ISSUE 02 - OCTOBER 2022

My e-Pal:

Fostering digital

volunteerism in the elderly

ABOUT THE PROJECT

The aim of the project is to reinforce the digiital skills of senior adults through the porvision of the innovative digital educational tools and interventions, such as digital volunteerism, including also knowledge,skills and resources from the scope of addult 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.

TABLE OF CONTENTS

Communtiy Supporters Handbook	P. 2
What are we up to?	P. 3
Community Based Intervientions	P. 3
Local Community Interventions	P. 3
Role Model Case Studies	P. 3
	P. X
	P. X
	P. 4

Community Supporters Handbook

Many people have embraced the convenience of digital technologies such as online shopping, digital payments, and telemedicine. However, many elderlies without a grasp of the latest knowledge are at risk of being left behind. Basic human rights become increasingly difficult to secure in this digital era on behalf of the elderly population, such as independence, participation, security and dignity, as life spans increase and societies age.

As a result, this Project Activity aims to design a Handbook to improve elders' IT skills in a lifelong-learning perspective to confront digital exclusion in our nowadays society.

This will be achieved by a series of Modules developed and addressed to the young volunteers. Through the training, we will ensure the development of the necessary skills for young volunteers who engage with elder people to prevent their exclusion and help them understand how to reinforce their social inclusion through digital resources.

The Piloting of the Training Modules aims to test and evaluate the developed modules through pilot sessions and evaluation forms.

The pilot sessions included 10 young volunteers/youth workers per country that engaged and communicated with senior adults. Also, each partner assign one (1) trainer that supervised the whole piloting procedure.

In detail, each partner recruited 10 individuals aged 18-30 that wanted to voluntarily participate in the piloting session that included two (2) Workshops.

The piloting session began with a short introduction of the project, its aims, and the expected results. The trainer then explained the whole process to them,
explaining in detail each of the modules and proceeding with the modules'
activities. The piloting was divided in 3 sessions.

WHAT ARE WE UP TO ?

Community Based Interventions

This Project Activity includes local community based interventions to assist young volunteers in distributing the knowledge learned to senior adults through interactive activities . During those activities,the young volunteers (previously trained) will be the digital mentors of the elderly, in order to assist them in their digital, and thus social, in clusion in order to meliorate their mental well-being.

Local Community Based Interventions

These workshops should be organized with at least 30 seniors per partner country and 2 young volunteers
It is important to highlight that the young volunteers participating in this Activity, must have participated in Project Activity 2 as well,

in order to be familiar with the content developed on the previous Activity. These young volunteers will have the supervisor role leadi ng the whole workshop.

Role Model Case Studies

The goal of the case study is to show the meaningful engagement between the supervisor, the senior participant and even the whole group participating in the Workshop. Furthermore, it is important to show that the intergenerational gap can be minimized through healthy interaction and communication since the case study will include several details on the interaction and communication aspects of the individuals.

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.

CONNECT BRUSSELS

Blocks
Health and Social Care

VISIT OUR WEBSITE

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

CONNECT WITH US

Like and Follow

our Facebook Page

https://www.facebook.com/myePalFosteringdigitalvolunteerismintheelderly/

Funded by the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.