia
Thematic area: <input type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input type="checkbox"/> Initiative <input checked="" type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input checked="" type="checkbox"/> Other	Target group: <input type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
Description: <p>Age management - the main goal of this concept is to support a comprehensive approach to addressing the demographic situation and demographic change in the workplace. The Age Management provide support for employers and helps with human resources development, targeted mainly on the group of older workers with which it is primarily associated and includes a fair attitude to aging, an understanding of individuality and diversity, but especially various measures to support work skills, also digital.</p> <p>They are providing online courses (in the Covid era) for example: Master, companion, and apprentice in the digital age. How can older employees and the digital generation exchange experiences?</p>		
Access date: 11.09.2020		



MemTrain		
Source: https://memtrain.eu/	Available languages: English	Country of origin: Czech Republic, Ireland, Italy, Poland, Slovenia, Spain
Thematic area: <input type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input checked="" type="checkbox"/> Other	Target group: <input type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>MemTrain - Memory Training for Older Adults (55+) Linking Physical Exercise and Brain Training to Promote Healthy Ageing. MemTrain is an Erasmus+ Project Strategic Partnership in the field of Adult Education.</p> <p>Project Memtrain is intended for professional sports trainers, brain trainers, lecturers, community workers and other adult education professionals who want to provide a professional training course for older people aged 55+ to improve memory and to help prevent brain deterioration. It is aimed at equipping trainers with scientific knowledge and important background information, but mainly with a step-by-step guide to conducting a sport and memory training course.</p> <p>During the MemTrain project, seven partners from six European countries created a set of activities, which includes physical activities (adapted physical activity, Zumba, Nordic Walking and athletics) and brain training activities (brain training using both hemispheres of the brain and memory games).</p> <p>Main outputs:</p> <ul style="list-style-type: none"> professional training manual: https://memtrain.eu/wp-content/uploads/2018/09/Training-manual_final.pdf accompanying video youtube channel: https://www.youtube.com/channel/UCqXlmlRLBaTn5S-kQE04XA <p>The project was funded by the European Union within Erasmus+ Programme.</p>		
Access date: 11.09.2020		



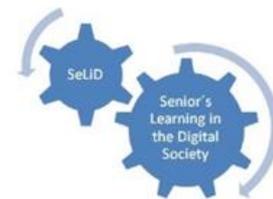
Association of Universities of the Third Age in Slovakia (ASUTV)		
Source: https://asutv.sk/	Available languages: English, German, Slovakian	Country of origin: Slovakia
Thematic area: <input type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input checked="" type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The Association of Universities of the Third Age (ASUTV) of Slovakia was established as an initiative of Slovak universities and other institution of high education at a founding conference held at the Košice Technical University on 1st December 1994. Representatives of individual Slovak UTAs meet regularly, exchange information and consult organizational, financing and educational – methodical matters involving UTAs. Common professional sittings indicate the presence of rich activities of UTAs in the whole country. Today, apart from UTA at Comenius University and the Slovak Technical University in Bratislava. UTAs exist in Nitra, Martin, Banská Bystrica, Zvolen, Košice, Trenčín, Trnava, Žilina, Liptovský Mikuláš, Prešov, Dubnica nad Váhom and Ružomberok.</p> <p>ASUTV is a member of the International Association of Universities of the Third Age (AIUTA), which has the seat at University in Toulouse: www.aiu3a.com</p> <p>The UTAs offer a three-year program. The study system of the UTAs is adjusted both to the capabilities of the aged and to the possibilities of their main universities. The study plan of each year usually provides 14 three-hour lectures to be presented each fortnight. During their first year, the students are offered basic lectures in each of the offered discipline. The second and third year is devoted to the study of optional disciplines and students enrol in the study of specialised branches.</p>		
Access date: 11.09.2020		



Inclusive Senior Education through Virtual U3A		
Source: https://projekty.osu.cz/isev/	Available languages: English, other	Country of origin: Czech Republic, Portugal, Italy
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input checked="" type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input checked="" type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The main goal of the project entitled “Inclusive Senior Education through Virtual U3A” is to create a system of inclusive education of seniors (based on the common methodology) with the use of information technology and active engagement of the seniors into the creation of the content of individual courses, including participation in their implementation. Another project objective is to systematically engage the youth into the education of seniors.</p> <p>Within the project, a new methodology is created. The methodology integrates innovations leading to improvements of inclusive senior education and elimination of weak points. The main focus is on accomplishment of four pillars:</p> <ul style="list-style-type: none"> • social inclusion, • use of ICT, • active seniors’ participation, • engagement of the youth into senior education <p>Results:</p> <ul style="list-style-type: none"> • Three analysis developed by common instructions based on the results of questionnaire for seniors • Comparative case study • Methodology of inclusive senior’s education (without barrier) based on smart using of ICT, cooperative learning, social learning, integrating of youth and boost senior’s confidence. • New virtual classroom as a result of implementation of designed methodology (at least in applicant organisation). Virtual classroom was implemented in the Moodle platform. Although this environment is in English, particular courses are created and lead in national languages. • Courses: “seniors to seniors”. <p>Platform and courses are available on the link: https://isev.osu.cz/</p> <p>The project was participated by 4 institutions from Czech Republic, Portugal and Italy.</p> <p>Project co-financed by the European Union under the Erasmus+ Programme.</p>		
Access date: 11.09.2020		



