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# *ICT4Elders*

**Promoting ICT knowledge  
for the elderly people**

Project Ref: 2020-1-CZ01-KA204-078197

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**ICT4Elders NEWSLETTER  
September 2022**

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## Latest news in ICT4Elder project



**Due to the constantly advancing digitalization in the changing times, many things can already (almost) only be done online.**

This is a great challenge for today's older adult citizens, as they have not grown into digitalization like the following generations.

With our ICT4Elders programme, we want to help older people find their way through the jungle of the online world.

With the help of trainers or their carers or family members and various courses and lessons, they can learn, for example, how to place orders, use online banking, retrieve information and news and generally understand and use the necessary technology (laptops, tablets, mobile phones, etc.).

The courses will be adjustable to the special needs of each participant, so they can pause or repeat them whenever it's necessary.

**Bernd Kruczek, BK-Consult GmbH**

### F2F meeting in Athens

**On February the 17th and 18th the ICT4Elders consortium met at our second F2F meeting hosted by AKMI in Athens.**

The most important discussion of this meeting was about the development of the ICT4Elders training. The training focuses on older adults, and especially those over 70. The training introduced basic ICT tools for learners and provided answers to basic questions such as: How can I use the Internet? How should I behave on the Internet? What are applications and how to download them? Etc.

The partners presented the Units of training which had already been done. The ICT4Elders consortium agreed on some changes to ensure the uniformity of created lessons and discussed the MOOC platform.



**Simona Matějková, APSS ČR**

## F2F meeting in Cottbus

The ICT4Elders project team met in the German city of Cottbus for the 3rd project meeting on the 11th July 2022 to discuss a rather busy agenda.



Following a warm welcome, the discussion focused on IO2 of the project and finalization of the ICT4Elders' training programme on ICT skills for older adults and caregivers. The partners also planned in detail the translation and adaptation of the training materials to the national languages and context of the participating countries. The online training platform of the project was the next item on the agenda, with the partners reviewing the layout and design of the online course.

A discussion on the progress of the dissemination activities of the project and the next steps were also discussed, in an effort to ensure the wide dissemination and reach of the project objectives and results, despite the uncertain time caused by the global pandemic. The meeting concluded with the partners mapping out the next steps of the project for the successful implementation of all planned activities.

*Karel Vostrý, Vojtěch Měříčka, EAN*

## Project activities and progress over the last few months

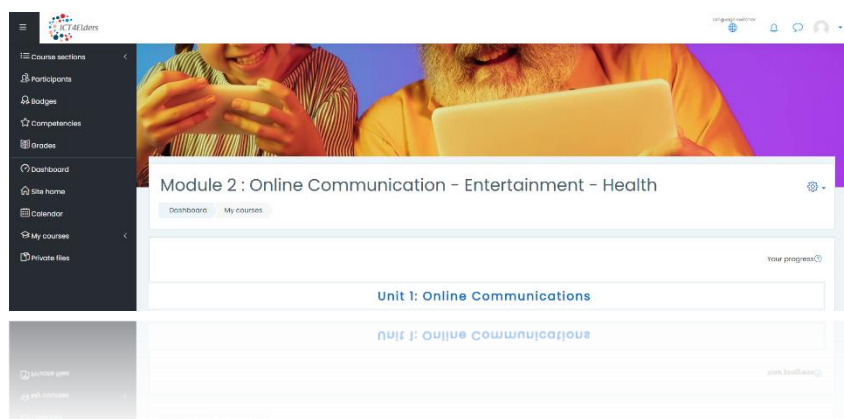
Over the last four months, organization Život Plus has worked extensively with other partners to create educational videos, primarily with AKMI, APSS and SeneCura Klamovka. These videos will be used primarily to educate caregivers of seniors, but also for seniors themselves.

The goal was to **create videos based on a proposed educational curriculum that reflects the project's findings and activities** to date. The difficulty and content of the course were thus adapted to the target group. Partners AKMI, APSS, EAN and SeneCura Klamovka provided the necessary background material for the individual videos, and Život Plus subsequently processed this background material and created the educational videos from it.

