



DigiIT

TRAINING BOOKLET

PROMOTING
DIGITAL SKILLS
AMONG ADULT
EDUCATORS OF
OLDER
GENERATIONS

MODULE 4:

RESOURCES



Co-funded by
the European Union

#4 RESOURCES

[Active ageing - Good health adds life to years](#)

[AGEISM & DIGITAL TECHNOLOGY: Policy Measures to Address Ageism as a Barrier to Adoption and Use of Digital Technology](#)

[Ageism is a global challenge](#)

[Ageing Europe - looking at the lives of older people in the EU](#)

[Ageing Europe LOOKING AT THE LIVES OF OLDER PEOPLE IN THE EU - 2020 edition](#)

[Eliminate ageism and age discrimination](#)

[Global report on ageism](#)

[Learning for Active Ageing Intergenerational DG Education and Culture 7 December 2012](#)

[Learning and Final Report](#)

[Lifelong learning in ageing societies: Lessons from Europe](#)

[The Adult Learning Theory - Andragogy - of Malcolm Knowles](#)

[Teaching Adults: What Every Trainer Needs to Know About Adult Learning Styles](#)

[The benefits of ageing](#)

[Top Strategies for Teaching Adult Learner](#)

NAME OF THE PROJECT OR TOOL: MUDA - Movimento pela Utilização Digital Ativa

ENTITY RESPONSIBLE (country and year of implementation if applicable): Portugal - The project is promoted by several partners such the Portuguese State, and public and private companies from different market sectors.

TOPICS ADDRESSED: Use of Digital Services

WEBSITE: <https://www.muda.pt/>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: The project's goal is to increase Portuguese people' use of digital services, particularly those related to home banking, health care, communications, online shopping, and public services. Participation in the initiative is available to the general public, although the intergenerational approach tends to focus on older generations. MUDA has two approaches to train people on how to use digital services and improve ICT skills: intergenerational training and online resources.

SUBTOPIC: ADULT EDUCATORS AS TARGET GROUP - MOOCS TO ENROLL

WHY THIS CAN BE USEFUL FOR YOU: It provides information about several useful online services to facilitate daily life of citizens. It can be a good resource for adult educators implementing this kind of training for seniors.

NAME OF THE PROJECT OR TOOL: Digital Skills Library

ENTITY RESPONSIBLE (country and year of implementation if applicable): United States of America -The Digital Skills Library is managed by CrowdED Learning, the open education initiative of the EdTech Center @ World Education.

TOPICS ADDRESSED: Digital Resources for Educators

WEBSITE: <https://digitalskillslibrary.org/>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: The Digital Skills Library is an open repository of free learning resources designed to help all adult learners develop the digital skills needed to achieve their personal, civic, educational, and career goals. The Digital Skills Library is managed by CrowdED Learning, the open education initiative of the EdTech Center @ World Education. It is crowdsourced by adult educators, digital navigators, digital skills training providers, and other individuals dedicated to ensuring all adults have access to quality digital skills content to help them achieve their personal, civic, educational, and career goals. This library has been built by educators through EdTech Maker Space events focused on content curation of digital skills activities. Through hundreds of hours of service, volunteer contributors have helped to compile nearly 2,000 learning activities that support digital skills development.

SUBTOPIC: SENIOR AS TARGET GROUP

WHY THIS CAN BE USEFUL FOR YOU: It is an open repository of free learning resources, with a big variety of tools organized by topics, such as: Communication; Creation; Online Life; Mobile; Privacy and Security; Lifelong Learning; Information Skills, among others.

