



How smartphones and tablets can help active and healthy ageing - International IAT project AcTive with new website and learning platform

Technology can make life easier and support the process of active and healthy aging. However, many elderly people have little knowledge of modern devices, especially information and communication technologies (ICT), and are reluctant to use them. The EU-project "AcTive", coordinated by the Institute for Work and Technology (IAT / University of Applied Sciences Gelsenkirchen), aims to help strengthen the digital skills of older people.

In the international consortium with partners from France, Romania, Poland, Spain and Germany, training materials are being developed to meet the specific needs of people who have no experience with ICT-based devices (e. g. smartphones or emergency call systems). The training material will be available in six languages on the new website "www.active-ict.eu" is provided. Senior citizens, friends and relatives, but also professional users will find many tips and examples on how ICT can help active and healthy ageing.

On the basis of examples and training materials, the advantages offered by technology to support everyday life are shown. An online learning platform, which will be launched in September 2018, conveys the direct use of modern technology such as PCs, tablets and smartphones.

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