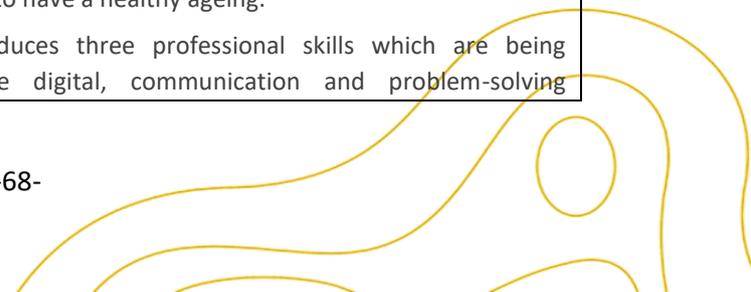
SeLiD - Senior's Learning in the Digital Society		
Source: https://selid.efos-europa.eu/	Available languages: English, German, Spanish	Country of origin: Slovakia, other
Thematic area: <input type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The project “Senior's Learning in the Digital Society” (SeLiD) has been approved as an Erasmus+ Strategic Partnership for the period 1 September 2019 – 31 August 2021. The project is carried out by 8 partners from European universities. Comenius University Centre for Continuing Education Bratislava is the coordinator.</p> <p>The main objectives are open education and innovative practices in a digital era, focusing on improving and extending high quality learning opportunities for digital technologies and ICT, tailored to the needs of individual low-skilled or low-qualified adults.</p> <p>The project focuses on elderly students and older people in general to improve and develop their digital skills and knowledge. They need special education and training in many fields for a more flexible use of ICT in their daily life and for an active citizenship. Many of them are afraid of digital communication with government agencies, digital and technical equipment at home, new ICT programs and work on Internet because of security threats. To make them more flexible in their daily life and in the digital society they need new experiences and new technical skills.</p> <p>Two main groups of elderly get especially involved in the project: the elderly students who will play a role as advisors and the elderly who have hardly used ICT and DT before the project and need encouragement and training.</p> <p>The project concentrates on learning and training of basic ICT skills and key digital competences of the elderly. Methods that will be applied are: classical teaching, group learning and training, peer learning, work with manuals, excursions to the shops with electronics, collection of good practices to develop digital literacy and skills of the elderly.</p> <p>The project co-financed by the European Union under the Erasmus+ Programme.</p>		
Access date: 04.12.2020		



EFOS (European Federation of Older Students in Universities)		
Source: https://www.efos-europa.eu/	Available languages: English, German	Country of origin: Italy
Thematic area: <input type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input checked="" type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>EFOS (European Federation of Older Students in Universities) was founded in 1990 at Bressanone (Italy) by Mr. Leopold Auinger from Innsbruck (Austria) with its Headquarters at Brussels and its General Office in Austria. The aim of EFOS is the protection of the interests of older students in universities in Europe. Since its foundation EFOS has had international meetings twice a year in various European countries. EFOS is in contact with the UN in Vienna (a representative of EFOS is a member of the "Committee on Ageing") and with AIUTA (International Association of the Universities of the Third Age).</p> <div style="text-align: right;">  <p>NGO with consultative status at the U.N.</p> </div> <p>Aims of EFOS:</p> <ul style="list-style-type: none"> • Promoting high level education of older people alongside younger students or at special academies/universities for older people • Fostering of joint projects for older students throughout Europe • Fostering and securing the access of older people, including those without formal qualifications, to education at the highest level • Representing the interests of academic education for older people in politics and society • Fostering of autonomous national organizations with similar goals • Identifying possibilities of using the skills and expertise of older students for the benefit of science and society • Cooperating with other international organizations that support lifelong learning (LLL). <p>Members: Institutions and individual senior students in the following countries: Austria, Czech Republic, France, Germany, Great Britain, Hungary, Netherlands, Poland, Slovakia, Spain and Sweden, Switzerland. At this moment (2020) EFOS has 19 institutional and 19 individual members.</p>		
Access date: 04.12.2020		



SILVER		
Source): https://silver-skills.eu/	Available languages: Dutch, English, French, Hungarian, Slovakian	Country of origin: Slovakia, other
Thematic area: <input type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input checked="" type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
Description: <p>The main objective of the SILVER project is to create and implement a distance training which would help to improve skills and employability of people over 50 years old. Project’s mission is to support the discussion with all the relevant stakeholders (employers, training institutions, career advisors), to identify the constraints of seniors in access to qualification and employment and expand the lifelong learning and "silver economy" concepts in companies and training organizations.</p> <p>The primary objective of the project is to improve qualifications and competences of 50+ people by creating and implementing an innovative training. To create a training which will match the requirements of this target group, they conducted a research and discussed it with relevant stakeholders and seniors. The training should help people over 50 years old to become more confident when looking for a job or when trying to (re)integrate on the labour market.</p> <p>The main result is a blended learning training programme.</p> <p>The SILVER <i>training curriculum</i> includes 8 modules:</p> <ol style="list-style-type: none"> 1. Generation gap. It presents the different generations (X, Y, Z) in the workplace: how they work and their expectations. This module explains how to deal with new generations; take advantage of the diversity; and improve the management and leadership with young generations. 2. Business skills. This module presents the steps to start a company, including the practical aspects (economical and juridical parts), but also how to develop an idea, brand building, how to communicate about your company etc. This module helps seniors to discover what is like to be an entrepreneur. 3. Lifelong learning. This module introduces the concept and the importance of lifelong learning; the different types of learning; and gives information about how to identify the training’s needs; how to choose the right training centre and how to finance it. 4. Networking. This module gives useful information about how to build long-term relationships and good reputation in a practical way. It presents advice in networking in physical events but also in the digital world (LinkedIn). 5. Job strategy. This module compiles all the steps in a job search strategy; detailed advice of the different tools to develop: CV, cover letter, job interview and personal introduction. 6. Personal development. It presents two fundamental aspects: how to maintain the right balance between professional and personal life; and how to have a healthy ageing. 7. Professional development. This module introduces three professional skills which are being mentioned as fundamental for seniors: the digital, communication and problem-solving 		



competences.

8. **General information.** This part includes all the useful links regarding the mentioned topics

The contents were developed to be used individually during e-learning courses or blended learning but also during a face to face training.

Each module contains the following parts: videos, text files, exercises, links.

E- learning platform: <https://moodle.silver-skills.eu/login/index.php>

The outputs were developed by partners from 4 different countries: France, Hungary, The Netherlands, Slovakia.

This project has been funded with support from the European Commission under Erasmus+ Programme.

