

DIGITAL COMMUNITIES

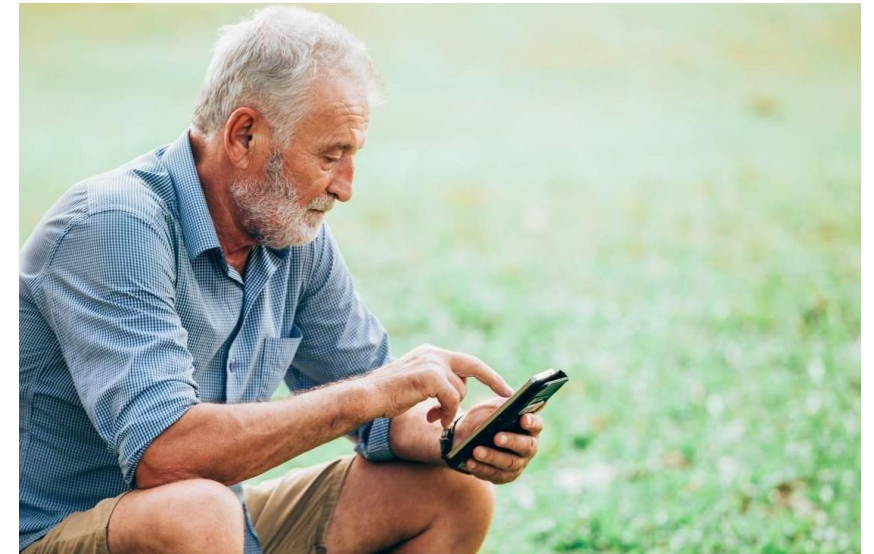
Supporting the inclusion of seniors in rural
digital communities

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Erasmus+ Programme
of the European Union



Digital skills and competences of local communities in rural areas

- Increasing reliance on digital technology in people's everyday life
- Services move increasingly online
- Populations in rural and remote areas have less access to services and activities
- Seniors may face a greater risk of social isolation, reduced mobility and lack of support.
- Rural areas require alternative solutions and support



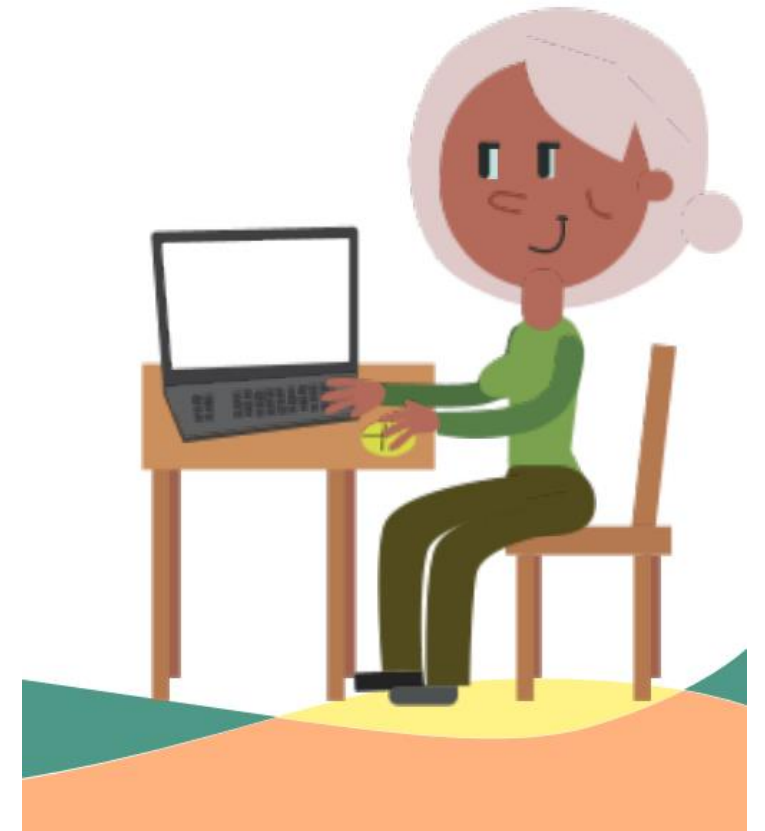
The aims of the project

- Strengthen the digital skills needed for senior citizens to feel confident using online tools to manage and improve their quality of life
- Provide step-by-step instructions on how to access and use the identified public services
- Develop trainers' skills in local community members to provide digital competence trainings and support to the elderly people in their communities
- Strengthen networking and cohesion within the community



Project outputs

1. Desk and field research
 - Documentary analysis of public digital services
 - Needs analysis with questionnaires for senior citizens and for volunteers/staff/trainers
2. A Virtual assistance tools for digital inclusion of seniors
 - Roadmaps – written instructions (47 online public services)
 - 20 Animated tutorials with step-by-step instructions
3. Handbook for trainers with methods, tools and examples
 - Develop trainers' skills in local community members



<https://www.digital-communities.eu/>



Main outcomes

- The support is both very much needed and wanted
- Not only for the practical things and use of public services
- Social life services important
- Lack of support from service providers



Lessons learned and recommendations

- Simple is better
- Great fear of mistakes
- Support in person is important
- We must come to them
- We need broad cooperation for supporting digital skills of seniors



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Thank you