





Enhancing the
Social and Digital
Participation of
Older People

Welcome to our Updates from the Bridge the Gap! Project

Project News

In autumn 2020 we started with our Erasmus+ project Bridge the Gap! (realized until September 2022) in which we aim to find creative and sustainable ways to enable older people to live autonomously and to shape their living environments in a way that sustains the independence as well as the social and digital participation of older citizens.

In the past months we have been busy preparing and organising our trainings and workshop series in 5 different countries (Austria, Germany, Italy, Lithuania and the Netherlands). The aim of the trainings is to test and further develop the previously developed curriculum, methods and tools. Throughout the training sessions we have met enthusiastic and inspiring older learners and gained valuable insights in regards to their digital participation, needs and preferences!

<p>Our training sessions in all five countries were adapted to the interests and prior experiences of our participants with digital tools, age-friendly environments and volunteering.</p>	
<p>In the Netherlands, twenty-four older adults from The Hague and Gouda participated with much enthusiasm in workshop sequences of six meetings and chose to focus on age-friendly themes including outdoor spaces, mobility and social participation and digital tools such as QR-Codes and social media.</p>	<p>©AFEdemy</p>
<p>In Germany, the training was tested in Bad Vilbel, where participants deepened their knowledge on digital applications supporting age-friendly initiatives such as MS Publisher and image databases. In their work on a local project, they focused on expanding the smartphone consultation hours to more neighbourhoods.</p>	
<p>In Lithuania, the training took place in two public libraries in Kaunas with 16 older citizens. Participants among other things</p>	<p>© ISIS GmbH</p>

practiced with a transport App to navigate to a smart home technology appliance store. In their work on a local project, they practiced making and uploading photos and videos into the digital map of Sanciai community.

In **Italy** the December training sessions have taken place at and have been jointly organized by Rome's Giorgio Perlasca Social Center. 23 participants have explored and practised the potentials of digital tools and social media. The learning and skill exchanges have been specifically finalized towards proposals to improve, in an age-friendly perspective, services for and with older citizens in the Municipality in which the Center is active.

In **Austria**, the training series kicked off with a neighbourhood walk and 60+ check where participants assessed the age-friendliness of a neighbourhood. Further meetings were dedicated to deepen digital skills, including WordPress and QR Codes.

To find out more on our project activities and outcomes, please have a look at the **Bridge the Gap!** website: <https://bridgethegap-project.eu/news/>



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Next step(s) – Stay tuned!

Learning from our training experiences and developing the Training Kit!

We are currently developing our Training Kit which will support and motivate trainers (including adult educators, community developers, volunteers in organisations working for/with older persons) to carry out trainings or to use selected tools in their training provisions.

The Training Kit will provide useful and practical training methods, as well as tips and tricks on how to support team-work and foster mutual learning.

Please feel free to contact us if you require any further information or if you wish to share your experiences and ideas!

Best wishes,

The Bridge the Gap! partnership

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