Access date: 04.12.2020

Seniors go digital		
Source: https://seniorsgodigital.eu	Available languages: English, Greek, Swedish, Bulgarian, Italian	Country of origin: Bulgaria, Cyprus, Greece, Italy, Sweden
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input checked="" type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input checked="" type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>New Opportunities for Low-skilled adults to acquire essential skills and in response to the recent migration movement across EU and the effects that it has on social inclusion, access and participation, the SENIORS GO DIGITAL project pioneers to design, implement, monitor and evaluate a TOOL KIT that will support organisations and authorities to design, develop and monitor their own INCLUSIVE STRATEGIES based on their needs.</p> <div style="text-align: right;">  </div> <p>This project aims to:</p> <ol style="list-style-type: none"> 1. to offer disadvantaged seniors opportunities to acquire, re-skill or up-skill their digital competences in order to be able to become active citizens and socially included in the digital world; 2. to design, implement, monitor and evaluate a TOOL KIT that will re-skill or up-skill seniors' digital competences to guarantee their activeness, social presence, e- governance, e-access, e-participation and personal development; 3. to pilot-test the 'ONE STOP SUPPORT CENTRES' in partner countries, both online and in-house that will offer various innovative, targeted and high quality lifelong learning opportunities for the acquisition of digital skills and competences; 4. to support in a systemic way active aging, access, social inclusion, participation and personal development through the use of the digitalized learning eco-system, as well as through the e-services, e-governance, e-participation and e-communication provided in each partner country; 5. to upgrade the lifelong learning opportunities provided by adult organisations, as well as enhance the teaching material and resources used in order to meet the needs of senior citizens. <p>Target groups:</p> <ol style="list-style-type: none"> 1. direct: adults 60+ (seniors) retired, unemployed, marginalised, in rural areas, with few opportunities, low-skilled etc.; 2. indirect: adult educators and related organisations in the field of adult education such as NGOs, VET centres etc. <p>Results:</p> <ol style="list-style-type: none"> 1. Reports: research reports (from Italia, Sweden, Bulgaria, Cyprus and Greece) to identify the seniors' profiles and needs in relation to the current scene in each country and 1 comparative report with the main findings to map the provision, gaps and challenges of adult learning for digital active aging. 		



2. Teaching and learning material: a report which presents principles and guidelines for designing Guidebooks, e-learning material in relation to the needs of seniors' citizens and the curriculum. The curriculum consists of 5 modules:

- Computer Basics and Problem Solving
- Communication and Collaboration
- Safety
- Information and Data Literacy
- Digital Content Creation

which have been translated in each partner language and a guidebook is provided for the e-Services in each partner country. The training course was written along with checklists for the course creator and the adult educator concerning the development and the delivery of teaching material.

3. E-learning platform and the eco-system for the assessment and validation process:
<http://seniorsgodigital.iit.demokritos.gr/>

4. TOOL KIT for developing, implementing and monitoring innovative strategies for offering and supporting the up-skilling programmes.

The project Partnership includes organizations from Bulgaria, Cyprus, Greece, Italy and Sweden,

This project has been funded with support from the European Commission under Erasmus+ Programme.

Access date: 04.12.2020



COLABOR ACTIVE		
Source: https://colabor-active.eu/	Available languages: English, German, French, Greek, Spanish	Country of origin: Austria, France, Germany, Greece, Spain
Thematic area: <input type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training/learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & Trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The project “COLABOR-ACTIVE: Development of a training program for enhancing Active Ageing through Not-For-Profit Sharing Economy” is launched with the main objective of increasing the competences (attitudes, skills, knowledge) of Elder Persons and their Communities, about how to enhance active ageing through not-for-profit sharing economy through an innovative training program.</p> <p>Target group: organisations supporting elder persons; organisations involved in social innovation; organisations involved in sharing economy; organisations involved in ICT sharing economy platforms; researchers; academics; policy makers, etc.</p> <p>Specific objectives:</p> <ul style="list-style-type: none"> • To raise awareness and motivate the full collective around Eps about their capacity and potential participating in the Community and deliver added value. • To transfer knowledge and guidelines to EPs about collaborative models and supporting ICT Platforms. • To transfer knowledge and guidelines to Communities about how to engage EPs in such collaborative models. • To develop Digital Skills of Eps for exploiting ICT Platforms supporting NFPSE. <p>Results:</p> <ul style="list-style-type: none"> • Methodological Guide for training elder persons and their communities on the implementation of non-for-profit sharing economy for active ageing. • Training Materials for creating and improving the critical competences. • Experiential Training Activities for enhancing the practical and experiential training. • e-Training Platform: https://platform.colabor-active.eu/ • Creation of 4 SHARING-ACTIVE UNITS. <p>This project has been funded with support from the European Commission within the ERASMUS+ Programme.</p>		
Access date: 04.12.2020		



COLABOR-ACTIVE

IT kurz pre seniorov (IT course for seniors)		
Source: https://angazovanaskola.sk/ocenene-projekty/it-kurz-pre-seniorov	Available languages: Slovakian	Country of origin: Slovakia
Thematic area: <input type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training/learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & Trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The IT course for seniors focused on the development of information technology skills for seniors, through which they could improve their skills in working with a computer, tablet or smartphone, get acquainted with modern technologies and use them to improve the quality of their lives.</p> <p>The main motivation for the creation of the activity was an indirect request from the community, but also from the 1st Private Gymnasium in Bratislava itself. The Gymnasium has long been trying to open up the school community to the wider environment, with the aim that pupils and students will meet ordinary people and experience a different environment than the one at home or school. In this way, the school creates and seeks out situations and contacts where pupils leave their comfort zone and meet people who are disadvantaged and live in different circumstances to them.</p> <p>The 1st Private Gymnasium in Bratislava was awarded the Engaged School label for its project "IT course for seniors" as a finalist in the first national award in 2020.</p> <p>The school's award-winning activity focused on helping seniors in the Bratislava - Ružinov district. It also responded to an article in the monthly magazine Ružinovské echo of the municipal district, which described the great interest of pensioners at the Ružinov Local Authority in IT education. In cooperation with the local authority, the school identified a group of seniors and approached them with an offer of a course focused on the development of IT skills. Each senior had one pupil who was also their personal assistant.</p>		
Access date: 04.12.2020		



