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MOBI-DIG: Mobile Apps and Digital Services for Seniors

2023-2-ES01-KA210-ADU-000181337

AlfabeTICs60

PROMOTER OF THE INITIATIVE: AlfabeTICs60 / (Córdoba, Huelva, Jaén, Málaga) Andalusia Region, Spain / <https://alfabetics60.es/>

TARGET GROUPS: Elderly people aged 60+

YEAR(S) OF IMPLEMENTATION: 2022 - Present

DESCRIPTION:

AlfabeTICs60 is a non-profit organization dedicated to promoting digital literacy among the elderly to foster active and healthy aging. The initiative aims to combat unwanted loneliness through socialization and digital companionship. By providing both group and personalized training, AlfabeTICs60 ensures that older adults can effectively use modern technology. The program includes individual digital mentorship, group workshops, and the development of digital skills necessary for daily life, such as using smartphones, navigating the internet, and handling online banking.

OUTCOMES:

Since its launch, AlfabeTICs60:

- It has successfully improved the digital skills and confidence of numerous elderly participants, helping them stay connected with family and friends, and enhancing their overall quality of life.
- The initiative has also played a crucial role in reducing social isolation among the elderly by providing them with the tools to engage in digital communication and participate more actively in the digital world.
- Enhanced Cognitive Abilities: Preservation of cognitive abilities through continuous learning and engagement with new technologies.

The initiative provides a blend of face-to-face and online training sessions tailored to the needs of older adults. These sessions cover practical skills such as using social media, navigating online services, and understanding cybersecurity. Personalized digital mentorship and group workshops are integral parts of the program, ensuring comprehensive support and engagement. Training is offered both in classroom settings and online, with individual and group training sessions available. Additionally, digital accompaniment is provided through voluntary work, and socialization experiences with an ICT component are organized to further engage participants. The program aims to improve the self-esteem and independence of elderly people, combat unwanted loneliness, facilitate intergenerational relationships, and preserve cognitive abilities.

EFFECTIVE APPROACHES FOR IMPROVING DIGITAL COMPETENCES OF ELDERLY PEOPLE:

- Training programme
- Training course (face-to-face, online or blended)
- Video tutorials
- Mobile application
- Online platform
- Intergenerational learning methodology
- Confidence-building methodology



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WEBSITE OR OTHER ONLINE CHANNELS:

<https://alfabetics60.es/>

https://www.facebook.com/alfabetics60/?locale=es_ES

<https://www.teaming.net/alfabetics60>

<https://www.youtube.com/watch?v=NPOrvLJmNml&t=26s>