

## Digital Inclusion for 65+ Greece

[www.50plus.gr](http://www.50plus.gr)

### PROBLEM

50plus Hellas is a non-profit organization founded in 2005, based in Chalandri, Athens.

They aim to promote the improvement in the quality of life through actions of empowerment and inclusion, training programs addressed to older people, and relevant professionals.

50plus Hellas participates in the "Digital Inclusion for 65+" Program, in collaboration with the organization 65+ Elder Rights Association from Turkey, with the aim of cooperation and the

exchange of good practices for the digital empowerment of people over 65 years old.

The need for digital skills and knowledge about handling smart devices and their applications is more pressing than ever. Through this project, older people will be trained in the use of applications to carry out daily transactions in matters of health, banking, shopping, access to public services, etc. The training of the participants will be carried out by young volunteers who will be trained appropriately for this purpose.

### ACTION

A Capacity Building Programme was developed, tailored to the needs of older adults who wished to develop their digital skills in order to stay connected with the world. The programme was initially designed for face-to-face meetings, however, due to covid-19 restrictions, it was held online. The CBP consisted of 10 modules; topics included basic internet skills, e-banking, safety issues, applications, etc. Each module was presented to the participants on a weekly basis by professional trainers and a simple assignment was given for further practicing

### RESULT

*The key actors of the project were adults over 60 years old, who were the main target group of the project and young volunteers (15-17 years old) who were their learning facilitators and implemented the study groups.*

*Overall positive benefits from the implementation of this intergenerational programme can be seen in terms of improved digital skills of the older adults who participated, as well as in the emotional and social dimensions of well-being not only for the older learners, but also for the young facilitators.*