Zlepšovacie digitálne zručnosti seniorov (Improving the digital skills of seniors)		
<p>Source: https://www.mirri.gov.sk/aktuality/digitalna-agenda/vicepremierka-remisova-seniorom-pomozeme-vstupit-do-digitalneho-sveta-vdaka-bezplatnym-skoleniam-aj-specialnym-tabletom/index.html</p>	<p>Available languages: Slovakian</p>	<p>Country of origin: Slovakia</p>
<p>Thematic area:</p> <p><input checked="" type="checkbox"/> Internet</p> <p><input checked="" type="checkbox"/> General ICT aspects</p> <p><input type="checkbox"/> Health</p> <p><input type="checkbox"/> Access to services</p> <p><input type="checkbox"/> Leisure / socio / cultural</p> <p><input type="checkbox"/> Other</p>	<p>Type of good practice:</p> <p><input checked="" type="checkbox"/> Project</p> <p><input type="checkbox"/> Initiative</p> <p><input checked="" type="checkbox"/> Programme</p> <p><input type="checkbox"/> Product</p> <p><input checked="" type="checkbox"/> Training/learning materials</p> <p><input type="checkbox"/> Network</p> <p><input type="checkbox"/> Website / app</p> <p><input type="checkbox"/> Other</p>	<p>Target group:</p> <p><input checked="" type="checkbox"/> Senior citizens</p> <p><input checked="" type="checkbox"/> Professionals working with senior citizens</p> <p><input type="checkbox"/> Teacher & Trainer</p> <p><input type="checkbox"/> Volunteers and caregivers</p>
<p>Description:</p> <p>Through the project "Improving the digital skills of seniors", MIRRI SR will help seniors to navigate new technologies, learn how to use them or improve their IT skills. The project, for which EUR 69.4 million has been allocated, includes not only face-to-face and e-learning training, but also the provision of data connectivity and the distribution of senior tablets or other devices (such as laptops and smartphones) to trained seniors who join the project and express interest in technical support.</p> <p>Improving the digital skills of seniors is part of the Recovery and Resilience Plan of the Slovak Republic, for which MIRRI SR has prepared the Digital Slovakia component to support cybersecurity, digital economy, eGovernment and digital skills.</p> <p>The project is currently in the preparatory phase. The Ministry is negotiating with third age universities, primary and secondary schools, municipalities, as well as civic associations working with seniors. The Ministry of Informatization plans to launch the first phase of digital training for seniors in the spring of 2022. Several thousand seniors could be trained as early as next year.</p> <p>The target group of this project is citizens belonging to disadvantaged groups:</p> <ul style="list-style-type: none"> • Public administration employees over 55 years of age (the created environment will enable online testing and improvement of digital skills of public administration employees meeting the definition of disadvantaged population groups and at the same time will verify the possibility of later use also in the selection process and support for updating digital skills during the duration of the civil servant relationship, public employment contract), • Disabled and old-age pensioners who do not belong to the category of senior citizens (under 65 years of age, with an invalidity or old-age pension), • Seniors (population of post-working age, i.e. over 65 years of age), • Persons with disabilities. 		
<p>Access date: 04.11.2021</p>		



MINISTERSTVO
INVESTÍCIÍ, REGIONÁLNEHO ROZVOJA
A INFORMATIZÁCIE
SLOVENSKEJ REPUBLIKY

Digitálna koalícia (Digital Coalition)		
Source: https://digitalnakoalicia.sk/	Available languages: English, Slovakian	Country of origin: Slovakia
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training/learning materials <input checked="" type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & Trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The Digital Coalition (Slovak National Coalition for Digital Skills and Jobs) builds on the original idea of the European Commission, first presented to the world in 2013 as the Grand Coalition for Digital Jobs. In Slovakia, this initiative was taken up by the IT Association of Slovakia together with our Ministry of Investment, Regional Development and Informatization of the Slovak Republic and on 27 September 2017, the National Coalition for Digital Skills and Jobs - Digital Coalition initiative was born.</p> <p>Its goal is to mobilize despite the spectrum of public, private, academic and civil society organizations and institutions in Slovakia for the improvement of digital skills of citizens, IT specialists, all employees and in education.</p> <p>Members join the Digital Coalition voluntarily and free of charge with their own commitments to manage the digital transformation of society. At the same time, each member undertakes to contribute to the promotion of the topic of digital transformation in their area of operation, within their respective capabilities, and to assist in the development of a study on the impact and preparedness for digital transformation. Currently, the Digital Coalition has 83 members who have collectively declared 232 commitments.</p>		
Access date: 04.11.2021		



Dlhujeme im to (We owe it to them)		
Source: https://transparency.sk/sk/dlhujemeimto/	Available languages: Slovakian	Country of origin: Slovakia
Thematic area: <input type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other: corruption	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training/learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & Trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>1 out of 6 pensioners has paid a bribe in the public service (especially in the field of health services), according to the survey from 2018. Seniors are also more likely to believe the disinformation.</p> <p>Transparency International Slovakia therefore launched a project to raise their awareness called "We owe it to them". Seniors are riddled with manipulation and corruption that only a quarter of them would report. Their vulnerability is related to lower awareness and also to their ability to distinguish facts from misinformation. Therefore, Transparency prepared a two-year project where they supported the education of seniors in the form of training (within whole Slovakia to educate at least 1,500 seniors) to better protect them from corruption or manipulation.</p> <p>They also developed:</p> <ul style="list-style-type: none"> • transparency academy (focused on Local Government, Public expenditure, Justice and info-law, Education, Officials and ethics, Health and Critical thinking via quizzes, guides, practical advice and answers and stories – podcasts); • rankings and portals (Ranking of hospitals, Open Local Government, Public companies, Bugles, Open Courts, Open prosecution, Map of family connections in the judiciary, Open government contracts, Corona subsidies); • publications and a book called "The power of corruption". 		
Access date: 04.11.2021		