The result of our joint efforts is the production of a short introductory video that informs the interested party about the content of the course and who it is for. In addition, a total of 9 videos were created, divided into **3 modules: Devices, Internet & Applications, Online Communication, Entertainment & Health** and the last module focusing on **Online Safety**. From the above, the course covers all the topics that are necessary to know or at least be aware of for basic and safe use of the Internet and ICT. Completion of the course should contribute significantly to the ability to take advantage of the wide range of benefits of these modern technologies. Knowledge is continuously tested throughout the



course through short exercises, which promotes the retention of important knowledge and skills.



In creating the videos, the emphasis has been on making sure that everything is simply explained and illustrated with real examples. **All videos, including additional materials, will be available on a MOOC platform.**

Subsequent activities will include, among others, pilot

testing and translation of the videos into the languages of each partner country, i.e. Czech and Greek. The next activity of the project will be the training of the caregivers of the elderly and the elderly themselves. We are looking forward to educating the older adults who have shown enthusiasm and interest in the first activity of the project and helped us to find out their needs and wishes in the field of ICT.

**Zdeněk Vyhnis, Život Plus**

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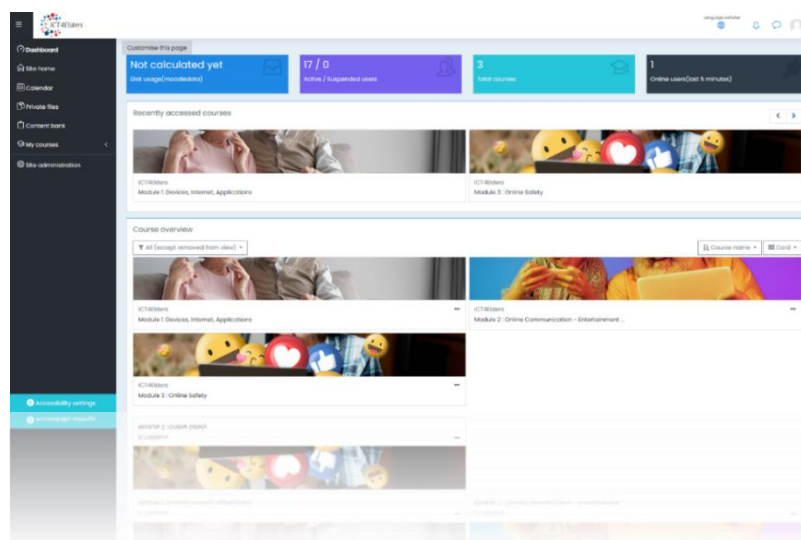
## ICT4Elders e-learning platform

Over the last months, AKMI has been designing and developing the e-learning platform for hosting the **“ICT4Elders training course-Promoting ICT knowledge for the elderly people”**.

Social workers and caregivers, volunteers, students and companions of older adults, family members of an older person, VET trainers, active ageing organizations, nursing homes, and NGOs working in the field of social inclusion will have the opportunity to introduce themselves to essential ICT tools and applications.

The first page of the MOOC platform includes a short description of the online course. The learners have the chance to define the course description, the target group, a brief description of the curriculum, the learning outcomes, the course’s length, the assessment methodology, the

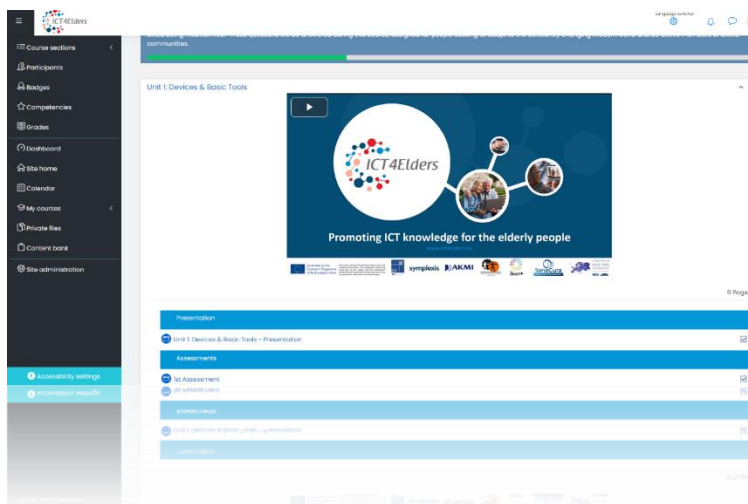
participation requirements, and the special needs of the educational environment.



