



Information Technologies - the key to active and healthy living for the elderly

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4. Project meeting was held in Turkey

The fourth meeting of our ICT project was held in Istanbul. In the meeting held between 23-26 February, the project partners became the guests of the conference. In the conference, which was organized with different universities and NGOs, the project partners shared their experiences and skills in their own countries. After the conference, a workshop on smartphone applications was held with Beşiktaş Municipality Life Center participants.

The project partners came together on the first day and made a project evaluation among themselves. Then they took a beach walk in the Bosphorus, which is considered one of the most beautiful sea crossings in the world. They tasted Turkish coffee. The project partners, who also visited Beşiktaş, Ortaköy and Taksim squares, also saw daily life activities for the elderly in a Megapol. They made observations such as pavement, roads and traffic suitable for the elderly.

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Project partners, who also visited the +65 Association of Aged Rights in the field of elderly rights, stated that they are willing to cooperate and develop with other NGOs working in the field. During the meeting held on new project ideas and collaborations, our project partners were offered different tastes from local tastes.

The project partners attended the conference held at Beşiktaş Levent Cultural Center by making a speech. The project partner Troya Environmental Association organized this conference together with Beşiktaş Municipality and +65 Elderly Rights Association. The conference was also supported by academics from Boğaziçi University and Istanbul Technical University. In addition, representatives of the sector and the firm, which published the application "albert", attended the conference with their presentations. After the conference, a smart phone workshop application was held with Beşiktaş Municipality Life House members.

Opening speeches of the conference were TROYA Environment Association President Oral Kaya, +65 Elderly Rights Association President Dr. They made Gülüstü Salur. In the speeches in which the project was explained, it was explained how the idea of organizing the conference was born and how it was done in cooperation.

The use of ICT for the protection of nature and especially trees:

Our partner Social Ecological Institute members from Poland made a presentation about the responsibilities of the elderly population in nature protection and especially in the protection of trees. We started the presentation by watching a documentary (<https://www.youtube.com/watch?v=dwK4Ep7vLW0>) directed by Dushka Markowska, a member of the association. After the documentary telling the story of a tree, the founder of the association, Elizabeth Priviziencew, on the other hand, talked about the unions they formed in order to protect the parks and trees in the neighborhoods of the elderly, especially in cooperation with local governments. In these associations, the elderly who do documentation work also tell their children and grandchildren the stories and the process of the trees. These initiatives, which are also considered as taking care of their neighborhood, prevented the protection of many parks, especially in Warsaw, from falling victim to the zoning plans.

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Information Technology helps improve the quality of life in the Finnish countryside:

Our Finnish partner Tiedetila is in the village of Pihlajavesi, a fairly sparsely populated region with an average of less than 1 person per square kilometer. The average age of 400 inhabitants of Pihlajavesi is over 65, so cooperation between people is essential.

Tiedetila also talked about the importance of following the vital values of older people, especially living far from each other. For this purpose, the coffee machine heater tracking system, which is one of the tracking systems installed on smartphones, has attracted a lot of attention.

One of the most important lifestyles for the elderly in Finland is making coffee at home. With a reflector attached to the coffee machine, the temperature and working time of the coffee machine can be monitored. This can be the most important tracking system especially for the elderly who live away from their families. The audience got information especially about security and tracking systems.



Information Technology training guides for the elderly in Sweden:

Swedish project partner MobilEducation is a Stockholm-based NGO founded in 2013 that provides education and information on the use of smartphones, tablets and digital services to the elderly. They give concrete examples and use a variety of applications that can help the elderly in daily life.

In the presentation of MobilEducation, they gave examples of the manuals they compiled for the elderly, so they learned to use their voice assistants (such as SIRI for IOS or GOOGLE ASSISTANT for Android) and cloud services (IOS / Android). They encourage seniors to learn how to use their smartphones.

MobilEducation provides Information Technologies training for the elderly in cooperation with SeniorNet Sweden. Peer-to-peer ICT training is free for elderly people with smartphone / tablet problems. Members from different associations and other interested parties can work as volunteer teachers. Materials, videos and podcasts are free for all seniors.



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Time Bank 55+ supports an active lifestyle for the elderly:

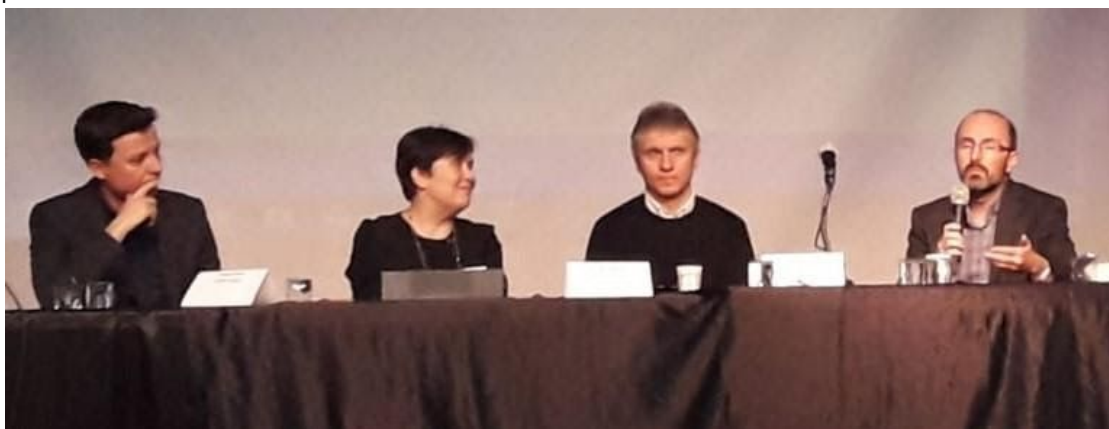


SPES especially touched upon the Time Bank 55+ project and its effects in its presentation at the conference in Istanbul. The Zaman Bank project is a project based on sharing the talents of the elderly by organizing among themselves.

It is a very important project especially considering the development of hand skills and time sharing of the elderly living alone in their homes. In this regard, earlier SPES project meeting presenters from different countries, made a presentation at the conference to promote the project to a wider audience in Turkey. In their region, throughout Austria, Germany and Hungary currently active time Banaka project has referred to reflect on how and where applicable question in Turkey. Listeners among the most debated topics Time Bank project has been evaluated in Turkey's conditions. SPES also provided information on digital storytelling. He also explained how it is used in the Time Bank project and how it can be used as a method to digitize the lives of the elderly.

Academics spoke in the second part of the conference

In the second part of the conference organized by TROYA Environmental Association, scientists working to facilitate the life of the elderly with digital technologies made presentations. Prof. Cem Ersoy from Boğaziçi University made a presentation of a model study that follows the movements of the elderly and produces solutions accordingly using computer technologies. Stating that the patented model has been developed and expanded, Ersoy stated that they will work to expand the process to the international arena as well.



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