Digitaler Engel (Digital Angel)		
Source: https://www.digitaler-engel.org	Available languages: German	Country of origin: Germany
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input checked="" type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The project "Digitaler Engel" supports older people in using digital services - close to everyday life, personally and locally.</p> <p>Booking trips online, staying in touch with the grandchildren online or converting your own home into a smart home: the mobile advice team offers help with specific questions about digitalisation. They teach older people in a practical, personal, and on-site manner how daily routines and habits can be enriched and made easier through digital applications. For this purpose, the project team travels through the rural regions of Germany with an information van.</p> <p>In addition, brochures, videos, instructions, and tips are made available online to provide further information about the digital world. This material is available here: https://www.digitaler-engel.org/materialien</p> <p>FOR SENIOR CITIZENS - THE DIGITALER ENGEL OUTREACH TEAM</p> <p>The Team goes wherever older people go in their daily lives: from the marketplace to senior citizens' meetings. In personal conversations, digital offers are presented, concrete questions are answered, and fears are reduced.</p> <p>FOR KNOWLEDGE MEDIATORS - SHAPING DIGITAL PARTICIPATION ON A SUSTAINABLE BASIS</p> <p>The project team shows opportunities to enrich and facilitate everyday life with digital services. Everyday challenges can be overcome more easily through digitalisation. Knowledge mediators are gladly supported in their local work through tailor-made offers on site.</p> <p>FOR REGIONAL PROVIDERS - GUIDE TO DIGITAL OFFERINGS</p> <p>The project supports the transfer of digital skills by networking of local actors. Together with partners from the region, the project facilitates the dissemination of their existing offers for older people.</p>		
Access date: 12.05.2022		



Digital Kompass (Digital Compass)		
Source: https://www.digital-kompass.de	Available languages: German	Country of origin: Germany
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The Digital Compass provides free services for senior citizens on the internet and other topics. At 100 locations throughout Germany, internet guides support older people in trying out digital offers themselves.</p> <p>The Digital Compass is a meeting place for personal exchange, for on-site and online training and for obtaining materials.</p> <p>Each quarter, a new topic is highlighted and presented both on the website and in newsletters.</p> <p>Materials are provided on ten selected topics. Currently, more than 250 articles are available - for example, "digital encryption options", "online money transfer", "mobility" or "digital participation". In addition, there are further information materials, exercise sheets and training courses.</p>		
Access date: 12.05.2022		



Deutscher Seniorentag (German Senior Citizens' Day)		
Source: https://www.deutscher-seniorentag.de	Available languages: German, English	Country of origin: Germany
Thematic area: <input type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input type="checkbox"/> Initiative <input checked="" type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The German Senior Citizens' Day is the most important nationwide event on ageing in Germany. With a diverse programme of events and the trade fair, it offers older people and their relatives information and suggestions for a good life in old age. Politicians, associations and society discuss current issues of senior citizens' work and policy. The German Seniors' Day is held alternately under the patronage of the Federal Chancellery or the Federal President.</p> <p>The German Senior Citizens' Day takes place every three years, the next time in 2024. In the exhibition area, numerous organisations present their offers for older people, companies present products and services for the target groups 50plus.</p> <p>The German Senior Citizens' Day invites visitors of all generations:</p> <ul style="list-style-type: none"> • to inform themselves about topics related to ageing and older people, • exchange experiences and establish contacts, • to discuss current issues in ageing policy, • to try out new things at the exhibition and during many events, • to experience celebrities from society and politics live. 		
Access date: 12.05.2022		



DigitalPakt Alter (Digital Pact for Old Age)		
Source: https://www.digitalpakt-alter.de	Available languages: German	Country of origin: Germany
Thematic area: <input checked="" type="checkbox"/> Internet <input type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The DigitalPakt Alter (Digital Pact for Old Age) is an initiative to strengthen the social participation and engagement of older people in a digitalised world.</p> <p>The Digital Pact for Old Age is designed as a longer-term initiative. Together with partner organisations from all areas of society, a wide range of measures to strengthen digital participation are to be advanced in a cooperative and cross-sectoral manner.</p> <p>The focus here is on a self-determined and independent life in old age and includes the fields of action that are described in the Eighth Report on Ageing as living environments: Housing, mobility, social participation, health and care as well as neighbourhoods.</p> <p>Within the framework of the Digital Pact for Old Age, a funding programme for the establishment and expansion of digital places of experience has been launched. Actors such as "senior citizens' internet initiatives" that provide low-threshold learning and practice opportunities for older people (in the form of a "digital experience place") can apply. They are an important and useful addition to other forms of digital education, but need local networking and financial support to be sustainable.</p> <p>The initiative also offers a regionally sorted database of 150 institutions in Germany that have digital services, networks or assistance and training for seniors.</p> <p>https://www.digitalpakt-alter.de/digitalpakt-alter/erfahrungsorte-1</p>		
Access date: 13.05.2022		



Goldener Internetpreis – Digital aktiv im Alter (Golden Internet Award – Digitally Active in Later Life)		
Source: https://www.goldener-internetpreis.de	Available languages: German	Country of origin: Germany
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input checked="" type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The 60-plus generations, and especially those over 70, still use the internet very little compared to the younger population. Yet the older generations in particular can benefit from it. Therefore, since 2012, the "Golden Internet Award" has been honouring people, initiatives and, since 2017, municipalities that support older people in safely entering and using the online world. Last time there were almost 100 submissions nationwide.</p> <p>Facilities can apply for the award in the following categories:</p> <ul style="list-style-type: none"> • Category 1: Digital participation - supporting people in times of Corona • Category 2: Internet for all - the diversity of target groups! • Category 3: Community participation - the diversity of digital ways! • Special Award: Respectful - active for fair treatment on the net! 		
Access date: 13.05.2022		

**GOLDENER
INTERNETPREIS**
Digital aktiv im Alter



DigitaleSenior:innen (Digital senior citizens)		
Source: https://www.digitaleseniorinnen.at/	Available languages: German	Country of origin: Austria
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>DigitaleSenior:innen (Digital seniors citizens) is the service point for digital education for seniors in Austria. Their goal is to ensure that all people have access to the opportunities of digitalisation.  digitaleSenior:innen</p> <p>In doing so, the educational institution offers support through advice from experts in the fields of adult education, media pedagogy, information technology and organisational development.</p> <p>The offer of digitaleSenior:innen is aimed at educational institutions as well as trainers. They provide support in planning and implementing educational programmes for older people. As contact persons for senior-friendly teaching and learning, they help with the development and visualisation of projects.</p> <p>The Service Point provides free advice on the development, planning and implementation of offers in the context of digital senior citizens' education. Examples of advice could look like the following:</p> <ul style="list-style-type: none"> • How can I reach my target group even better? • How can I ensure the low-threshold nature of my offers? • What didactic and methodological variety can improve my offers? • What simple steps can be taken to improve or ensure quality? • What training and further education opportunities are there for trainers? • How can I implement my offers in an online setting? <p>In addition, a wide variety of training materials are available for download on the website in the form of brochures, information sheets, presentations, explanatory videos & quizzes and step-by-step instructions. https://www.digitaleseniorinnen.at/leistungen/schulungsmaterialien/</p>		
Access date: 13.05.2022		



