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Enhancing the Social and Digital Participation of Older People

Digital Training

Module 3

Module 3

Let's look at some practical
tools supporting you to get
active in your
neighbourhood/city

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In this module you will:

⟨ **get to know** some practical hands-on learning tools and exercises which can support you to explore, analyse and/or shape your neighbourhood and city with the help of digital applications,

⟨ **reflect** about which of the tools are useful for you,

⟨ **learn about** additional resources and inspiring examples.

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Developing age-friendly environment initiatives

Within the **Bridge the Gap!** project local trainings in five countries (Austria, Germany, Italy, Lithuania and the Netherlands) were organised. The aim of the training was to empower and train older persons to explore, analyse and
shape their neighbourhoods with the help of digital tools.

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Our selection of tools led us to five examples from the **Bridge the Gap!** project that we want to present to you.

If you work with learners,

❨ the next slides might provide you with new learning tools,

❨ and/or new angles to tackle and introduce opportunities in the digital world.

If you are a learner,

❨ the following slides might inspire you to try one of the introduced tools,

❨ and/or dive deeper into a new topic.

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Example 1

Older adults are experts of their needs and ideas for an age-friendly environment.
Our example: Organising a *60Plus-Check* in your neighbourhood.

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60Plus-Check: How age-friendly is your neighbourhood?

© Werchota, Voglhuber

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60Plus-Check: How age-friendly is your neighbourhood?

The aim of a 60PLUS-Check is to check and assess the age-friendliness of a neighbourhood or specific area of your town/city. 60PLUS-Checks can be organised together with older adults, local residents and city officials.

In order to document age-friendly features and areas for improvement, participants are invited to fill out a questionnaire and take pictures with Smartphones and/or Tablets.

Afterwards all ideas and opinions are summarised in order to discuss them with city officials and local stakeholders to improve the age-friendliness of the area.
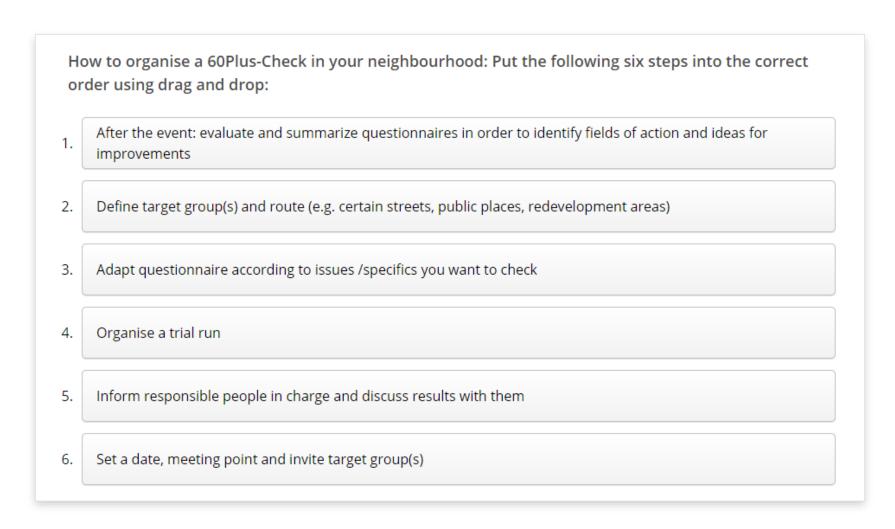
→ in Vienna for example a 60PLUS-Check has led to better signage of public toilets in the 13th district.

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☑ Quiz

Click the **Quiz** button to edit this object

How to organise a 60Plus-Check in your neighbourhood: Put the following six steps into the correct order using drag and drop:

1. After the event: evaluate and summarize questionnaires in order to identify fields of action and ideas for improvements

2. Define target group(s) and route (e.g. certain streets, public places, redevelopment areas)

3. Adapt questionnaire according to issues /specifics you want to check

4. Organise a trial run

5. Inform responsible people in charge and discuss results with them

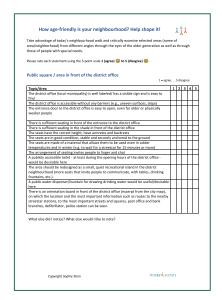6. Set a date, meeting point and invite target group(s)

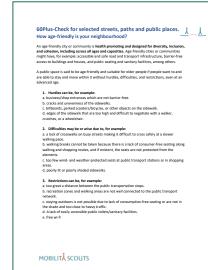# How to organise a 60Plus-Check in your neighbourhood:

Materials:

○ (printed) questionnaires and handouts

○ pencils and clipboards; Tablets (if available)

○ list of participants list in order to stay in touch & send summary of results

→ **Tip: get in touch with local newspapers and organisations to help advertise the event**

60PLUS CHECK Questionnaire (English)

60PLUS CHECK Handout (English)
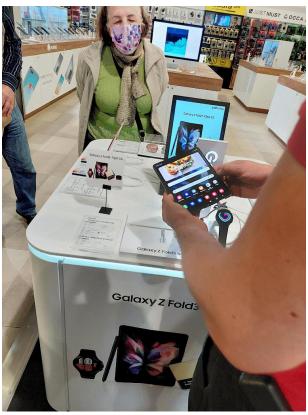
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Example 2

Try new digital applications and integrate them in everyday life. Our example: a local transport application (App)

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Try new digital applications and integrate them in everyday life

© Seniors Initiatives Centre

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Try new digital applications and integrate them in everyday life

Are you planning an excursion or a trip together with a group of learners, or your friends? But, how to get there?

