



Enhancing the
Social and Digital
Participation of
Older People

Digital
Training



Module
2



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



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Module 2

Ageing in an Increasingly Digital Era

In this module
you will:

- (learn more about ageing in an increasingly digital era,
- (explore some of the benefits of using digital tools,
- (learn to use some practical and inspiring online-learning tools.

Ageing in an increasingly digital era...

In order to live a high quality of life, we can assume that it is crucial for people to live autonomously through self-determination for as long as possible.

This requires both a world without barriers and neighbourhoods that support autonomy and social participation. Social participation, in turn, increasingly also encompasses digital participation.



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Ageing in an increasingly digital era...

Social participation increasingly encompasses digital participation, as digitalisation transforms almost everyone area of our society. ICT affects our everyday lives in many ways, both at work and at home, for example, when communicating, accessing information or buying goods or services online. It calls for new knowledge and skills to be able to fully participate in society.

Access to digital technology and widespread use of online services have acquired the status of social rights (digital rights).



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Ageing in an increasingly digital era...

During our project we generally found that **the use of digital tools means greater freedom and independence for many older people. However, for those who do not have sufficient digital literacy, advancing digitalisation means an increasing dependence on others.**



What do you think
about this statement?

"Digital tools help older
citizens in overcoming
solitude, improving self-
esteem, lifelong learning,
social interaction and
therefore also social
participation."

Vice-president of the Emilia-Romagna
regional parliament, Italy

Some voices about ageing
in an increasingly digital
world from our participants:

"You catapult
yourself into old
age and loneliness
if you don't take
advantage of these
opportunities."

woman, 86 years, Germany

"During the lockdown we
celebrated five
anniversaries on Zoom.
We could not go out and
celebrate as we used to
before, but we still
had fun meeting and
celebrating online."

woman, 74 years, Lithuania

"We urgently need
change and change
may come from
senior citizens:
that's why we need
to upgrade their
digital literacy."

man, 85 years, Italy

Some voices about ageing
in an increasingly digital
world from our participants:

"The main advantage of
having digital skills
is to be prepared for
the future and to
remain independent of
others."

man, 74 years, the Netherlands


"In our activities to
create age-friendly
neighbourhoods, you could
think like a reporter:
What do I need to do make
a story public? Research
information online as a
first step, for instance."

woman, 75 years, Austria

Quiz

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

Here you see a list of different digital tools and related topics.
Please match each digital tool to the appropriate topic!



Tablet	Entertainment
Online Newspapers	Photography / Video
Online radio	Communication
Photo editing software	Mobility
Online Personal Calendar	Technical Devices
Online Banking	Financial issues
Public Transportation Application	Information and knowledge
Video Conference Tools (Skype, Zoom)	Daily Organization

Here are some topics and tools we used to ask about learners' prior experience in Germany.

Maybe you had the same or some similar tools in mind, some of them might be new to you.

→ Take this opportunity to look them up online or ask a friend or relative whether they know anything about it. 😊

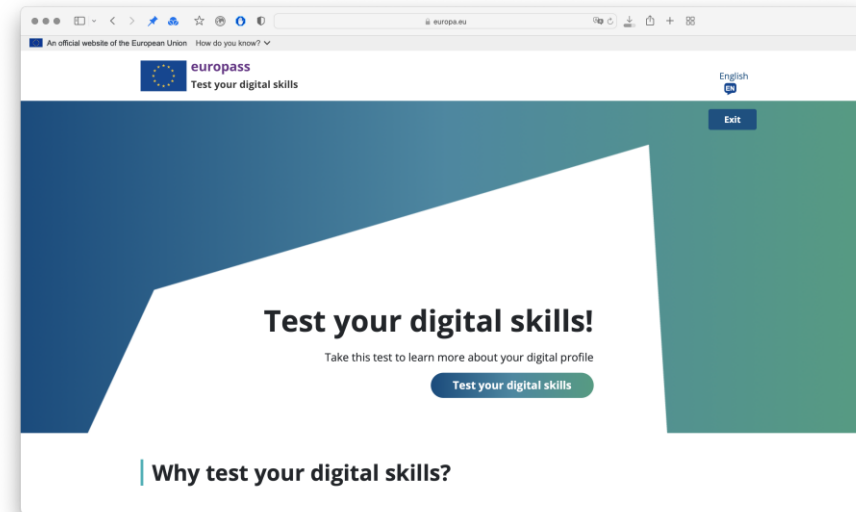


Do you want to test your own digital skills?
We have two recommendations for you:



MyDigiSkills by ALL DIGITAL

Self-assessment of digital skills, consists of 82 questions in five areas, based on the DigCompSAT project of the Joint Research Council of the European Commission. Requires registration, takes around 20 minutes.