Wissensdurstig.de (Thirsty for knowledge)		
Source: https://www.wissensdurstig.de/	Available languages: German	Country of origin: Germany
Thematic area: <input checked="" type="checkbox"/> Computer <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input checked="" type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The internet portal Wissensdurstig.de (Thirsty for knowledge) is part of the service point "Digitisation and Education for Older People". The service point exists since 2017 and is a nationwide point of contact for questions on the promotion of learning and education in old age and specifically on education in the context of digitalisation.</p> <div style="display: flex; align-items: center;">  <div> <h2 style="margin: 0;">wissensdurstig.de</h2> </div> </div> <p>Wissensdurstig.de:</p> <ul style="list-style-type: none"> • supports older people in finding educational offers and events in their area, • qualifies multipliers in educational work in the design of suitable learning opportunities, • advises those responsible in local authorities, the federal states and the federal government on setting up sustainable structures. <p>The work of the Service Agency is funded by the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth.</p> <p>At Wissensdurstig.de, there is information on educational opportunities for older people throughout Germany, tips and materials on digitisation and education in old age, interesting facts for education providers, good practice examples and current information on digitisation, education, projects, campaigns and more. Education providers can register on Wissensdurstig.de and enter their education offers online themselves or use an automatic interface to their own event database. The providers should be organised on a non-profit basis and the offers should be inexpensive.</p> <p>Initial ideas for a continuing education course for older people are offered by Wissensdurstig.de via the brochures "Neugierig bleiben" (Stay curious) and the "Wegweiser durch die digitale Welt" (Guide to the digital world).</p> <ul style="list-style-type: none"> • https://www.wissensdurstig.de/wp-content/uploads/2019/03/52_neugierig_bleiben_bildung_und_lernen_im_alter.pdf • https://www.bagso.de/fileadmin/user_upload/bagso/06_Veroeffentlichungen/2019/BAGSO_Ratgeber_Wegweiser_durch_die_digitale_Welt.pdf <p>Informational youtube video on the work of Wissensdurstig.de: https://www.youtube.com/watch?v=W6q3OOC7Ios&t=3s</p>		
Access date: 13.05.2022		

Stiftung Digitale Chancen (Foundation for Digital Opportunities)		
Source: https://www.digitale-chancen.de/	Available languages: German	Country of origin: Germany
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>Since its founding year in 2002, the Stiftung Digitale Chancen (Foundation for Digital Opportunities) has been committed to researching the social consequences of digitalisation, to advocating for equal opportunity access to the internet for all people and to strengthening their media literacy.</p> <p>Its goal is to promote the digital integration of all social groups and to counteract the threat of a digital divide. The Digital Opportunities Foundation is under the patronage of the Federal Ministry of Economics and Climate Protection and the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth.</p> <p>The internet offers opportunities for more information, more participation and social engagement. The foundation wants to create the conditions for all people to participate in the digital society and actively shape it. The foundation's guiding theme is digital inclusion - to this end, it works in particular in the following thematic areas:</p> <ul style="list-style-type: none"> • promotion of media competence • online security • usability / accessibility. <p>To make it easier for other institutions to create digital training offers for seniors, the foundation has created a guide. With the guide "Digital Competences for Older People", the Digital Opportunities Foundation wants to contribute to older people acquiring the necessary competences in dealing with digital applications and to strengthen their self-confidence.</p> <p>https://www.digitale-chancen.de/assets/includes/sendtext.cfm?aus=11&key=1553</p> <p>The Foundation is registered in the European Transparency Register at: http://ec.europa.eu/transparencyregister/public/consultation/displaylobbyist.do?id=948042627375-19.</p>		
Access date: 13.05.2022		

**.stiftung
digitale-chancen**



Cyberfibel (Cyber Guide)		
Source: https://www.cyberfibel.de	Available languages: German	Country of origin: Germany
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The Cyberfibel is aimed at all people who are professionally or voluntarily active in consumer counselling or education and who contribute in associations, foundations, educational institutions or federations to support other people in dealing safely with the digital world. The Cyberfibel is the basis for imparting knowledge - and thus also for one's own knowledge acquisition in the sense of an accompanying reference book.</p> <p>The Cyberfibel comprises two sections: In the first part, the "digital worlds" show everyday applications of digital technologies in private and professional life. Among other things, it is about reflecting on behaviour on the internet and developing strategies based on this, how internet offers can be used safely and sensibly on an individual basis. In the second part, the "digital competences", the primer addresses risks in the online world and gives practical recommendations on how to protect yourself and your devices from possible threats from the net. Both areas can be looked at consecutively or independently of each other, as they do not build on each other.</p> <p>The exercises of the guide convey the basic knowledge in a practical way and expand it. They enable you to acquire strategies and behavioural patterns for the safe and confident use of the Internet on the one hand, and to pass them on to others on the other.</p> <p>All exercises should be accompanied by a competent person, e.g. the trainer. When doing the exercises at home, a competent family member, acquaintance or friend should be present. In particular, it is important to ensure that no contracts are concluded and no payment obligations are entered into.</p>		
Access date: 13.05.2022		



