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MOBI-DIG: Mobile Apps and Digital Services for Seniors

2023-2-ES01-KA210-ADU-000181337

Saludables and Conectados

PROMOTER OF THE INITIATIVE: Fundación Cibervoluntarios / Spain / <https://www.cibervoluntarios.org/>

TARGET GROUPS: Elderly people aged 60+

YEAR(S) OF IMPLEMENTATION: 2022 - Present

DESCRIPTION:

"Saludables and Conectados" is a combined initiative by Fundación Cibervoluntarios aimed at bridging the digital divide among elderly individuals and promoting better health management through digital literacy. The program offers free workshops that teach older adults how to use smartphones and the internet for daily tasks, including health management and online transactions.

The "Saludables" component focuses on training elderly participants to use health-related applications on their mobile devices. This includes booking medical appointments, accessing their medical history, and managing prescriptions online. Additionally, it covers the use of apps for healthy eating, monitoring blood pressure, and medication reminders.

The "Conectados" component complements this by providing training on broader digital skills. Participants learn to use digital tools for banking, social networking, and other essential online activities. The program emphasizes cybersecurity to ensure safe and confident use of digital technologies.

OUTCOMES:

- Improved confidence and independence in using technology among elderly participants.
- Enhanced ability to manage health through digital tools, including booking appointments and accessing medical records.
- Increased digital literacy, enabling participants to conduct online banking and other essential tasks.
- Reduced social isolation through better digital engagement and communication with family and friends.
- Improved cybersecurity awareness, ensuring safe use of digital platforms.
- Promoted healthier lifestyles through the use of health monitoring apps.
- Facilitated intergenerational relationships and knowledge transfer.

The initiative provides a mix of classroom and online training sessions, with both individual and group formats. Digital accompaniment through volunteer work ensures personalized support. The training aims to improve self-esteem and independence, combat unwanted loneliness, facilitate intergenerational relationships, and preserve cognitive abilities. This initiative is available throughout Spain, with notable implementations in Andalusia, the Valencian Community, Asturias, and La Rioja, supported by respective regional governments.

EFFECTIVE APPROACHES FOR IMPROVING DIGITAL COMPETENCES OF ELDERLY PEOPLE:

- Training course (face-to-face, online or blended)
- Video tutorials
- Confidence-building methodology
- Personalised digital mentorship & Groups workshops



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WEBSITE OR OTHER ONLINE CHANNELS:

<https://www.cibervoluntarios.org/es/actualidad/post/cibervoluntarios-presenta-saludables-formaciones-gratuitas-para-mayores-comunidad-valenci>

<https://www.cibervoluntarios.org/es/actualidad/post/conectados-cursos-gratuitos-ensenan-personas-mayores-usar-movil-hacer-tramites-por-internet>

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