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My e-Pal:

Fostering digital

volunteerism in the elderly

ABOUT THE PROJECT

The aim of the project is to reinforce the digital skills of senior adults through the provision of the innovative digital educational tools and interventions, such as digital volunteerism, including also knowledge, skills and resources from the scope of adult education, experiential learning application of digital tools and well being techniques. In other words, the project aims to meliorate the lives of the elderly people by assisting those using new technologies via specifically designed holistically educational program based on their needs and learning requirements.

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Local Community

Interventions

The aim of the Community based interventions was to assist young volunteers in distributing the knowledge learned to senior adults through interactive activities. During those activities, the young volunteers who were previously trained, became digital mentors of the elderly, in order to assist them in their digital, and thus social, inclusion in order to meliorate their mental well-being.

Feedback of the participants !

In general, the participants were really pleased with the Activities during the Interventions and both partners received a very positive feedback!



Role Model Case Studies

The Role Model Case Studies aim to evaluate the whole process of the project.

Case Study 1 Description

Two interventions in the structure of Malibrans took place, in Brussels Belgium. The trainers were one Project Manager from Connect Brussels, and 3 volunteers affiliated to connect Brussels including we were also helped by the ergotherapy nurse of the elderly house.

How did the young adults interact with the senior ones?

Very fluidly and spontaneously, no difficulty at all at this level, everybody was sympathetic and there was a nice and friendly atmosphere.

Was there a meaningful interaction between the participants?

Participants tend to help and support each other when needed. During the icebreaker game at the beginning of the intervention, we made them know each other better even though they did not know each other before. They acknowledge common interests.



Role Model Case Study 2

Case Study 2 Description

Two (2) workshops took place in BLOCKS' Senior Living facilities located in Sofia, Bulgaria with a total of 30 participants. In between the workshops, the researchers made use of the feedback received and made minor adjustments on the workshop's timeline, adding more breaks and increasing the length of them. The only thing to improve, according to the 1st Workshop feedback, was to reduce the duration because the participants felt tired and overwhelmed by all the information.

How did the young adults interact with the senior ones?

This was the most positive aspect of both Workshops. The young adults both of the times interacted with the seniors in a sweet and caring manner that helped the seniors to feel safe and comfortable. Smiling, being empathetic and using touch when appropriate, the young adults managed to connect with the seniors successfully.

Was there a meaningful interaction between the participants?

The participants were mostly devoted to the training asking questions and posing doubts regarding the use of digital means and how to use technology to promote active ageing. The most meaningful interaction between the participants was when a younger lady wanted to show and helped other participants to use a mobile phone, since she was already familiar with it. She empowered everyone else to at least try.





CONTACT DETAILS

THE PARTNERSHIP

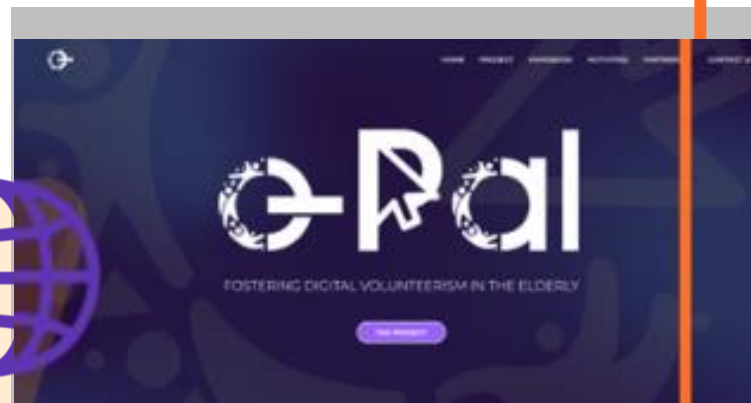
The consortium for *My e-Pal: Fostering digital volunteerism in the elderly* is composed of two organizations from 2 different countries: **Connect Brussels** from Belgium and **Blocks – Health and Social Care** from Bulgaria.



Blocks
Health and Social
Care

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<https://epale.ec.europa.eu/en>

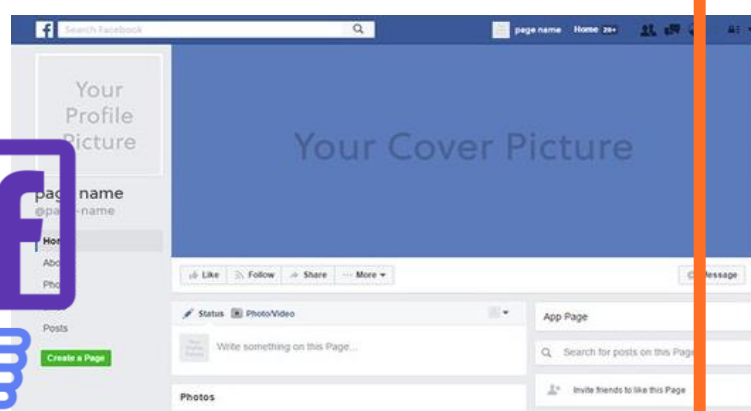


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