NAME OF THE PROJECT OR TOOL: ICTskills4All

ENTITY RESPONSIBLE (country and year of implementation if applicable): European Project implemented by University of Porto Porto4Ageing (Portugal), All Digital (Belgium), Cybermoor Services Ltd. (UK), ECIM Hypokamp (Poland), RASA (Latvia). Project Reference 2018-1-PT01-KA204-047353 Project Duration 01/09/2018 to 31/08/2020

TOPICS ADDRESSED: Learning Strategy

WEBSITE: <https://www.up.pt/ictskills4all/>;
https://en.wikibooks.org/wiki/ICT4_Elderly;
<https://digital-skills-jobs.europa.eu/en/inspiration/resources/ict4-elderly-handbook>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: ICTSkills4All appears as a project that aims to explore and test innovative practices and effective approaches for educational program design and delivery, to support the acquisition of digital skills among 55+ aged citizens who have limited or no digital knowledge. The project includes The ICT4 the Elderly, a Handbook serves as a toolkit that aims to facilitate a pathway for up-skilling the digital competences of individuals between 55 and 75 and to make them aware of some of the many opportunities that Internet offers. The ICT4 the Elderly Handbook is an online training space for trainers and trainees on specific digital skills. The goal of the handbook is to serve as a collaborative documentation space for all participants in our training activities.

The content of this Handbook includes the curriculum content used by educators in the organisations that deal with the education of elderly, as well as by the elderly themselves, and the serves training activities as an Online Academy.

SUBTOPIC: ADULT EDUCATORS AS TARGET GROUP - PROJECTS/TOOLS

WHY THIS CAN BE USEFUL FOR YOU: The learning strategy provides for the teaching content of the ICT 4 the Elderly project, introducing 6 Competences Areas:

(Intentional) digital communication

Digital transactions

Smart living for well-being

Digital collaboration

Security and privacy

Self-organisation

NAME OF THE PROJECT OR TOOL: Powerful Tools for Teaching and Learning: Digital Storytelling

ENTITY RESPONSIBLE (country and year of implementation if applicable): University of Houston

TOPICS ADDRESSED: Training for Educators

WEBSITE: <https://www.coursera.org/learn/digital-storytelling>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: Powerful Tools for Teaching and Learning: Digital Storytelling introduces educators to digital storytelling and explores ways to use digital stories to enhance students' learning experiences. The course is designed to be comprehensive yet fundamental. By comprehensive we mean that the course provides a solid foundation for all of the components of a digital story and illustrates these components with tutorials, example stories, and links to additional readings. The course also provides a hands-on opportunity for learners to create their own digital stories. The course is fundamental because it covers the basic process of creating a digital story starting with just a simple script and as little as one image.

SUBTOPIC: ADULT EDUCATORS AS TARGET GROUP - MOOCS TO ENROLL

WHY THIS CAN BE USEFUL FOR YOU: This course is intended for school teachers in all disciplines, although it is open to anyone with an interest in digital storytelling, and the methodology can easily be adapted to other target groups.

NAME OF THE PROJECT OR TOOL: Digital Educational Tools

ENTITY RESPONSIBLE (country and year of implementation if applicable): Socialna akademija (Slovenia)

TOPICS ADDRESSED: Digital Educational Tools

WEBSITE: <https://socialna-akademija.si/digitaleducationaltools/>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: It provides a catalog of digital tools that can be used for educational purposes. It is organized in several topics:

- Click and Play;
- Content;
- Games;
- Graphical Tools;
- Groups;
- Management;
- Personal Development;
- Planning.

SUBTOPIC: ADULT EDUCATORS AS TARGET GROUP - PROJECTS/TOOLS

WHY THIS CAN BE USEFUL FOR YOU: A useful catalog of a variety of educational tools that can be adapted to several target groups.

NAME OF THE PROJECT OR TOOL: Scratch

ENTITY RESPONSIBLE (country and year of implementation if applicable): MIT (USA)

TOPICS ADDRESSED: Coding

WEBSITE: <https://scratch.mit.edu/>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: Scratch is the world's largest coding community for children and a coding language with a simple visual interface that allows young people to create digital stories, games, and animations. Scratch is designed, developed, and moderated by the Scratch Foundation, a nonprofit organization.

Scratch promotes computational thinking and problem solving skills; creative teaching and learning; self-expression and collaboration; and equity in computing.

SUBTOPIC: ADULT EDUCATORS AS TARGET GROUP - PROJECTS/TOOLS

WHY THIS CAN BE USEFUL FOR YOU: It can be a powerful tool to teach seniors to approach programming. Through its visual step-by-step approach, Scratch helps users to learn through exploration and have an active role in the learning process.

