

ICT- THE KEY IN SENIORS HAND TO ACTIVE AND HEALTHY LIFE

NEWSLETTER 2

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MOBILE EDUCATION ORGANIZED THE SECOND MEETING IN STOCKHOLM 2-5 MAY 2019

The Swedish partner, **MobilEducation** organized the second meeting in Stockholm and the focus of the conference was as planned about how seniors can use iPhone/iPad/Android smart phones and tablets as personal digital assistants in their daily life.

MobilEducation started the meeting by presenting their organization, daily activities for senior citizens, useful websites and apps for healthy life, interesting ongoing events and projects for seniors in Stockholm. The aim of this organization is to train seniors in usage of smart phones, tablets and smart watches.

They also informed about some of their network like the SeniorNet Sweden, which is a non-profit organization with the idea: "Seniors teach seniors digital communication and Internet". Another actor they cooperate with is *SPF Seniorerna* - The Swedish Association for Senior Citizens – which also is a non-profit organisation for people entitled to any form of pension in Sweden. They organize mostly other kind of well-being activities as art, music, theatre and travelling.

Then our Turkish partner, **Troy Environmental Association**,

continued by presenting the benefits of using smart watch, how to get to start and what kind of functions the smart watch offers. There are many reasons to use a smart watch for a better health. In Turkey 22% of elderly people can not hear the doctor's medical informations. These persons can not save the health data for medical visions. The smart watches are collecting data for them via smart phones. They had tested the smart watch with 16 seniors, 70+ in Çanakkale. Following functions with smart watches were used: blood pressure, heart rate, sleeping quality, steps and distance.

Project partners:

Poland: Społeczny Instytut Ekologiczny
Turkey: Troy Environmental Association
Austria: SPES Zukunfsakademie
Finland : Tiedetila
Sweden: Association MobilEducation



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NUTRITION FOR SENIORS

Then the meeting continued with a Lecture named "Nutrition for seniors – What, Why and How", with the aim to nuance the nutrition debate and the myths linked to nutrition from the senior's point of view.



Finally we discussed about ICT as a tool for an active and a healthy life and some of the best practices from the local workshops in Stockholm, like the use of "Siri" and "Google assistant" as future assistants. It's easier to use the voice instead of writing text for many seniors. Functions like "Cloud service" and "find my phone" are also very useful skills in daily life. For example if you lose your phone, you can locate it, lock it or delete it. Another function that Mobileducation has taught about in their local workshops which some of the participants from Sweden could tell about was, the use of "Google Translate" when the instructions to the smart watch were in Chinese.



PRESENTATIONS OF PARTNER COUNTRIES

After that the Polish partner, **Social Ecological Institute** presented their organization and the different roles seniors had in their organization, their earlier projects and this project in cooperation with Senior University. One of the project participants introduces, to the students of Senior University in Wawer, free health apps for smartphones, which can realistically affect the comfort of seniors' life. Some examples of useful health apps: "Stop smoking", "Sleep Bug", "Fat Secret", "MySugr" and "Hearing test". A positive aspect is the ability to print measurement results and extensive calibration options.

After a short break, the Finnish partner, **Tiedetila** presented their organization and the survey they had done with senior teachers. The purpose of the survey was to find out

the respondents' perception of how the different sections of well-being have come true in their own behavior. The subjects of this review were the following of well-being: exercise, brain usage, eating, and monitoring the health through a variety of tools. Even if that responses cannot be generalized to all seniors, it can reflect the characteristics of a particular group. Based on the responses received, there is formed a good understanding of how the study group behaves in these well-being situations. In particular, analyzing health through a variety of tools will help us to understand what kind of ICT applications, apps can be used or recommended when planning courses.

Perhaps the most important for health is the exercise and its monitoring, 29% of respondents

observe their exercise. A wide variety of activity indicators are available for this purpose. At the best, these kinds of instruments can measure also heart rate, oxygen saturation, sleeping quality and even blood pressure. After presented the results of this survey, they stated that ***Sleeping is very important!***

Lastly the Austrian partner, **The Adult Education Center in Austria - SPES Zukunftsakademie**, had a presentation about raising awareness on internet safety. They had organized workshops and talks in cooperation with the Time Bank 55+. Talks with the topics “online shopping” and “netdoctor”, organized by “Gesunde Gemeinde” (Healthy Municipality initiative) in

cooperation with Time Bank 55+. They had collected both advantages and risks with these topics. Some useful advices for online safety are to visit secure internet sites, using strong passwords, stick to tried and trusted websites. Online offers which are too good to be true usually are just that. Beware of emails offering low-cost drugs and medicines. If you are using social media, make sure to go to the settings page so you can decide on the privacy level you want. Make sure you have anti-virus and security on your PC, laptop, tablet and/or phone, to keep you protected online. It is important to judge the sources and proper searching techniques need to be practiced.



CULTURAL ACTIVITIES: EXCURSION BY BOAT TO BIRKA,

As a cultural activity and to discover the Swedish history all partners visited Birka, which is regarded as Sweden's first city. The Viking City of Birka is situated on the island of Björkö in Lake Mälaren and was one of the most important trading centers for Vikings. On the island we joined a guided tour of the archaeological fields and visit to the Birka Museum.

