

COURSE SUPPORT SENIOR IN DIGITAL ERA Masterclass MC3



START



Co-funded by
the European Union



SiDE

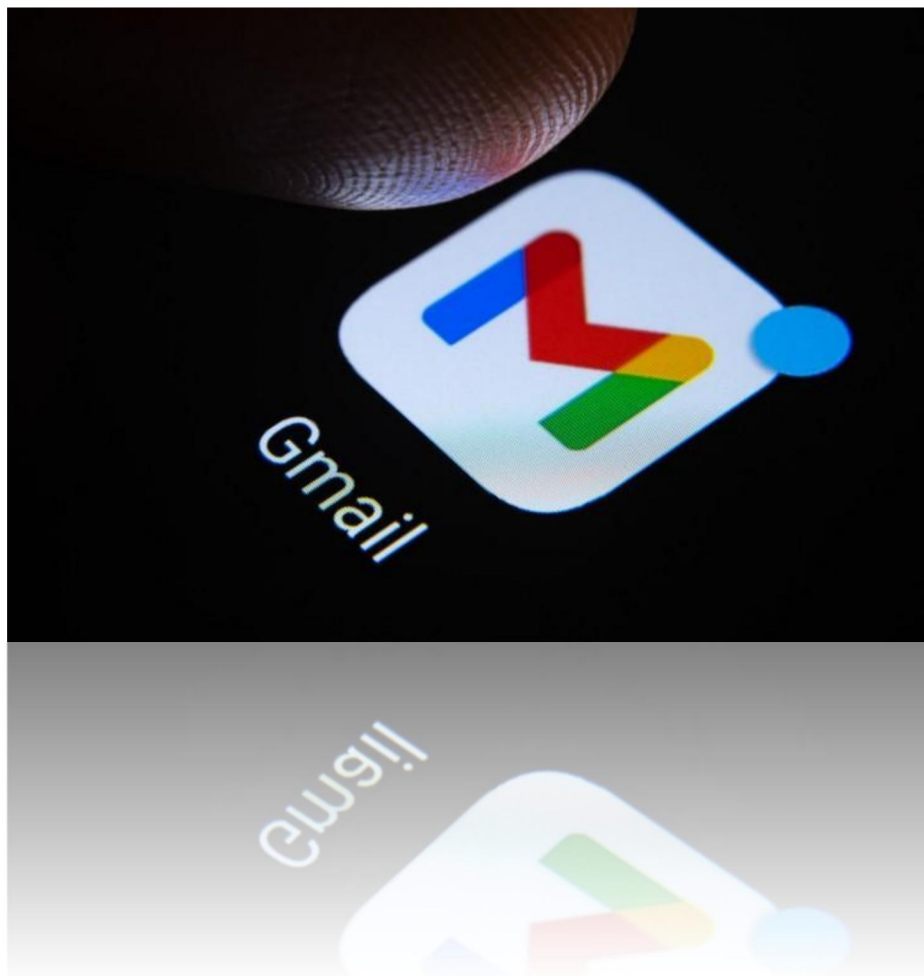
Seniors in Digital Era



COURSE SUPPORT - SENIOR IN THE DIGITAL ERA

Masterclass 3: Deepening the use of the internet for research and communication

(How to create an email account, internet connection and internet browsing)



Project Erasmus +: „Senior in Digital Era”

Proiect nr. 2021-2-RO01-KA210-ADU-000048477

Partners

- DIGITAL KOMPASS srl – București, România
- Organization for Promotion of European Issues (O.P.E.I.) – Paphos, Cipru

This project (project no. 2021-2-RO01-KA210-ADU-000048477) was funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Content:

Introduction.....	4
PART 1 (Communication).....	5
Chapter 1:Creating a gmail account.....	5
Chapter 2: Video call communication and online messaging.....	7
Chapter 3: Social networks.....	10
PART 2 (Technology for Seniors).....	12
Chapter 4:Technology at the service of older people.....	12
Chapter 5: Technology for seniors and useful accessories to optimize life.....	13

Introduction

Digital devices are a bridge between us and the outside world. Their applications and functions improve our quality of life every day. One of the most used functions is: communication. Technology allows us to communicate and stay in touch wherever we are. It is also a source of information and optimisation in different areas, such as health.



PART 1 - Communicating

Chapter 1. Creating an email account

The Internet allows us to connect with friends and relatives at any time and exchange information through chats, calls, video calls. However, many older people do not take full advantage of the endless possibilities the internet offers to communicate online.

Having an email address is like having a virtual place to receive and send email from. With an email address, many possibilities open up to you. In general, setting up an email account is free for many providers (e.g. Outlook, Gmail or Yahoo).

Steps for creating an email account:

Let's take for example - Gmail

- Go to the Google Account creation page
- Follow the steps shown to set up your account.
- Use the account you created to sign in to Gmail.
- Choose a username - for example marceldumitru@gmail.com
- If the name is already in use, add something - for example - marceldumitru123@gmail.com

Application

Seniors will be divided into 5 groups and trainers will exemplify how to create a gmail account. Dummy addresses will be created for information purposes. The aim of the app is for seniors to gradually get involved at different stages, to be able to see and ask questions.