NAME OF THE PROJECT OR TOOL: The Digital Competences Development System (DCDS) project aimed at establishing a framework that provided the low-skilled adult European population with the basic digital and transversal competences needed for employment, personal development, social inclusion and active citizenship.

ENTITY RESPONSIBLE (country and year of implementation if applicable): ALL DIGITAL (BELGIUM) Years: 2017-2019

TOPICS ADDRESSED: Digital skills development for low skilled adults

WEBSITE: <http://www.dcds-project.eu/>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: The Digital Competences Development Environment (DCDE) is the online learning platform that supports the blended learning approach employed in DCDS (Digital Competences Development System).

DCDE provides the following:

- A self-assessment tool (SAT) to be used by learners before starting the training, in order to help them identify the level of their digital competences and the gaps;
- A recommender tool that combines information in the learner profile together with the outcomes of SAT in order to suggest to the teacher (and the learner) the learning paths that should be given a priority;
- Different learning paths (LP) composed of DigComp competences, which contain study material that complements what the teacher explains in each face-to-face lesson. Learning paths are structured from basic learning units aggregated into modules of variable duration. Currently, four LPs are offered: (a) BASE (compulsory), (b) Communication and Social Media, (c) Digital Content Creation, (d) Exploring Information and Communication Technologies;
- Assessment tests (including learning quizzes and practical exercises) to help learners and trainers assess progress and learning;
- Badges that learners will earn by passing the tests at the end of each module.
- Forum service to communicate with teachers and peers.

SUBTOPIC: SENIORS AS TARGET GROUP

WHY THIS CAN BE USEFUL FOR YOU: Seniors have the chance to test an online tool expressly dedicated to them to boost their digital competence. The MOOC is easily accessible, simple yet rigorous. It also provides users with many practical activities (quizzes, games etc.) to measure users' mastery of the course content.

NAME OF THE PROJECT OR TOOL: CINAGE offers exciting later life learning opportunities, engaging elderly people with critical analysis of European cinema and practical film making experience, and thus promoting Active Ageing.

CINAGE - a Grundtvig multilateral project, supported by the EU Lifelong Learning Programme - was composed of interlinked activities resulting in the production of a learning package, for use by adult educators and aimed at empowering older people towards achieving a more active ageing. Included activities:

- Research on the topics: "active ageing and learning for active ageing", "European cinema and ageing" and "models of competencies for active ageing";
- Focus groups who, through analysis of European films, have addressed vital competencies for a healthy old age;
- Production the CINAGE package focused on the active ageing process by the medium of cinema;
- Pilots actions to test the package and where participants made the CINAGE short-films at cinema workshops, addressing key competencies to be healthy in older age;
- Valorisation workshops and a final conference.

ENTITY RESPONSIBLE (country and year of implementation if applicable): AID LEAR, in collaboration with project partners
Years: 2015-2017

TOPICS ADDRESSED: Promotion of active ageing

WEBSITE: <https://cinage.aidlearn.pt/en/>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: The Package is the main product of the project, including learning strategies, methods and resources to support the CINAGE Course. The CINAGE Course enables older learners to shoot their own films about active ageing based on their self-reflection concerning the issues of old age and identification of adequate active ageing strategies.

SUBTOPIC: ADULT EDUCATORS AS TARGET GROUP - PROJECTS/TOOLS

WHY THIS CAN BE USEFUL FOR YOU: An innovative and creative methodology that can play a key role in boosting seniors' engagement and supporting the active ageing.

NAME OF THE PROJECT OR TOOL: proADAS

ENTITY RESPONSIBLE (country and year of implementation if applicable): Center for Social Innovation LTD, in collaboration with project partners
Years: 2018-2020

TOPICS ADDRESSED: Promotion of active ageing through digital tools.

WEBSITE: <https://proadas.eu/>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: Handbook: it gives guidelines how to train older adults

Online learning: ProADAS e-learning course provides training opportunities for both trainers and trainees delivering active ageing digital competencies. The e-learning space focuses on 5 modules:

1. Frailty
2. Falls Prevention
3. Nutrition
4. MENTAL HEALTH & Disease in Elderly
5. Cardiovascular Health and Disease in the elderly

Each Module provides a theoretical part and a final quiz.