→ **This is a great opportunity to check out a local transportation application.**

Increasingly, navigation and information about (public) transportation take place online, thus it is important to use opportunities in everyday life to get to know useful and practical online/Smartphone applications.

A group of learners in Kaunas, Lithuania organised an excursion to a local consumer electronics retail store. The group used their joint trip as an opportunity to get to know a public transport app which was presented in a prior meeting.

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☑️ Quiz

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Please put the following four steps into the correct order:

1. Check upcoming events, exhibitions or place of interest in the city that would appeal to your group, your friends.

2. Allow enough time for everyone to practise and plan the trip "indoors" as a trial run before you actually do the trip and use the App while you are travelling to your location.

3. Show how to download and use the public transport app during a meeting or training session.

4. Do some research online to find out what local transportation App(s) are available and free of charge. (check if the App is applicable to both Android and iOS = iPhone systems).

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Try new digital applications and integrate them in everyday life

Tips:

○ Provide additional Smartphones or Tablets, if available.

○ The entire group may be given the same task, i.e. the same location to go to. However, different locations can be chosen for each participant according to their needs (to visit a friend or relative, to go to a specific market, etc.).

○ When checking how to get to a location, using a weather forecast app is also advisable!

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Example 3

Approach to training older adults in digital skills: participatory and close to the world of experiences of older people. Our example: Being a Technology Detective.

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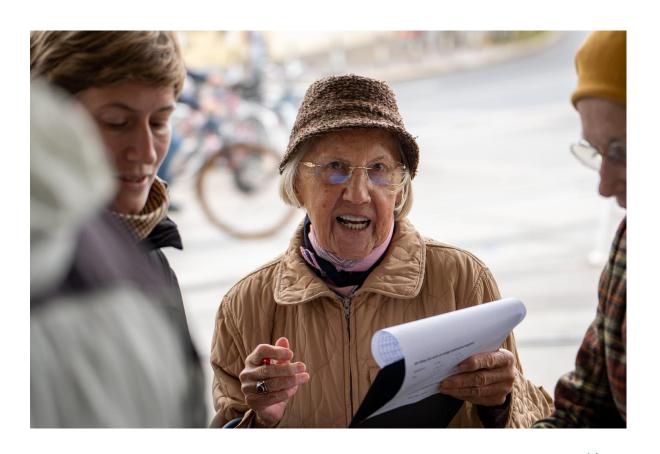www.bridgethegap-project.eu

Approach to training older adults in digital skills: participatory and close to the world of experiences of older people. Being a Technology Detective.

With so many different digital tools and services around us it is easy to lose track and not be aware of all of them.

The group of learners in the Netherlands took this as an opportunity to jump into the role of a "technology detective". The aim of this exercise is to make participants aware of various innovative technologies already used in their environment.

Which digital technologies do you encounter during everyday life, in your home, in your neighbourhood?

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Some impressions of the Technology Detectives

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☑ Quiz

Click the **Quiz** button to edit this object

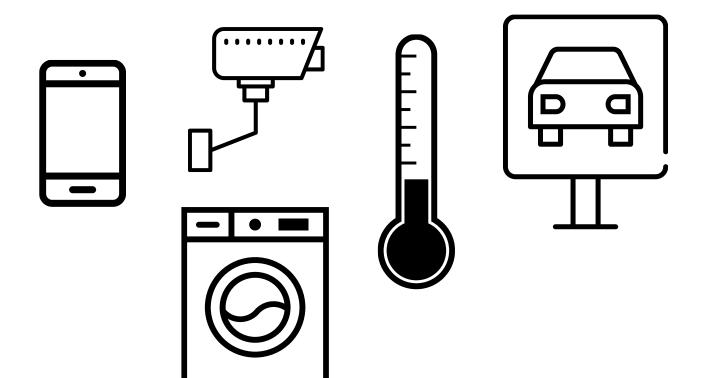Being a Technology Detective. Please put the following five steps into the correct order:

1. At the next meeting, learners share their photos and allocate technologies they have photographed to a specific group by functionality and discuss what they have found.

2. To kick-off the exercise it is advisable to give some examples and explain technology devices used in public spaces and at home (Smart Healthy Age-friendly Environment).