Chapter 2. Video call communication and online messaging

Video Call Communication

Unlike normal calls, video calls transmit a video image via the camera, allowing you to see the person you're talking to in real time. Many devices, such as smartphones, laptops, computers and tablets, already have a built-in microphone and camera. If you have an older computer, you can easily add a microphone and camera.

To make a video call, you need two important requirements:

- stable Internet connection
- an application or program that allows you to make a video call

Some of the most popular communication channels are:

➤ **Zoom** - You can use this program on your computer (and laptop), smartphone and tablet. In the free version, you can communicate with one person without time limit, while from three to 100 people, the duration is limited to 40 minutes.

➤ **Skype** - Can be installed on your computer, smartphone or tablet. Video calls are unlimited and can be made with up to 50 people.

➤ **Facetime** - This app can only be found on Apple smartphones. With this feature, it is possible to video call friends and family, provided they have an Apple smartphone. Up to 32 participants can be invited to the conversation.

➤ **WhatsApp** - Through the WhatsApp messaging app, you can make calls with one of your contacts or make a group video call with up to 8 people.

Application

In groups of 5 trainers will exemplify how to make a video call using Zoom and WhatsApp. The objective of the app is for seniors to gradually get involved at various stages, to be able to see and ask questions. The trainers will also physically carry pictures of the interfaces of several applications for seniors to see

Online messaging

With the help of smartphone apps, it really is possible to exchange messages for free.

The most popular messaging app at the moment is WhatsApp. Anyone with a smartphone probably uses this communication channel and its many features:

- Text messages
- Voice messages (audio messages that can be recorded and sent)
- Group chats (e.g. a chat for the whole family)
- Sending photos and videos
- Sending animated images (called GIFs)
- Making calls with one or more people
- Participating in video calls with one or more people

Other alternatives: Threema, Signal messenger, Wire, Session

Application

2 seniors will be chosen. One will stay in the room and the other will leave the room with a trainer. The two seniors will make a video call to each other. The senior in the room will include the others in the video call to exemplify how the video camera returns in the call. The senior outside the room will take a screenshot during the call when the camera is turned around. He/she will send the screenshot to a trainer who will project it for all to see.



Chapter 3. Social networks

An overview of social channels for older people.

The most popular social networks are:

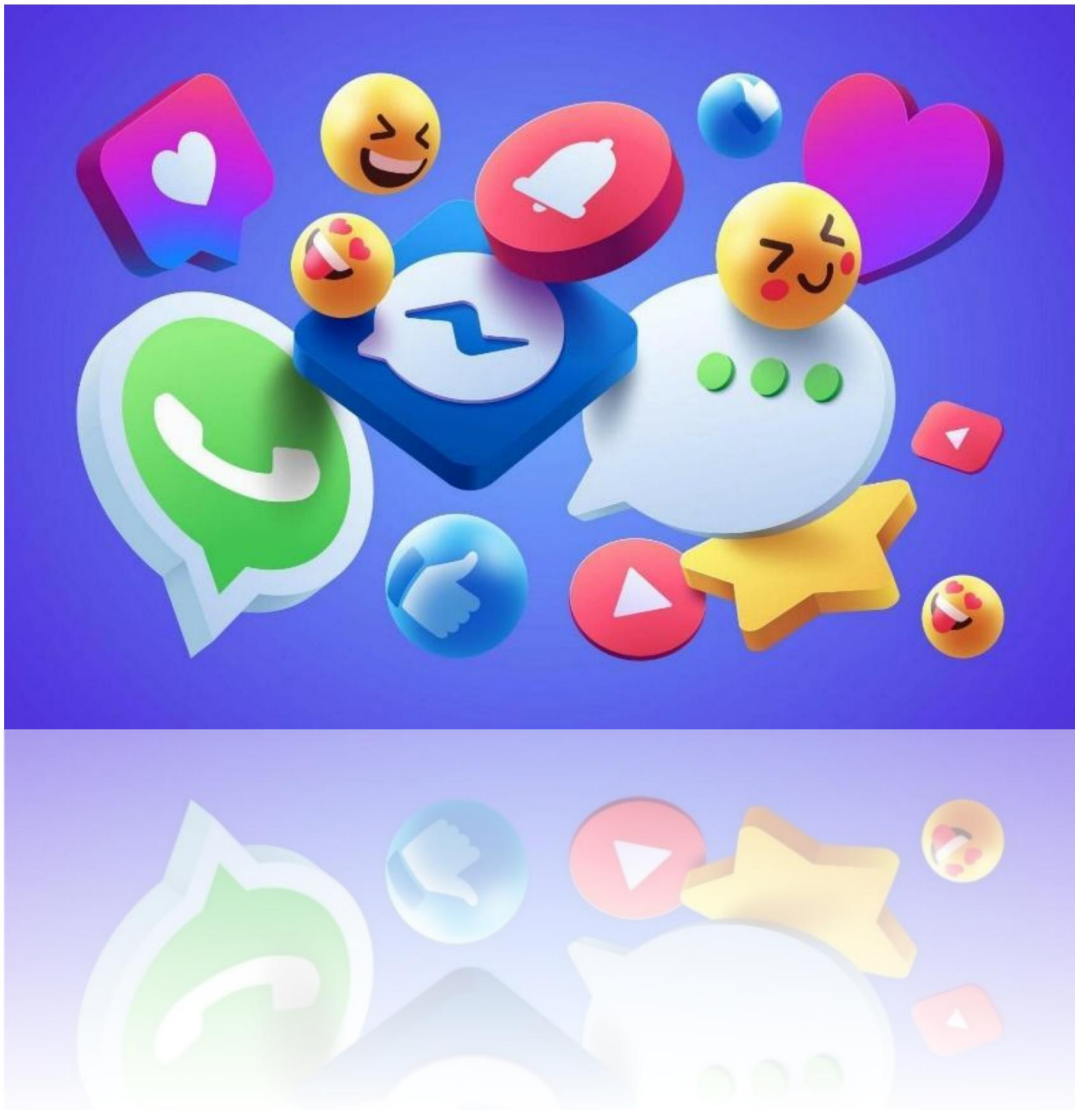
➤ **Facebook** - Facebook members can create their own profile with information about themselves and publish posts. In groups, through private messages or in the comments sections of posts, they can exchange information with friends and other users. This way you can meet other people, follow famous people or brands or simply share posts with friends.