Furthermore, the ICT4Elders learners will find the dashboard with the three ICT4Elders modules, each of which is constituted by three units. The structure of the page of each unit includes a video lecture engaging the learners with the unit's topic. In parallel, the learners have the chance to read the presentation material and

check the current state of their knowledge and competencies gained in a list of diverse and interactive assessments. Lastly, the ICT4Elders learners can quickly check the main ICT terms' definitions to learn and recall them effortlessly.

Thus, the ICT4Elders e-learning platform is an online educational environment providing elderly people with the primary skills needed to become confident and competent digital world citizens.



**Christina Triantafyllou, AKMI**

## Digitalization after COVID-19 and Social Exclusion

The pandemic managed to reshape our daily lives as the whole world had to “go digital”. Apart from the risks it posed to our health, Covid-19 further digitalized communication with our loved ones, entertainment, public services, banking, shopping, medicine services and our everyday life in general. In fact, during the first months of the COVID-19 there was an increase in internet traffic up to 60% (OECD, 2020), while also e-commerce's share in the global retail trade went from 14% in 2019 to about 17% percent in 2020 (UNCTAD, 2021). Additionally, digital adoption in Europe surged from 81% to 95% during the spring of 2020, a change that would normally take 2-3 years (Fernandez, Jenkins & Vieira, 2020).



As a result of this shift to the digital world, people with limited digital skills have been excluded from daily activities and are unable to meet their daily needs. A large proportion of these people above are older adults. According to Eurostat, 36% and 32% of individuals 65 to 74 years old in the EU didn't use the internet in 2020 and 2021 respectively, while 28% of the same age group had never used the internet. This percentage varies considerably among different countries, as in the Czech Republic 31% people aged 65-74 have never used the internet, while in Greece an impressive yet problematic 63% was observed (EUROSTAT, 2022).

Thus, people aged 65+ are rather unlikely to be able to "keep up" with this digitalisation of everyday life and, consequently, are at high risk of either becoming socially isolated or dependent on younger family members to help them with internet-related issues. This is exactly what the ICT4ELDERS project aims to prevent by equipping older adults with the right digital skills and tools in order to support them in remaining active citizens and enhancing their well-being.

**Grigoris Chryssikos, Symplexis**

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## SeneCura SeniorCentrum Klamovka received the prestigious Intergenerational brand

**The activation of seniors and their meeting with younger generations is one of the long-term projects of the home for the elderly and the home with a special regime in Prague's Klamovka. This gained award represents a kind of highest recognition for this home for its intensive support of intergenerational bonding.**

We have cooperated with the organization “Mezi námi” for two years. We would like to enable our clients to meet children frequently – either in our home or in a kindergarten. Spending free time with each other is very beneficial for both generations, moreover, it is very touching to see how much joy, positive energy and kindness such reunions can bring. The meeting of seniors and children is based on spending time together and getting to know each other during various activities, such as reading books, playing, creative activities or playing musical instruments.



To intensify the connection between our seniors and children from schools and nurseries, the use of computer technology, especially through PCs, laptops and tablets, has proven to be excellent. Our elders have quickly learned working with these devices. In this way, we have the possibility to communicate even more easily with the help of software platforms (e.g. Skype or Zoom). The traditional reading of our seniors to children through IT technologies has been very successful, as well. The seniors are connected through these technologies to kindergartens, where children are

prepared to enjoy the reading. Computer technology also transmits the image that brings all participants closer to each other. In addition, it allows them to wave to each other, say hello and some kind words.

Especially during the pandemic, the use of IT technologies was a unique possibility to continue to preserve our tradition of connecting generations. Every meeting of this kind was very valuable for both children and seniors.

Regular contact with children activates the seniors, improves their mood and gives them energy. In return, children break prejudices against elderly people, teach them respect and reverence. They can also learn a lot of new things from them.



The intergenerational dialogue encourages mutual joy, wisdom and life energy between different age groups. It is a clear trend of recent times, especially in modern homes for the elders, which support community coexistence and go against the isolation of the elderly from the outside world.

**Petra Pipková**, *SeneCura SeniorCentrum Klamovka*

## Lead partner



Association of Social Services Providers  
Czech Republic

## Partners



Život+



symplexis

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