

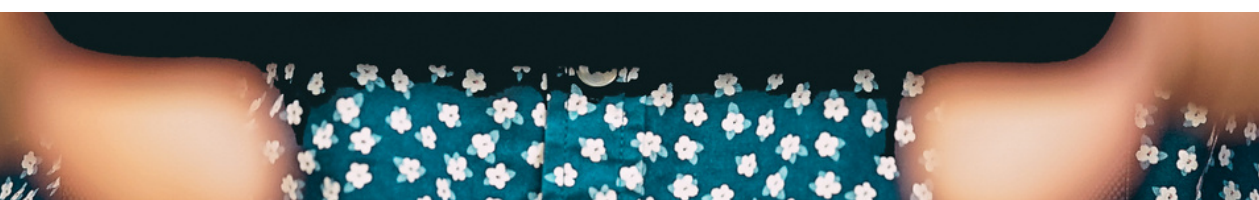


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3.1. Digital Competence

MODULE 3 - Codesigning activities to promote digital competence with seniors



The definition

Digital competence refers to **"the set of knowledge and skills required to use information and communication technologies (ICTs) and digital media to perform tasks, solve problems and communicate effectively at work and in daily life"** (UNESCO, 2018).

They enable people to create and share digital content, communicate and solve problems for effective self-fulfilment in life, learning, work, and social activities at large.



The Framework

At the EU level, the **Digital Competence Framework for Citizens (DigComp)** is the master model that has provided a common understanding, across the EU and beyond, of what digital competence is, and therefore provided a basis for framing digital skills policy.

- Digital competence is one of the **Key Competences for Lifelong Learning**. It was first defined in 2006, and after an update of the Council Recommendation in 2018, it reads as follows:
- Digital competence involves the *confident, critical and responsible use of, and engagement with, digital technologies for learning, at work, and for participation in society*. It includes information and data literacy, communication and collaboration, media literacy, digital content creation (including programming), safety (including digital well-being and competences related to cybersecurity), intellectual property related questions, problem solving and critical thinking.



<https://publications.jrc.ec.europa.eu/repository/handle/JRC128415>



For seniors...

- Some studies have highlight that with seniors it can be more relevant to work:

1. Skills to enable the senior learner to use digital devices (such as computers, laptops, smartphones, tablets, applications, software and systems).

This includes having the ability to use applications, systems, and software and to access the internet. Elderly people might find here a significant issue. This is crucial in a world where more and more services are now exclusively offered online. In actuality, it is causing a "digital divide" between those who have access to the internet and those who do not.

2. The ability to find, explore, check veracity, organize and share data and information appropriately.

Finding the data that the senior needs is the first stage in this process. The best course of action in this case is to carefully select their search terms and use the appropriate search engine. After that, the senior must evaluate the data gathered. Finally, the learner must be able to securely store data.



A photograph of an elderly couple. The woman is in the foreground, wearing a pink sweater and a pearl necklace, looking towards the right. The man is behind her, wearing a blue and white plaid shirt, looking down at something in his hands. The background is a soft, out-of-focus indoor setting.

For seniors...

3. The ability to keep senior learners safe in the digital world.

The majority of seniors have probably heard of computer viruses, but too often, they are not aware the precautions they should take to avoid that. There are numerous safe ways to explore when using a computer, particularly if connected to the internet. Each computer, for instance, has a sizable quantity of personal data, including information about their residence, bank account information, and family birthdays. Although a lot of this information might appear insignificant for seniors, it can be a goldmine for identity theft or password hacking in the wrong hands.

4. The ability to communicate and collaborate with other people online or remotely.

This is one of the skills senior learners are more into learning. Speaking with their loved ones more often and through channels like whatsapp or facebook is one of their main interests. However, it is important to work on safety and media digital literacy when creating these types of trainings.





For seniors...

5. The ability to use digital resources for particular purposes, such as learning, shopping, banking or even working.

The digital world is filled with a wide variety of tools and apps to easier seniors' daily life. It is possible to do bank transactions, work (yes, they are seniors that still have a professional active life!), learn, and purchase online. Vacations, books, events, and even cars may all be purchased online. Finding information about nearly anything and obtaining what seniors want are now lot easier thanks to this change. But it has also brought with it its own issues and difficulties like the safety of online payments, fake pages, virus...

6. The ability to manage senior's digital footprint and digital legacy.

The final area of digital skills is being able to manage the senior's digital footprint: their online presence. It is important to aware senior learners that what they publish for example in social media is public to everyone and might influence other's people opinions on them.

As we increasingly live much of our lives online, we leave more and more information there, or in the cloud. It is vital that seniors think about how this will be managed when they are gone and could be a topic to work with them (there are even apps to easier this process!).