Fit4internet		
Source: https://www.fit4internet.at/page/home	Available languages: German, English, Austrian Sign Language	Country of origin: Austria
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input checked="" type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The fit4internet initiative launched training courses for basic digital skills for the 60+ generation. A tailor-made offer to discover the possibilities of the mobile internet, to actively use it and to communicate with it in a modern way.</p> <p>Smartphone, internet, online shops, official channels - mobility is no longer just a question of physical fitness. In order to be able to participate in social life in the digital age, seniors need digital competence - be it to stay in contact with acquaintances, family and friends, or to carry out everyday tasks in a self-determined way.</p> <div style="display: flex; align-items: center;">  <div> <p>The initiative fit4internet kicked off with the taster course "Kaffee Digital" (Coffee Digital) for senior citizens. Professional trainers imparted the necessary basics in a cosy and casual atmosphere so that seniors without (much) experience in the digital world can safely take their first steps on the internet, with mobile phones & co - uncomplicated and free of charge.</p> <p>In addition to "Kaffee Digital", the explanatory videos on smartphone use on the website deserve special mention: https://www.fit4internet.at/view/digitale-lebenswelten</p> </div> </div> <div style="display: flex; align-items: center; margin-top: 10px;">  <div style="margin-left: 10px;"> <p>The initiative fit4internet kicked off with the taster course "Kaffee Digital" (Coffee Digital) for senior citizens. Professional trainers imparted the necessary basics in a cosy and casual atmosphere so that seniors without (much) experience in the digital world can safely take their first steps on the internet, with mobile phones & co - uncomplicated and free of charge.</p> </div> </div> <p>Access date: 13.05.2022</p>		



SeniorenWeb (Seniors' Web)		
Source: https://www.seniorenweb.org/	Available languages: German	Country of origin: Austria
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input checked="" type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>In 2017, the SeniorenWeb (Seniors' Web) association was founded in Vienna. The goal is to make the potential of digitalisation accessible to older people as well.</p> <p>Particularly in crisis or emergency situations (e.g. illness, need for care, immobility, etc.), digital mobility helps to:</p> <ul style="list-style-type: none"> • maintain social contacts, • take care of daily errands, • maintain independence, • create a daily structure, • stay healthy. <p>However, statistics show that in Austria, even in 2020, almost 550,000 people between the ages of 55 and 75 have never used the internet. As a society, it must therefore also be our obligation not to leave older people behind on the path of digitalisation, but to motivate and support them along the way.</p> <p>Therefore, the association has made it its mission to promote the following:</p> <ul style="list-style-type: none"> • digital education and counselling, • digital networking, • digital volunteering. <p>The main pillars are:</p> <ul style="list-style-type: none"> • events (online and offline trainings, lectures, conversations) • seniors' portal • digital knowledge portal (training materials around smartphones, tablets and computer use from Austria, Germany and Switzerland). 		
Access date: 13.05.2022		



Digital mobil im Alter – der Podcast für Senioren (Digitally mobile in old age – the podcast for seniors)		
Source: https://www.podcast.de/podcast/946545/archiv	Available languages: German	Country of origin: Germany
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input checked="" type="checkbox"/> Project <input type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input checked="" type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The Corona crisis in particular has shown how important and helpful digital offers can be. This podcast from the Foundation for Digital Opportunities and O2 wants to encourage older people to explore the digital world.</p> <p>Daniel Finger talks to experts, those affected and enthusiasts and gives many suggestions and tips.</p> <p>The podcast currently has seven episodes:</p> <ul style="list-style-type: none"> • Up to this point and even beyond • Seniors on the net - personal experiences • Fears, loneliness, concerns • Recognising false information from the net • Seniors and Corona • Seniors and the Internet: A strong team • Digitally mobile in old age - what to expect 		
<p>Access date: 01.06.2022</p>		



Virtuelles und reales Lern- und Kompetenz-Netzwerk Älterer Erwachsener (ViLE) e.V. (Virtual and Real Learning and Competence Network for Older Adults)		
Source: https://vile-netzwerk.de	Available languages: German	Country of origin: Germany
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input checked="" type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input type="checkbox"/> Professionals working with senior citizens <input type="checkbox"/> Teacher & trainer <input type="checkbox"/> Volunteers and caregivers
Description: <p>The „Virtuelles und reales Lern- und Kompetenz-Netzwerk Älterer Erwachsener (ViLE) e.V.“ (Virtual and Real Learning and Competence Network for Older Adults) was founded in December 2002 by senior citizens and staff of further education institutions from all over Germany.</p> <p>The network offers introductory courses in the technical basics of virtual learning, virtual literature circles, its own online newspaper for adults interested in further education (www.lerncafe.de), project and seminar work, workshops and travel offers in the sense of research-based travel. The members work together virtually and in real life, also in regional groups.</p> <p>The association's latest project is the production of an information brochure on educational opportunities for older people at universities: The “Digital Study Guide for All”.</p>		
Access date: 01.06.2022		

ViLE

VIRTUELLES UND REALES
LERN- UND KOMPETENZ-NETZWERK
ÄLTERER ERWACHSENER (ViLE) e.V.



Bundesarbeitsgemeinschaft Seniorenbüros e.V. (Senior citizens' offices)		
Source: https://seniorenbueros.org/	Available languages: German	Country of origin: Germany
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input checked="" type="checkbox"/> Health <input checked="" type="checkbox"/> Access to services <input checked="" type="checkbox"/> Leisure / socio / cultural <input checked="" type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input checked="" type="checkbox"/> Training / learning materials <input checked="" type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The Bundesarbeitsgemeinschaft Seniorenbüros e.V. (BaS) is the network of around 450 senior citizens' offices in Germany. Senior citizens' offices promote the voluntary engagement of older people and advocate for a good quality of life.</p> <p>People over 50 are fitter, more active and more numerous today than at any time before. BaS plays a constructive role in shaping demographic change and provides impulses for senior citizens' work. It stands for a realistic image of old age that is based on the potential of older people.</p> <p>BaS advises local authorities and independent organisations on the establishment and further development of senior citizens' offices and represents their interests at federal and state level. It offers advice, further training and specialist conferences and initiates projects that are implemented at the local level.</p> <p>Professional support is provided in the senior citizens' offices, including exchange of experience and appropriate framework conditions for volunteers and paying attention to a good culture of appreciation.</p> <p>Many senior citizens' offices offer help in the form of consultation hours on the Internet, PC meetings or counselling services by older people for older people. They are also committed to the digital and social participation of (n)onliners.</p>		
Access date: 01.06.2022		