SUBTOPIC: SENIOR AS TARGET GROUP

WHY THIS CAN BE USEFUL FOR YOU: The tool helps to acquire some relevant knowledge about active ageing while improving digital skills. Indeed, the MOOC is also easy to use and can support users' to develop their digital competence.

NAME OF THE PROJECT OR TOOL: DigitALAD project aims at building the capacity of adult educators to face the digital challenges and opportunities of the technological world.

The DigitALAD project's objectives are to:

- Build the capacity of adult educators to become digitally literate in their teaching practices
- Build the competencies of adults to use digital tools for employability
- Develop innovative quality resources for adult educators/ trainers and adults
- Promote awareness on the importance of digital skills for adults in Europe

ENTITY RESPONSIBLE (country and year of implementation if applicable): European Association for the Education of Adults (EAEA), in collaboration with project partners

Years: 2019-2021

TOPICS ADDRESSED: Digital skills

WEBSITE: <https://digitaladproject.eu/en/>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: In the framework of the DigitALAD project has been delivered an E-learning space and gamified online learning modules. This gamified environment for adult educators has been developed which will include pedagogical material and innovative resources and OERs for them to use for employability.

The MOOC provides users with 6 courses:

1. Introduction to Digital Competence
2. Educators' professional competences
3. Educators' pedagogic competences
4. Learners' competences
5. Evaluation, validation & recognition of outcomes.

The MOOC includes a handbook aimed to provide adult educators/trainers with the framework of the digital skills they need to be equipped to be competent as professionals.

SUBTOPIC: ADULT EDUCATORS AS TARGET GROUP - MOOCS TO ENROLL

WHY THIS CAN BE USEFUL FOR YOU: The 22 key competences are aligned with the European Framework for the Digital Competence of Educators (DigCompEdu). For each competence, there is a definition, examples of use, techniques to apply it in practice, relevant tools and additional readings. The MOOC is an easy to use and efficient tool for developing/strengthening adult educators/trainers' digital skills.

NAME OF THE PROJECT OR TOOL: Kwido

ENTITY RESPONSIBLE (country and year of implementation if applicable): Kwido, 2021, Spain

TOPICS ADDRESSED: Dementia, personal care, cognitive stimulation, remote medicine, monitorization, memory.

WEBSITE: <https://kwido.com/>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: Complete care solution composed of flexible modules that can be adapted to the needs of each centre or company. All the data collected by each module or solution is interrelated, creating a complete 360° care solution.

SUBTOPIC: SENIORS AS TARGET GROUP, ADULT EDUCATORS AS TARGET GROUP - PROJECTS/TOOLS

WHY THIS CAN BE USEFUL FOR YOU: Trainers can enrol students in different training modules and gather and analyse the results from the courses

NAME OF THE PROJECT OR TOOL: Google's Applied Digital Skills

ENTITY RESPONSIBLE (country and year of implementation if applicable): Google, Alphabet

TOPICS ADDRESSED: digital skills, daily life

WEBSITE: <https://applieddigitalskills.withgoogle.com/>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: Creative lessons with videos to help students to prepare for today and tomorrow necessities.

SUBTOPIC: SENIORS AS TARGET GROUP

WHY THIS CAN BE USEFUL FOR YOU: Very accessible course for everyone, reachable (you can search for it and find it easily) and simple-looking.

NAME OF THE PROJECT OR TOOL: SENIOR CULTURAL VOLUNTEERS PROGRAMME

ENTITY RESPONSIBLE (country and year of implementation if applicable): CEATE (Spanish Confederation of Seniors) - started in 1993 since then it has been developed all over Spain.

TOPICS ADDRESSED: Active aging - Cultural dissemination - Continuous training for elderly

WEBSITE: ceate.es

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: This project was born in 1993 on the occasion of the "European Year of Elderly People and Solidarity between Generations". There is currently a network of more than 1,500 senior volunteers, aged between 55 and 90, who do guided visits in more than a hundred Spanish museums and more than 50 different cultural spaces throughout Spain. This programme includes non-formal continuing training for seniors in order to develop the necessary skills.

