

UPGRADING OLDER ADULTS' DIGITAL COMPETENCES to improve their social inclusion and development

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DIGITALISE ME



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



Erasmus+

DIGITALISE ME Project

started in 2019 to help adult trainers and seniors improve their digital skills by supporting them in having a fully active and participative social life.

Ensuring that older people have the opportunity to take an active part in the society is very important to make our societies more inclusive.

What have we achieved so far

The project's consortium had worked hard in the first half of the year to meet the proposed objectives of the project.

1

Mapping of Basic Digital Competences

Seniors from Portugal, Spain, Italy, Cyprus, Poland and Romania were involved in our research as follows:

- More than 120 seniors answered our questionnaires that aimed to diagnose the digital and ICT competences they are lacking and
- More than 18 seniors participated in our face-to-face or online interviews that aimed to determine the areas of their daily lives they encounter more challenging in term of technological applications.

The results obtained from this research are summarized in a comparative report. This report gives us a sense on how to structure the course materials and the online platform that will be available until the end of the project.



2

Digital Living Basics Pack

Partners joined their knowledge and resources to create a database including recommendations and solutions to show how to address the real needs of older adults in the field of Digital and ICT competences. This interactive database will be available in the online platform.

3

„Basic Digital Skills for social and civic active participation” blended course

Based on the mapping of digital competences the framework and methodology of the blended course was already designed.

The 6 modules that will form the blended course are:

- Information and Data Literacy
- Communication and Collaboration
- Digital Content Creation
- Safety
- Problem Solving
- Media Literacy

If you would like to improve your digital skills and competences and to participate in “Digitalise Me” course, we invite you to stay in touch with us, using the following online web and Facebook page:

PROJECT TEAM

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www.digitalise-me.eu



[digitaliseme.project](https://www.facebook.com/digitaliseme.project)
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Associação Rede de Universidades da Terceira Idade (Portugal) is a Private Institution of Social Solidarity (IPSS) and Public Utility that supports the community and the senior population in a national and international level. The main objectives of RUTIS are the promotion of active ageing and the valorization of Senior Universities. www.rutis.pt



North East Regional Development Agency (Romania) mission is to generate economic and social development in the North-East Region of Romania. We promote strategies, attract resources, identify and implement financing programmes and offer services for stimulating sustainable economic development, partnerships and entrepreneurial spirit. www.admordest.ro, www.crsnordest.ro



A & A Emphasys Interactive Solutions Ltd (Cyprus) offers high quality courses for adults, professionals and young people interested in obtaining professional qualification or attain vocational training for employment. The "Emphasys Centre" has been involved greatly in the last 18 years in organising custom-made in-service training courses for the employees of various companies and organisations in the private and public sector based on their ICT needs and requirements. www.emphasyscentre.com



DomSpain Consulting (Spain) is an adult education organization specialised in the field of education and training, vocational studies, occupational, social and intercultural skills, languages and new technologies. In education, DomSpain is specialised in foreign languages, computer technology and cultural heritage offering a wide range of courses and workshops to private entities and town halls within the Tarragona province. www.domspain.eu



Consorzio Brianteo Villa Greppi (Italy) mission is to promote continuing vocational training, organize and manage cultural activities together with associations, institutions and schools, preserve and enhance cultural heritage, organize supporting services for educational initiatives. www.villagreppi.it



Foundation Institute of Social Re-Integration - Fundacja Instytut Re-Integracji Społecznej IRIS (Poland) The Foundation's main goal is broadly understood cultural and artistic education of children, adolescents and adults, mainly in the non-formal sphere. The Institute creates international multilateral consortia, thanks to which it deepens Europe's cohesion and promotes pro-European citizenship. The Foundation supports all young creative people who want to deepen their passions, publicly proclaim their beliefs and improve the world, even in ideological terms. www.fundacjairis.com