3. At best learners / your friends already know how to use their smart phone cameras and how to process photos.

4. Prepare some examples of technologies in private and public environments.

5. Then learners are asked to take photos of innovative technologies they can see in their city, at their children's homes, in public places, in their own or their friends' homes. They have to put these photos in a separate album.

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Being a Technology Detective. Learners in the Netherlands found these examples in their surroundings…

- heat meter

- cameras in elevators

- parking signs

- travel apps

- washing machine

- …

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Example 4

„Spreading the word" – Creating promotion tools with and for older adults. Our example: jointly creating a flyer

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„Spreading the word" – Creating promotion tools with and for older adults. Our example: jointly creating a flyer

Very often it is not (only) about creating services and offers for older adults, but also about being aware of and knowing about opportunities to learn and participate.

Who is better suited for creating promotion materials than the target group itself?

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„Spreading the word" – Creating promotion tools with and for older adults. Our example: jointly creating a flyer

A group of learners in Germany organised the expansion of the smartphone consultation hour of the neighbourhood association. In order to promote local offers the group acquired new digital skills to create and design an information flyer.

The group worked with **MS Publisher, image data-bases or image editing programmes.**

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How to expand offers and/or inform citizens about existing offers:

The following steps can be taken:

○ Development of a leaflet (DIN A5) with inputs from all participants.

○ Maybe there is already someone with knowledge about a design / photo editing tool in your group of learners / friends?

○ Introduce the tool and allow for time to get used to and practice with the tool.

○ Jointly discuss and plan potential promotion activities to spread knowledge about exiting offers (for example: press releases in local newspaper, dates in a central web calendar, distribution of leaflets.

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How to expand offers and/or inform citizens about existing offers:

Please find materials to prepare the participants to create the flyer here: **the presentation** and **handout** of the learning unit.

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Example 5

Making your projects and ideas visible to the public. Our example: cooperating with local organisations and joining a public event.

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Making your projects and ideas visible to the public. Our example: cooperating with local organisations and joining a public event.

We believe that older adults being visible in the public space is highly relevant for developing age-friendly cities. There are manifold ways to be visible in the public space, for instance during a 60PLUS-Check. Very often this not only saves time and resources but also enhances visibility and can create new partnerships to cooperate with other organisations and/or join already existing local events.

© Angela Pagano

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Making your projects and ideas visible to the public. Our example: cooperating with local organisations and joining a public event.

Our project colleagues in Rome for instance cooperated with local organisations and joined the 3rd and 4th age Festival, which took place in a big public garden in Rome. Around 100 representatives of local socially engaged NGOs, groups and volunteers took part!

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The following ideas might help you and/or your group of learners and friends to make your projects and ideas more visible to the public:

Cooperate with a local organisation to jointly run or join a public event!

- o Research what (local) organisation(s) are interesting, and/or look up what events are already planned in your neighbourhood.

- o Get in touch with local organisations, i.e. people who run the event and let them know about your ideas and project.

- o Depending on the event itself, brainstorm ideas with the group of learners on the format, e.g. spoken presentation, small photo/poster exhibition, interactive elements etc.

- o Promote the event widely among your networks.
  - o Contact local newspapers and organisations

- o Enjoy the event ☺.

- o Follow-up of the event: Share a short summary and photos via online channels / with your friends and the newly established contacts.

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Take a moment and think about the following questions:

Which of the presented tools do you find most suitable for your interests?

Which hands-on tools and/or project examples come to mind?

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Interested in exploring more practical tools and exercises combining knowledge of age-friendly environments and digital skills?

In the Training Kit we also discuss and provide various evaluation and assessment exercises for trainers. Gaining feedback after a training session from participants and self-reflection for trainers can help to develop and improve your training further.
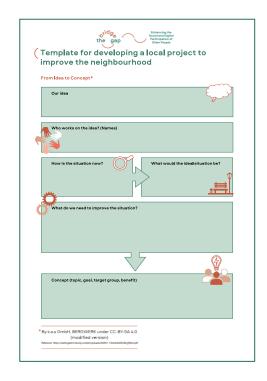
For evaluation methods, please check out pp. 22-28 of the **Training Kit**!

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Training Kit!

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Bridge the Gap! templates for developing a local project to improve our neighbourhood

template for project concept

Here you can find a Prezi template you can use to present a project plan

Some more practical resources and inspiring examples

Interested in learning more about the training approach in the Netherlands?

Successful approach to training older adults in digital skills By Willeke van Staalduinen and Loes Hulsebosch.

Training implementation in Germany

3rd TPM, 24. November 2021, Jana Eckert

Who participated?

Workshops and project group meetings

Challenges and results

Co-funded by the Erasmus+ Programme of the European Union

Institut für Soziale Infrastruktur

Interested in learning more about the training implementation in Germany?

MobileAge: For inclusive open public service

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Congratulations! You have successfully completed the third and last module of our Digital Training!

Interested to learn more about the *Bridge the Gap!* project and outcomes? Please visit our **website**.

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