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Seniors

Repository of digital life world of seniors

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Why are seniors vulnerable?

Seniors are vulnerable because they did not grow up in the world of digital technologies and often have low digital skills. Sometimes there are also physical barriers, such as poor eyesight. Many seniors live in rural areas and are cut off from the real and digital world due to mostly restricted mobility, which can lead to loneliness.

What are digital barriers for seniors?

- Fear to use digital technology

  „I do not want to do anything wrong"

- Knowledge gap and lack of digital competencies

  „I do not know how to do it"

- Feeling of anger, shame and uselessness

  "It is not easy for me!"

What chances does ICT have for seniors?

- Keeping contact with relatives and friends

- Preventing health and getting entertained

- Making work easier through innovative technologies

- Online shopping and social participation

- …

Who are multipliers for seniors?

- elderly homes

- seniors cafe

- …

Search and find

The digital world offers various possibilities for searching and finding knowledge, for example in search engines, reference works, forums, and blog. Senior portals offer the possibility of finding information tailored to the target group, such as Seniorenweb.

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Exchange

Digital technologies offer different ways to get in contact with each other (e.g. video telephony or messenger services for sending photos), which can enrich the social life of older people. Seniors can get in contact with their friends and families who do not life next door.

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Network

With the Internet, seniors have the opportunity to network with other people in their areas of interest, regardless of location. One example is the virtual Seniorentreff.

Inform

Digital technologies offer various possibilities for obtaining information and conveying and presenting news (e.g. media libraries, video portals, web TV, web radio). The Internet is also helpful about information and promotion of health, like Pflege.de.

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Entertain

Seniors can use digital technologies for entertainment, e.g. brain training, audio books or virtual crosswords. One example is SilverGames.

Shop

Digital technologies can also help seniors with shopping, e.g. ordering medication or delivering food.

Learn

The Internet can also be useful for educational purposes, for example seniors can use learning platforms to acquire new knowledge or deepen their interests. One example is the Learning platform "Wissensdurstig"

Transport

Seniors can also organize their transportation through the World Wide Web. This is useful, for example, for daily errands, doctor visits and travel.

Organize

More and more administrative tasks are also being transferred to the digital world, for example making appointments with the doctor, applications from public institutions or health insurance.

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Protect

Of course, it is also important that seniors are safe online. The handling of passwords and the dangers in the network, such as bots or viruses, should be taught.

Support

Digital technologies in the form of hardware can be of help to seniors, especially in everyday life, e.g. a vacuum cleaner robot or a [Home emergency call](#).

Preserve

Digital technologies also offer the possibility of health care, for example online courses for relaxation techniques or gymnastics.
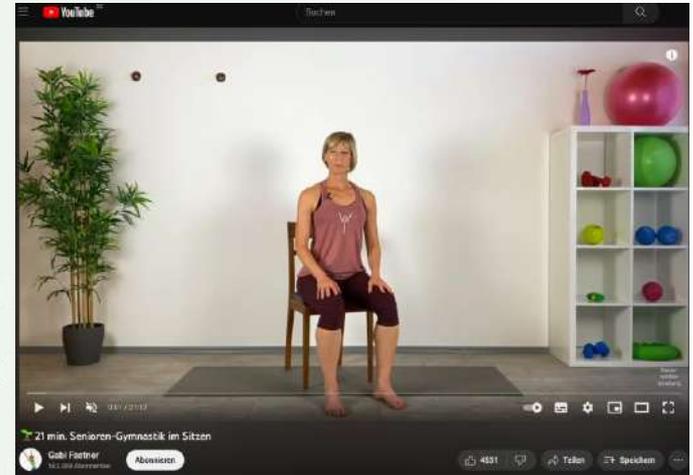
Participate

The innovative technologies also enable participation in social and political activities, such as smart city initiatives.

Relax

Digital media can be used not only for entertainment but also for relaxation, e.g. listening to music or a podcast.

Earn

Of course, the Internet can also be used to earn money, for example by selling goods on digital marketplaces.

Create

Seniors can also produce and share media themselves or pass on their knowledge by starting a blog.

>>Reflective questions<<

- What digital barriers do you experience with elderly people? What opportunities do you see in the use of digital technologies? What apps, digital media and innovative technologies do you know, and which would be helpful for seniors?

- Who in your organization could be social support to you to promote digital literacy among seniors? Who could you share more with here, including from the people affected?