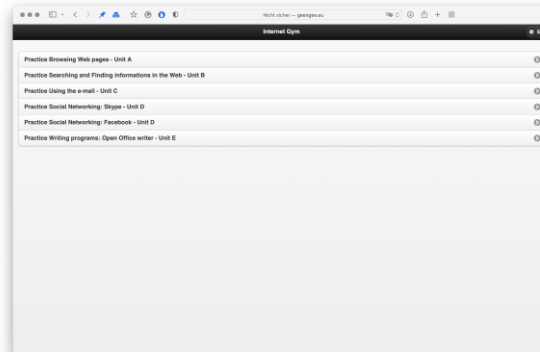
Digital skills test by europass

Self-assessment of digital skills. No registration required, takes about 25 minutes.

Some helpful links to resources and learning materials...

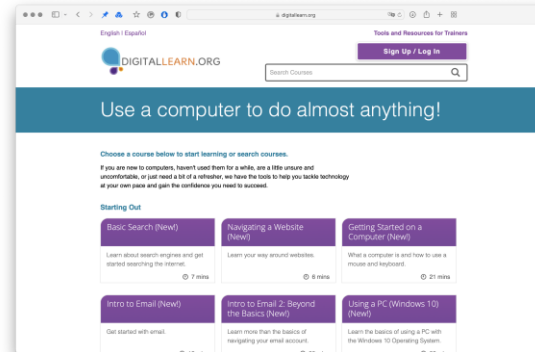


**[Bridge the Gap!
Factsheet](#)**



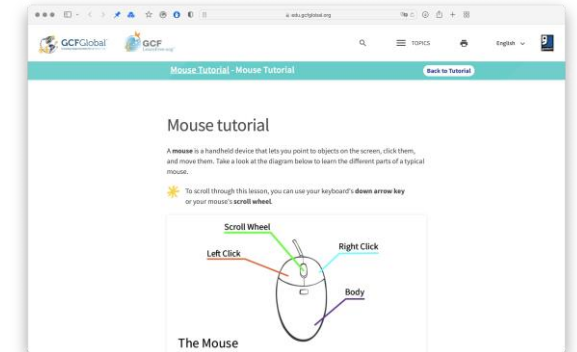
European Project Grandparents & Grandchildren: "Internet Gym" (e-learning modules)

Here, users can work out information for themselves. It is divided into several learning units that deal with visiting websites, search functions, emails, Facebook, Skype and OpenOffice programmes.



Free online Video Courses – DigitalLearn

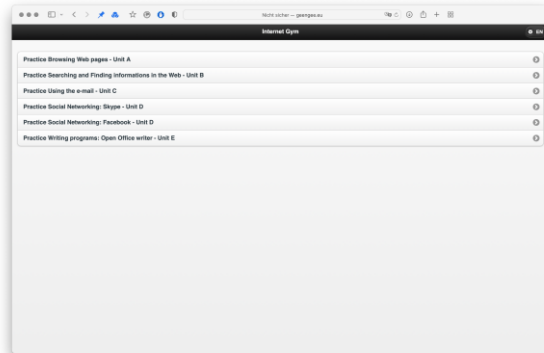
This website features video courses that are 5 to 36 minutes long. They focus on basic skills regarding computer or internet use. There are also videos about mobile devices, online security, online shopping, and job appliances.



Mouse tutorial – GFC Global

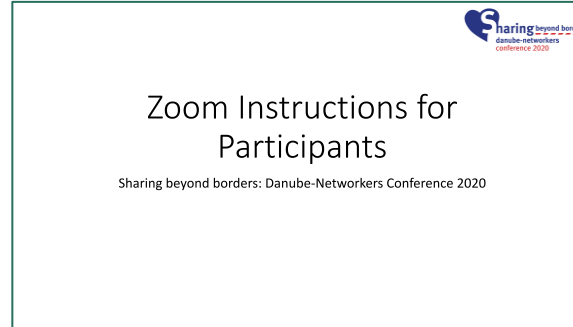
Beginners guide for using a mouse including practical exercises.

Some more practical resources:



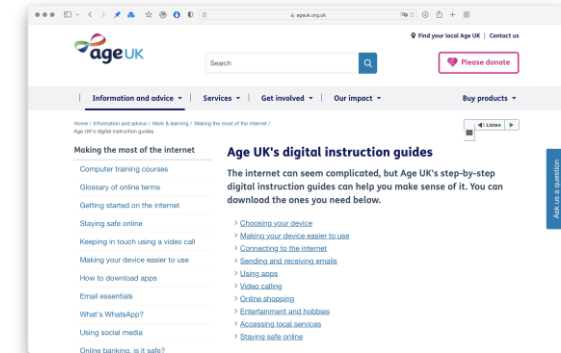
LearnMyWay

Online tutorials and videos on important topics like online safety, basics, office programs, computer use etc. Some contents require registration.



Zoom Instructions for Participants – Danube-Networkers Conference 2020

This manual was originally directed to participants of the Danube-Networkers Conference in 2020. But it still offers great information for the first time use of Zoom that can be useful for anybody.



Step-by-step Digital Instruction Guides from Age UK (video conference, Apps, online shopping etc.)



Congratulations! You have successfully completed the second module of our Digital Training!

Interested to join module 3 „Let’s look at some practical tools supporting you to get active in your neighbourhood/city“? Please click below to access it.