➤ **Instagram** - On Instagram, members mainly share photos and videos. Under posts, other users can comment or leave a "like". Private messages can also be sent on Instagram. This app is great for inspiration, following famous people or keeping in touch with friends and family.

➤ **TikTok** - This platform is mostly used by young people. On TikTok, users can create and publish short and funny videos. It's a real source of entertainment. Videos can be viewed and commented on by others

Application

Application option for seniors. Trainers will divide seniors into two teams. Who wants an account on a social platform and who doesn't. Those who want will be supported by trainers to create their accounts and profiles. Those who don't will debate the pros and cons of social media.*



PART 2. Technology for seniors

Chapter 4. Technology serving the elderly - the smart home, home automation and ambient assisted living

➤ **"Smart home"** refers to homes equipped with modern technology and home automation systems. This means that household appliances such as lighting, air conditioning and heating in a room can be controlled remotely or automated.

➤ **Smart lighting system:** at the touch of a button or by voice command, lights in different rooms can be switched on and off without having to go to each room. With these sensors, it will be easier to find your way around in the dark and prevent falls and injuries.

➤ **Window and door closing/opening devices:** automatic and motorised windows and roller shutters, which open or close at the touch of a button, offer more convenience and security.

➤ **Heating thermostat:** with a thermostat, the desired room temperature can be set and kept constant throughout the day.

➤ **Smart fridge:** a smart fridge connected to a smartphone can detect which food products have run out or expired and automatically draw up a shopping list for you.

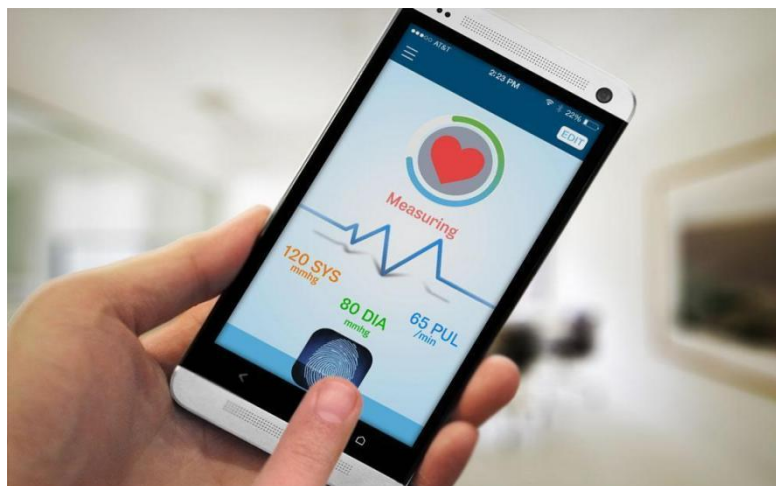
➤ **Smart oven:** to reduce the risk of fire, ovens have been developed that heat and cook food fully automatically.

Chapter 5. Technology for seniors and useful accessories to optimize life

- **Smart watches:** smart watches are able to measure various vital parameters such as blood pressure and physical condition.
- **Blood pressure apps:** with an app on your smartphone or tablet, you can measure your blood pressure readings at any time and have a detailed overview to show to your doctor.
- **Take your medication easily:** reminder apps or pill dispensers will remind you to take your medication.
- **Telemedicine:** with online communication tools such as video calls, you can consult your doctor directly from home.
- **Bathroom technology:** there are also many aids to personal hygiene.

Application.

Trainers will measure seniors' blood pressure via an app installed on personal devices. The trainers will then assist the seniors to install this app





DK



**Co-funded by
the European Union**

Erasmus+ Programme – Small-Scale Partnerships

Project: *“Senior in Digital Era”*

2021-2-RO01-KA210-ADU-000048477