Digitaltag (Digital Day)		
Source: https://digitaltag.eu	Available languages: German	Country of origin: Germany
Thematic area: <input checked="" type="checkbox"/> Internet <input checked="" type="checkbox"/> General ICT aspects <input type="checkbox"/> Health <input type="checkbox"/> Access to services <input type="checkbox"/> Leisure / socio / cultural <input type="checkbox"/> Other	Type of good practice: <input type="checkbox"/> Project <input checked="" type="checkbox"/> Initiative <input type="checkbox"/> Programme <input type="checkbox"/> Product <input type="checkbox"/> Training / learning materials <input type="checkbox"/> Network <input type="checkbox"/> Website / app <input type="checkbox"/> Other	Target group: <input checked="" type="checkbox"/> Senior citizens <input checked="" type="checkbox"/> Professionals working with senior citizens <input checked="" type="checkbox"/> Teacher & trainer <input checked="" type="checkbox"/> Volunteers and caregivers
<p>Description:</p> <p>The "Digitaltag" (Digital Day) is a nationwide day of action for digital participation. It is intended to make digitisation an everyday experience for all citizens with numerous activities.</p>  <p>All over Germany, people will come together on the Digital Day at various event formats to discover digital technologies together and get to know them better. Everyone can offer their own activities on the Digital Day: Private individuals, associations, organisations, authorities or companies. In this way, the various aspects of digitisation can be illuminated and discussed on Digitaltag.</p> <p>The Digital Day takes place once a year.</p> <p>All actions of the Digital Day should:</p> <ul style="list-style-type: none"> • deal with a topic related to digitalisation as accessible as possible (e.g. digital participation, digital skills, digitalisation and society, digital technologies) • be open to a wide range of participants • be offered free of charge if possible • be easily accessible, for example through uncomplicated registration. 		
Access date: 01.06.2022		

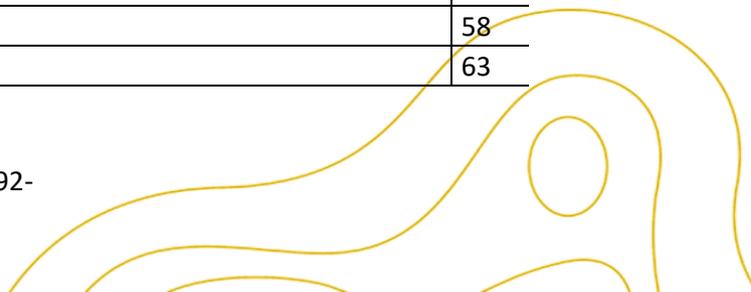
More examples of good practices can be found on the website: <http://digitalageing.eu>



Annex

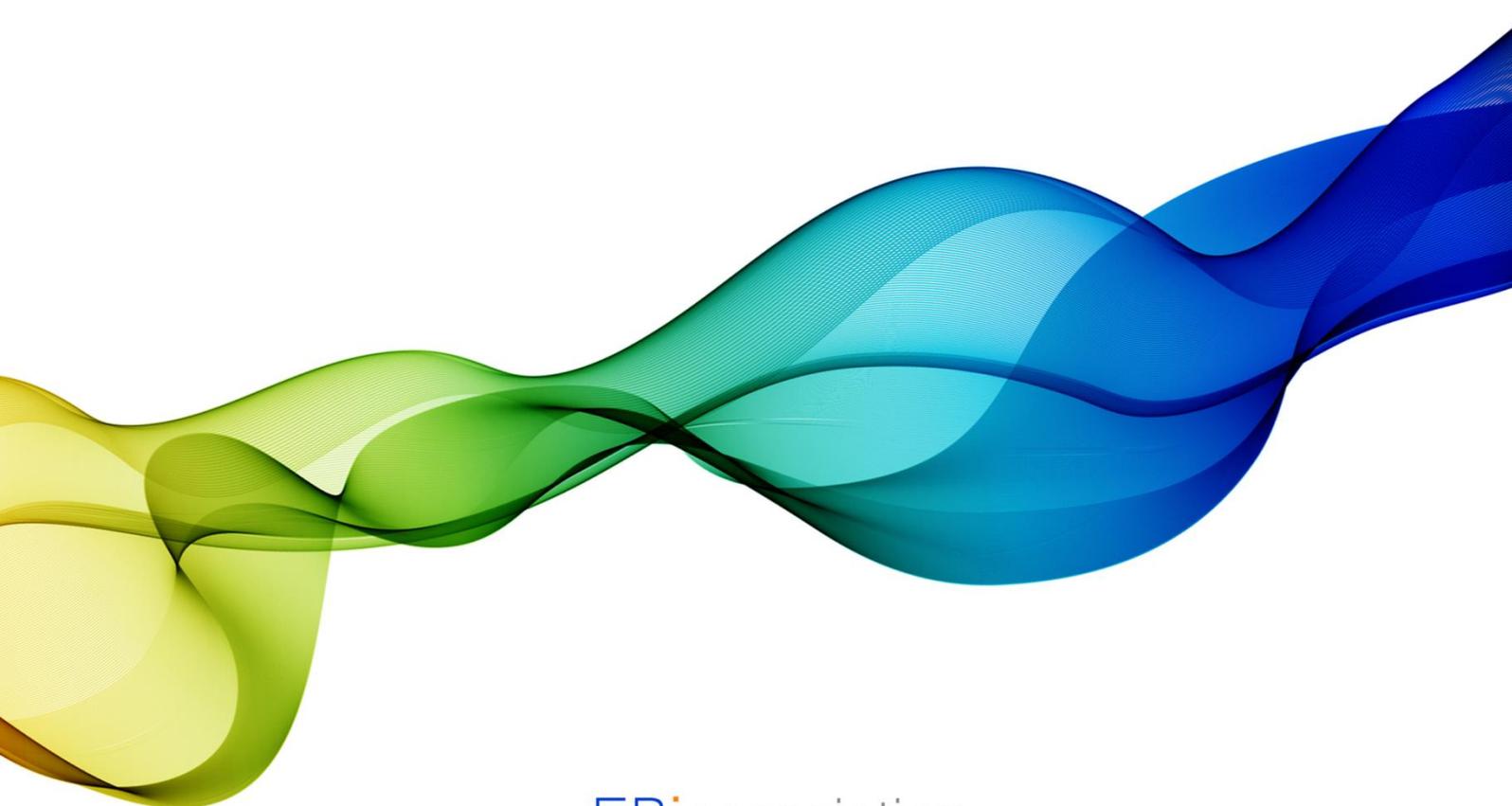
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EBIassociation

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