



Mobile Apps and Digital Services for Seniors

Number 1 | October 2024

NEWS

EXTRA! EXTRA! READ ALL ABOUT IT!

At MOBI-DIG, we are committed to helping seniors navigate the digital world by teaching them how to use mobile phones and online platforms to access essential services. Our mission is to improve the digital skills of educators, social workers,

and volunteers who work with older adults. Through the MOBI-DIG Interactive Toolbox, we provide a practical kit to guide seniors in using digital services, enhancing their access to goods, services, and social connections.



SNEAK PEEK

WHAT WE'LL DO TO POLISH THE DIGITAL YOU...

Looking ahead, each partner will develop video tutorials covering 5 topics important for effective digital inclusion and access to online services:

- Healthcare
- Social services
- Financial services
- Transport
- Communication

Additionally, we're excited to add a sixth topic – Leisure – since engaging

in leisure activities has been shown to benefit seniors' physical, mental, and social well-being.

Once the Toolkit is complete, we will host thematic workshops to test the materials with both educators and seniors. The results will be discussed in our next meetings, including online meetings and a partner gathering in Rotterdam, in March 2025, to fine-tune the workshops and resources.

PROJECT ELITE MEETS IN SPAIN TO HELP SENIORS GAIN



The partners met in Valencia, Spain in September 2024 to exchange successful practices for enhancing the digital skills of educators, volunteers, and seniors. The selected 22 good practices aim to improve digital competence and foster active aging and social inclusion. Key discussions revolved around the Collection of Resources document, which highlights effective approaches and resources for improving the digital skills of elderly people, linked to good practice examples. These examples illustrate how digital inclusion can become more practical, accessible, and engaging for elderly people.

We are currently developing the MOBI-DIG Interactive Toolbox as a practical hands-on tool mapping different mobile apps and digital services through video tutorials for developing practical digital skills.

STAY TUNED FOR MORE!

Follow MOBI-DIG to stay updated on our progress and learn more about how we are helping seniors take full advantage of the digital world!