SUBTOPIC: SENIORS AS TARGET GROUP

WHY THIS CAN BE USEFUL FOR YOU: Seniors can continue being socially involved and occupied, while doing what they like and giving good quality services to the users of the services. Enable them to carry out physical and intellectual activity on a daily basis.

NAME OF THE PROJECT OR TOOL: SENIOR KNOWLEDGE CAMPUS (developing)

ENTITY RESPONSIBLE (country and year of implementation if applicable): CEATE (Spanish Confederation of Seniors)

TOPICS ADDRESSED: active aging - improvement digital skills - e-learning

WEBSITE: e-learning platform under development with [moodle](#)

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: an e-learning training campus, hosted on a website, in order to give access, in an innovative way, to the CEATE cultural senior volunteers and promoting culture in those places where the elderly are a large group with a higher risk of social exclusion: rural Spain and the so-called “deserted Spain”.

This virtual campus, an e-learning platform, which will enable the elderly to continue the learning process and offer them a digital meeting place designed to reach all the over-60s. The aim is to create communities and forums to share common interests on multiple topics, related to knowledge and where they can find access to current events, information and continuous learning.

SUBTOPIC: SENIORS AS TARGET GROUP

WHY THIS CAN BE USEFUL FOR YOU: Expand the knowledge of culture and science to elderly, improving their integral health and the quality of life. Intensify the presence of the elderly in the digital environment and bring them closer to dynamic and participative activities, minimising the risk of isolation for the elderly.

NAME OF THE PROJECT OR TOOL: Udemy

ENTITY RESPONSIBLE (country and year of implementation if applicable): Udemy, Inc.

TOPICS ADDRESSED: education, certification, digitalization

WEBSITE: [udemy.com](https://www.udemy.com)

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: Udemy is a platform that allows instructors to build online courses on their preferred topics. Using Udemy's course development tools, instructors can upload videos, source code for developers, PowerPoint presentations, PDFs, audio, ZIP files and any other content that learners might find helpful. Instructors can also engage and interact with users via online discussion boards.

Courses are offered across a wide breadth of categories, including business and entrepreneurship, academics, the arts, health and fitness, language, music, and technology. Most classes are in practical subjects such as AWS and Azure training, Excel software or using an iPhone camera. Udemy also offers Udemy Business (formerly Udemy for Business), enabling businesses access to a targeted suite of over 20,000 courses on topics from digital marketing tactics to office productivity, design, management, programming, and more. With Udemy Business, organizations can also create custom learning portals for corporate training. For smaller companies, Udemy offers a Udemy Team Plan that is a limited seat licence but identical content to that of Udemy Business.

SUBTOPIC: SENIORS AS TARGET GROUP, ADULT EDUCATORS AS TARGET GROUP - MOOCS TO ENROLL, ADULT EDUCATORS AS TARGET GROUP - PROJECTS/TOOLS

WHY THIS CAN BE USEFUL FOR YOU: High variety of topics, certification for some of them, aimed at all ages.

NAME OF THE PROJECT OR TOOL: Seniors Go Digital

ENTITY RESPONSIBLE (country and year of implementation if applicable): Several

TOPICS ADDRESSED: education, digitalization, online safety

WEBSITE: <http://seniorsgodigital.iit.demokritos.gr/>

BRIEF DESCRIPTION OF THE PROJECT OR TOOL: innovative, targeted and high quality lifelong learning opportunities to senior citizens for the acquisition of digital skills, which will support in a systemic way active ageing, access, social inclusion, participation and personal development through the use of the digitalized learning ecosystem to be developed, as well as through the e-services, e-governance, e-participation and e-communication provided in each partner country.

SUBTOPIC: SENIORS AS TARGET GROUP

WHY THIS CAN BE USEFUL FOR YOU: The project is similar to DigIT, the courses are highly specialised for the senior population, it provides seniors with resources and information to learn how to use digital technologies, which can be daunting or challenging for some seniors who have not grown up with them. Furthermore, the website provides seniors with access to a community of like-minded individuals who are also learning how to use digital technologies. This community provides a supportive environment for seniors to share their experiences, ask questions, and get help with any challenges they may be facing.