

# NEWSLETTER

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## E-SENIORS: TECHNOLOGY AT THE SERVICE OF SENIORS' WELLBEING

Integra\_Lab+ aims to offer a set of digital resources that enable seniors to work independently, independently or in groups. The aim is to make these resources easily accessible so that seniors can incorporate them into their daily lives as normal. Thus, little by little, their quality of life will be maintained for longer. While seniors must have certain digital skills, the project aims to offer these resources in an easy and accessible way.

E-Seniors is an expert association in seniors and digital competence. Its contribution to the project is essential, as it brings its experience to ensure that new technologies are normalized among seniors. Appropriate training, in line with their needs, is essential:

- Promoting active ageing.
- Combating the segregation of older people
- Facilitating a longer life in their own homes.
- Intergenerational communication
- Developing solutions and applications.

Taking advantage of the synergy between its members, this network stimulates knowledge transfer and exchange of best practices, as well as working groups to develop and promote new ideas and solutions.



## CULTURE AND CREATIVITY FROM ITALY: THE CONTRIBUTION OF CORTE DEI MIRACOLI IN THE CULTURAL, SOCIAL AND EDUCATIONAL SPHERES

The Centro Cultura Contemporanea La Corte dei Miracoli is a non-profit cultural association for social promotion, which operates in the territory of Siena and its province through projection and experimentation in the social, artistic and cultural fields. Corte dei Miracoli has become an essential point of reference for the Sieneese and Tuscan reality and has always remained faithful to a dynamic mix of free creativity and social commitment. The basic idea is the coexistence and mutual influence of the three "pillars" on which the very essence of this association is based: the social, cultural and educational spheres.

Their experience in the field of culture is a great contribution to the Integra\_Lab+ Project, as it aims to improve the well-being of the elderly through creativity. Cultural activities allow seniors to develop their creative skills, seeking new ways to solve everyday issues. Corte dei Miracoli offers cultural experiences where seniors acquire these skills that improve their emotional well-being.



## ART AS A PATH TO WELLBEING AND EMPOWERMENT. 32PUNTOS AND COMPLUTENSE UNIVERSITY IN THE INTEGRA\_LAB+ PROJECT

The Spanish partners 32puntos (León) and the Complutense University of Madrid (UCM) bring to the project their experience with activities in museums and art galleries. 32puntos has carried out numerous art therapy initiatives with the elderly in recent years, while the UCM has various projects in which museums contribute to the training of its students. The collaboration of both partners with the museum institutions makes it possible to develop initiatives designed especially for the needs of the elderly. The beneficiaries of the project enjoy art, from an aesthetic point of view, and strengthen their cognitive and emotional capacity, which helps them to achieve a better quality of life.



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