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MOBI-DIG: Mobile Apps and Digital Services for Seniors

2023-2-ES01-KA210-ADU-000181337

Digital Skills Workshops for Elderly People by Fundación La Caixa

PROMOTER OF THE INITIATIVE: Fundación La Caixa / Barcelona, Spain /

<https://fundacionlacaixa.org/es/personas-mayores-talleres-presenciales-competencias-digitales>

<https://www.facebook.com/fundlacaixa/>

TARGET GROUPS: Elderly people aged 65+

YEAR(S) OF IMPLEMENTATION: 2022 - Present

DESCRIPTION:

The "Digital Skills Workshops for Elderly People" initiative by Fundación La Caixa aims to enhance digital literacy among the elderly, promoting active aging and reducing digital exclusion. This initiative includes a series of face-to-face and online workshops designed to teach older adults essential digital skills. The workshops cover various topics such as internet use, online communication, digital banking, and accessing public services online. The program also includes personalized digital mentorship and socialization activities with a digital component to ensure comprehensive support and engagement.

OUTCOMES:

- The initiative has significantly improved the digital skills and confidence of thousands of elderly participants.
- It has enabled them to stay connected with family and friends, manage online transactions, and access various online services, thereby enhancing their overall quality of life.
- The program has also played a crucial role in reducing social isolation and fostering intergenerational relationships through digital mentorship and volunteer work.
- Preserved cognitive abilities of the elderly.
- Improved digital skills of thousands elderly participants

The initiative offers a mix of classroom and online training sessions, providing both individual and group learning opportunities. Additionally, it includes digital accompaniment through voluntary work and socialization experiences with an ICT component. The program aims to improve the self-esteem and independence of elderly people, combat unwanted loneliness, facilitate intergenerational relationships, and preserve cognitive abilities. These elements help participants engage effectively with modern technology and integrate into the digital world.

EFFECTIVE APPROACHES FOR IMPROVING DIGITAL COMPETENCES OF ELDERLY PEOPLE:

- Training course (face-to-face, online or blended)
- Video tutorials
- Mobile application
- Online platform
- Confidence-building methodology
- Personalised digital mentorship



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WEBSITE OR OTHER ONLINE CHANNELS:

<https://fundacionlacaixa.org/es/personas-mayores-talleres-presenciales-competencias-digitales>

<https://fundacionlacaixa.org/es/personas-mayores-talleres-presenciales-competencias-digitales-aula-abierta>

<https://fundacionlacaixa.org/es/personas-mayores-talleres-autoformacion>