



Mobile Apps and Digital Services for Seniors



Helping seniors to use mobile phones and online platforms to access digital services

The Mobi-Dig project is all about helping senior citizens become more comfortable with using online services through their mobile phones or other digital platforms. The project develops the Mobi-Dig Interactive Toolbox – a practical kit to teach seniors how to take advantage of the opportunities offered by different digital services and thus gain better access to services, goods and social interactions. It covers important topics like healthcare, social services, managing finances, transportation and communication. The Toolbox is designed to map different mobile apps and digital services through video tutorials and it can be used by seniors alone or as an educational resource for teachers, social workers or volunteers working with seniors.

Seniors and educators will be trained to use the Interactive Toolbox within thematic training events in their countries, using peer-learning and intergenerational learning methods to make sure everyone stays motivated and engaged.

By teaching seniors how to use mobile apps and online services, Mobi-Dig hopes to help them stay active and healthy, be more involved in their communities, make it easier to connect with others, live more independently and feel more confident in using digital tools to succeed in daily tasks.

The Mobi-Dig project will run in the period 1 January 2024 – 31 December 2025.

Project partners

Fundación Pascual Tomás (Spain) – coordinator

KU TU (Bulgaria)

Pressure Line (Netherlands)

www.mobidigproject.eu



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