



Co-funded by
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MOBI-DIG: Mobile Apps and Digital Services for Seniors

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e-Active

PROMOTER OF THE INITIATIVE: University of Valencia Polibienestar (Spain); Association Generations (Bulgarian partner) / Spain, Bulgaria, Poland, Italy, Greece / <https://www.generations-bg.eu/>

TARGET GROUPS: Seniors; Professionals working with seniors

YEAR(S) OF IMPLEMENTATION: 2022-2024

DESCRIPTION:

The e-Active project aims to improve seniors' active ageing and social participation through teaching activities using an e-tool. E-Active targets people over 60 years of age and offers them a free mobile application that is easy to access and use for the purposes of active social participation, healthy and active ageing.

The e-Active activities include:

- A co-created training course for professionals working with seniors based on the information provided by professionals and older people to promote social participation and motivate seniors to use new technologies
- A report on seniors' needs and a co-created syllabus for the training contents
- An activities' set that seniors can engage in using an e-tool that encourages digital literacy, active ageing, social and civic participation, and environmental sustainability principles
- An e-tool to promote active ageing as an essential tool for professionals and seniors

OUTCOMES:

E-Active promotes the active aging of people over 60 years of age in their community through a free mobile application that is easy to access and use. The project improves the capacities of professionals working with elderly people through a co-created training programme and an e-tool as well as encourages the use of new technologies in older people and improves their digital skills.

1. Co-designed training syllabus for professionals

Report on seniors' needs, professionals' needs, and best practices concerning using e-tools for seniors' social and civic participation based on co-designed sessions.

<https://e-active.eu/wp-content/uploads/2023/02/PR1-CO-DESIGNED-TRAINING-SYLLABUS-FOR-PROFESSIONALS.pdf>

2. Development of the training for professionals

A training course on senior social participation and digital skills for professionals working with seniors which includes 5 modules:

Module 1: How to encourage the use of technology by seniors

Module 2: Hardware and Software: What is internet and how to use it

Module 3: How to be able to navigate safely internet

Module 4: How to communicate online



Module 5: How to use basic online services

<https://e-active.eu/project-results/>

3. Pilot actions

Development of a set of activities to promote digital skills, active ageing, social and civic participation, and environmental sustainability principles in seniors that can be done through an e-tool.

<https://e-active.eu/project-results/>

4. E-Tool

The e-Tool provides a number of in-person and online activities for elderly people such as physical exercises, cognitive stimulation and leisure, both in person organised in their community and online through the app for those who, due to physical or time impediments, cannot travel.

<https://tool.e-active.eu/>

EFFECTIVE APPROACHES FOR IMPROVING DIGITAL COMPETENCES OF ELDERLY PEOPLE:

- Training course (face-to-face, online or blended)
- Online platform
- Confidence-building methodology

WEBSITE OR OTHER ONLINE CHANNELS:

<https://e-active.eu/>