



PROADAS

PROMOTION OF ACTIVE
DIGITAL AGEING SKILLS



Center for Social
Innovation



European
University Cyprus

Presentation of Final Conference ProADAS
Program Erasmus+ KA204

Promotion of active digital
ageing skills Erasmus+ KA204



The Last Decades the increase rate of elderly people in combination with the increase need that arrives from the existence of active ageing with the aim for better quality of life in ageing population and the autonomy of elderly people, the project aims to give basic skills to the elderly people and give them the opportunity to gain a fulfil quality of life with the perspectives of welfare system, social inclusion and participation, personal improvement, and autonomy living.

The Proadas supports innovative approach to education, strengthening of professional development of staff working in the field of special education, training through innovation and enhancing the quality and range of basic and further training. It uses open educational resources and strengthens the links between education, training and the world of work..



GOALS OF THE PROJECT

The proADAS project aims to:

- Tackle the gap between ageing population and digital literacy and address the high necessity for digital key competences due to seniors population proportion in Europe, contributing at the same time in the alliance of societal challenges, technological developments and economical growth
- Make digital competences more accessible to seniors over 60-year old and increase the use of ICT at all levels {instrumental activities, social participation, learning, etc)
- Strengthen and reinforce the stakeholders, experts and practitioners in the fields of adult education & lifelong learning, digital education & promotion of active ageing competences; empower relative training providers adult's educators and older people's carers to successfully deal with seniors' training and the variety of cases

GOALS OF THE PROJECT



- Enhance seniors competences and skills -thus their social participation and quality of life-in the proper way so that they are positively included into society and preventing their isolation concerning specially gender difference & in regards with digital technology and developments
- Design and create innovative methods and supportive packages with digital tools & Open Educational Resources towards trainers and trainees needs
- Construct a real methodology and subsequent approaches gathered in a curriculum tailored to seniors characteristics and needs with educational practices and learning materials arising from and adapted to the variety and variability of the third age

The Project aims

- In the design and creation of innovative methods and support packages with digital tools and open educational resources to trainers and learners
 - To create a realistic methodology and similar approaches gathered in a curriculum adapted to the characteristics and needs of the elderly with educational practices and learning materials arising from and adapted to the variety and variability of the elderly.
- Strengthening the international and European dimension of active digital aging, accompanied by an impact on relevant decision-makers in local, regional, national and European contexts.

Program Activities

The participant countries were:



Duration: December 2018- September 2020

Kick off Meetings : 4 Meetings (Greece the first one February 2019 ,France second September 2019 , Belgium third one February 2020 , Cyprus Fourth one)

OUTPUTS

Output 1 (IO1) : The Review & Research Paper derives from a dual focus: a) the existing situation along with relative survey on previous practices available in the participating countries) the multidimensional research within the relative institutions, third age centers, NGOs and with the seniors training providers, elderly's experts and the elderly themselves concerning specific needs & characteristics. The outcomes and all information obtained exploited for the design of the innovative curriculum (in terms of its totally new character). This output gave the guidelines for the upcoming curriculum, the handbook for the educators, the digital tools developed, the book.

Output 2 **Curriculum proADAS (IO2)**: Curriculum

After the investigation of the issue needs of the elderly and people working with the elderly or relatives in order to guide them in how to deal with.

Taking into account the motivations, interests, physical and psychological needs and disabilities of individuals. At the same time, learning tools that will be used in the education of people 60+ were included



- ▶ **Output 4 E- learning courses (I04):** for seniors / the people that taking care of them or teachers in order to be able to manage the needs of the elderly includes skills and knowledge Open / on line / digital education- E-learning course / module Responsible partner Center for Social Innovation LTD 30/09/2020
- ▶ **Output 5 Mobile application (I05):** Training aimed at self-management by people 60+


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graph LR; A["proADAS e-learning courses platform  
(δια δραστική φιλική στη χρήση)"] --- B["Log in/Sign up"]; A --- C["User Guide"]; A --- D["E-course για εκπαιδευτικούς"]; A --- E["E-course για 60+"]; D --- F["- e-learning modules  
- Online interactive tools"]; E --- G["- e-learning modules  
- Online interactive tools"]; F --- H["Forums, blogs, working groups,  
social networking apps,  
teleconference"]; G --- I["Forums, blogs, working groups,  
social networking apps,  
teleconference"];
```

proADAS e-learning
courses platform
(δια δραστική φιλική
στη χρήση)

Log in/Sign up

User Guide

E-course για
ΕΚΠΑΙΔΕΥΤΙΚΟΥΣ

E-course για 60+

- e-learning modules
- Online interactive
tools

- e-learning
modules
- Online interactive
tools

Forums, blogs,
working groups,
social networking
apps,
teleconference

Forums, blogs,
working groups,
social networking
apps,
teleconference

proADAS Mobile
Application
(professional design,
interactive, user
friendly)

Splash screen

Introduction screen

Account page

E-learning course

Activities

Login

Create account

Tools



Output

- ▶ **Output 6(IO6)** : Proadas Book
- ▶ Establishment of a Scientific Committee calls for research and scientific articles on the topic of active aging
- ▶ Includes the results & activities of the program, presentations of the content, the necessity, the objectives of the strategy as well as presentations from the laboratories, responsible partner (Xenios Polis)



Output Results

- ▶ Results dissemination through the ProADAS Book
- ▶ website
- ▶ newsletters
- ▶ Social Media (facebook, twitter, pinterest, media)
- ▶ posters, seminars, info days, workshops

Final Conference

Follow up and result evaluation



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THANK YOU VERY MUCH FOR YOUR
PARTICIPATION

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