

COURSE SUPPORT SENIOR IN DIGITAL ERA Masterclass MC4



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SiDE
Seniors in Digital Era



COURSE SUPPORT - SENIOR IN THE

DIGITAL ERA

Masterclass 4: Deepening internet utilities for commerce,
administrative and lifestyle



Project Erasmus +: „Senior in Digital Era”

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Introduction

(online hobbies-how to keep busy in your old age)

Unlike the younger generation, older people use the internet mainly for practical purposes, such as doing Google searches or buying online what is no longer available in the shop. However, the internet can offer much more to both adults and older people. Not only can you expand your horizons and knowledge online, but you can also develop new hobbies, find a voluntary organisation or even meet people with similar interests.



PART 1

Chapter 1. Online entertainment for seniors

The Internet offers a very wide range of possibilities, also free of charge, which may be of interest to older people. Thanks to the many videos, audio books, series, documentaries or radio programmes available, it is possible to take your favourite programmes and access them at any time.

Examples of entertainment channels:

- Public service broadcasters' media libraries.
- YouTube, the online video platform.
- Streaming platforms: Netflix, Amazon Prime, etc.
- Online radio stations and podcasts

Public service broadcasters' media libraries: allow access to digital archives. There you can record news online as well as broadcasts as appropriate. Some can be found for a subscription fee, but many are free.

Youtube: is one of the most popular online platforms where videos are uploaded.

Netflix: is a site, for a fee, where you can access movies online with a subscription.

Radio and potcasts: similar to TV stations found online, there are also popular radio stations that can be accessed and listened to online. There are also audio podcasts on topics ranging from nutrition and health to socialising.

Application 1

Seniors will be divided into 5 groups and with the help of trainers will search for a public TV station, learn how to access media libraries and the information presented.

Application 2

Seniors together with trainers will identify the local news sites most often followed by them. The aim of the application is for seniors to find out as many sites as possible to broaden their knowledge.

Application 3

Seniors will be divided into 5 groups (from the previous activity). Following group discussions they will choose a website of a public TV station where they will enter and search for information.



Chapter 2. New skills and expanding online knowledge

Hobbies are a focal point for any person. The Internet offers a wide range. For example, you can take advantage of free video tutorials, instructions and explanations to tackle crafts, modelling or sports.

This way, you can keep your body and mind fit even after retirement. Built-in camera. If you have an old computer, you can easily add a microphone and webcam.

The most suitable platforms and sites for finding hobbies online are:

➤ *YouTube* - On this platform you can find video tutorials or watch videos of like-minded people presenting collections or reviewing material.

➤ *Pinterest* - On this social network, users can find inspiration and save ideas and products they find interesting. Thanks to keywords (tags), you can quickly find lots of tutorials and creative ideas.

➤ *Blogs* - By searching on Google, you can also find blogs on specific topics. On blogs, authors share their thoughts, but also product reviews or instructions for DIY projects. Blogs are free. You can also leave comments or ask questions to the person who posted them.

Application 1

Seniors (divided into groups of 5 from the previous stage) will search together with the trainers on the Youtube platform for a video of interest to them.

Application 2

Trainers will encourage seniors to mention as many hobbies as they have or can currently develop. Hobbies will be written on a flipchart for inspiration.

Application 3

Seniors together with trainers will search for information about a hobby online. For example if a person likes flowers they will search for: pictures of flowers, blogs about flowers, tutorials about flower care etc...



Chapter 3. How to Socialise on the Internet

On the internet there is also the opportunity to expand your circle of acquaintances and meet new people. Seniors' websites and seniors' forums allow you to make friends with like-minded people and discuss a variety of topics. These websites are usually very clearly structured and user-friendly, so all users can easily navigate the site. In case of difficulties, there will always be an experienced forum user ready to help you.

Online volunteering - Getting involved in social care in old age

Many people, once retired, want to volunteer to share their knowledge and enrich the lives of others. On the internet, there are many ways to find an online volunteering association in your area

When you register, you can assess which area you would prefer to work in, depending on your age, where you live and how close you live to your workplace.

Application

Seniors together with trainers will debate the issue of volunteering. After the discussion they will search together for volunteering opportunities on the internet.

PART 2

Chapter 4. Online games and computer games

Computer games, smartphone or tablet apps and console video games can be installed very easily and, depending on the game, have very understandable dynamics. Many video games also offer the possibility to play with other people, compete with other users online and team up with other players.

Some of the game genres that are particularly suitable for older people are:

- Simulation games (e.g. "Euro Train Simulator" or "The Sims").
- Strategy games (e.g. "Anno" or "Cities Skylines" series of games).
- Skill and memory games (e.g. "Sudoku" or games to find hidden objects)

Application

Seniors will be divided into groups of 5. The groups will change from previous activities to ensure that seniors socialize with as many people as possible. Depending on the wishes of the seniors they will be guided to search for games online using the Play Store app.

Chapter 5. Online shopping and payments

The Internet can be a bridge and a support for shopping. From special purchases (gifts, large items) to everyday purchases, there are various ways of buying without having to go to the shop in person.

So we have:

➤ *Specialised apps* that, when installed, allow you to make the purchases you need. There are single sector apps where you can order food, medicine, clothes or common apps where you can find several categories from everyday shopping to gourmet food.

➤ *Online sites* with online shops that let you shop

Online shopping can be done in several ways. For example by bank transfer, by transfer from a home banking application or by payment on delivery.

To shop safely, it is recommended to install a homebanking app that allows you to track how much money you have in your account, and approve or reject payment as appropriate.

General payments:

Similar to shopping sites, the internet offers the possibility to pay online.

Advantage:

- no need to move from home if you don't want this work
- avoid queuing and standing
- with apps you can have a clear overview of your money

Disadvantages:

➤ there are situations where problems may arise in relation to the nature of transfers

➤ for more complicated problems, telephone assistance is available but it is recommended to resolve them at a bank branch

Application 1

Seniors together with trainers will search the internet for specialist shopping sites on various topics according to seniors' preferences.

They will do a shopping simulation to illustrate how to do it and what to look out for.

Depending on the senior's wishes, simulated payments can also be made for online subscriptions.

Optional application

If there are any takers the trainers will explain to the seniors about banking apps. More detailed information will be given in the last Masterclass



Chapter 6. General and health information

The Internet allows access to a very large base of specialists and experts, so with the help of the online environment you can find:

- basic information about various conditions
- websites of specialist clinics where you can make appointments
- specialists in various areas of expertise such as: doctors, nutritionists, psychologists, coaches
- recommendations for help
- medicine leaflets
- medical groups and blogs

However, caution should be exercised as not all materials are suitable for all people. When it comes to a medical condition the best advice is the recommendation of your current doctor.

Application

Seniors will be divided into groups of 5 people. Together with the trainers each senior will search the internet for medical information: specialist doctors, medical points, online appointments, various medical conditions. In a team several topics will be chosen so that team members can discuss with each other what they have discovered.



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