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## MOBI-DIG: Mobile Apps and Digital Services for Seniors

2023-2-ES01-KA210-ADU-000181337

### *Bridge the Gap*

**PROMOTER OF THE INITIATIVE:** Queraum, Italy / ISIS, Germany / Lunaria, Italy / SIC, Lithuania / AFEdeMy, The Netherlands / <https://bridgethegap-project.eu/>

**TARGET GROUPS:** Older adults; Practitioners in adult education; (local) initiatives and organisations working with older adults

**YEAR(S) OF IMPLEMENTATION:** 2020-2022

#### **DESCRIPTION:**

Bridge the Gap project aims to train, empower and support older people to get active for their neighbourhoods, to bring forward their ideas for age-friendly environments and to master the digital tools they need to implement their ideas. The main objectives were:

- to train, empower and support older people to get active for their neighbourhoods and to master the digital tools they need to participate in age-friendly initiatives or to implement their own projects
- to develop meaningful, supportive and highly accessible learning formats and materials
- to raise awareness for the relevance of age-friendly environments and the political, social and digital participation of older citizens and inspire others (e.g. decision makers) to advocate these issues
- to contribute to new images of ageing
- to produce and disseminate sustainable outcomes and build strong networks for the participation of older citizens.

#### **OUTCOMES:**

Along the project the following outputs were produced:

- Bridge the Gap! Fact Sheet
- Training Concept and Curriculum
- Training Kit includes the training concept as well as tools and methods that have proven helpful in the trainings
- Digital Training

The Digital Training provides 3 modules and some practical information and links to further resources at the end:

1. Age-Friendly Environments: This module explores what 'Age-Friendly Environments' are all about.
2. Ageing in an increasingly digital era: This module discusses ageing in an increasingly digital era
3. Let's look at some practical tools supporting you to get active in your neighbourhood/city: This module discusses some of the practical tools from the Bridge the Gap! project.



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During the project it was emphasized that digitalisation not only creates more possibilities for communication as it allows easier, faster and more comprehensive social contacts, but it also helps in dealing with daily issues. In cases of reduced mobility, older people could, with the help of digital tools, perform dozens of tasks just by pressing a button: make doctor's appointments, monitor waiting lists, order food for delivery, pay bills, communicate with family and friends and plan and book both local and international trips. They could thus be self-reliant and independent.

The project has reached excellent results during its implementation and has therefore been awarded as 'good practice'.

#### **EFFECTIVE APPROACHES FOR IMPROVING DIGITAL COMPETENCES OF ELDERLY PEOPLE:**

- Training programme
- Training course (face-to-face, online or blended)
- Confidence-building methodology

#### **WEBSITE OR OTHER ONLINE CHANNELS:**

[www.bridgethegap-project.eu](http://www.bridgethegap-project.eu)

<https://erasmus-plus.ec.europa.eu/projects/search/details/2020-1-DE02-KA204-007539>