



INDIRE ISTITUTO NAZIONALE DOCUMENTAZIONE INNOVAZIONE RICERCA EDUCATIVA



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Seniors Go App!

Project reference: 2021-1-IT02-KA210-ADU-000047887

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SENIORS GO APP!

Project Reference: 2021-1-IT02-KA210-ADU-000047887

EU Grant: 60.000,00 €

Programme: Erasmus+ Key Action: Partnerships for cooperation and exchanges of practices

Action Type: Small-scale partnerships in adult education

Countries covered: 3

Topics: development of training courses; digital skills and competences; digital content, technologies and practices.

WEBSITE: <https://www.piattaformaprogetti.eu/seniors-go-app/>



MITRA FRANCE

AKLUB

Summary

OBJECTIVES: The general objective of the project is to enhance digital literacy and skills in people over 65 years old and boost their autonomy in using and manage mobile devices and their apps.

The specific objectives are: to offer efficient education and training to elderly learners in digital mobile literacy; to implement an on line course open source to help educators and volunteers that aim to support elderly in digital literacy; to develop an app of virtual assistance targeted on elderly users.

ACTIVITIES: Analysis of the direct beneficiary target (elderly over 65 years old), their needs, challenges, motivations, limits; Workshop to develop learning contents and methodology for a digital course open source addressed to educators and trainers for the digital mobile literacy of senior users; Local pilot classes to validate implemented contents and methodology and monitoring impacts on learners; Implementation of the Digital course; Development of the app of virtual assistance and testing on learner

IMPACT: On line Course open source for educators and trainers to provide the skills, methodology, language, teaching material targeted on over 65 years old learners and efficient successful.

A mobile application for virtual assistance to senior users to help them to overcome their difficulties in managing a list of the apps more helpful for their daily life.

The main expected impact is an empowerment of seniors in the digital transition that will improve their life with helpful services.

GUIDE LINES



USE OF MOBILE DEVICES & ITS APPS



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NEEDS

OF ELDERS USING MOBILE DEVICES

TO COMMUNICATE WITH
FAMILY & FRIENDS
TO MAINTAIN SOCIAL INKS

NEED TO BE SAFE
FEEL SAFE

TO GET FOOD, GROCERY &
MEAL DELIVERY

TO FULFIL CURIOSITY

TO BE UPDATED, INFORMED



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NEEDS

OF ELDERS USING MOBILE DEVICES

TO KEEP FAMILY COHERENCE
TO HAVE FUN, GOOD
MEMORIES

TO MANAGE OWN FINANCES
TO BE EFFICIENT

TO IMPROVE THE QUALITY OF
LIFE & WELLBEING





TIPS

TO HELP SENIORS USING MOBILE DEVICES

1. Make it more readable
2. Enlarge the on-screen keyboard
3. Configure the Lock Screen
4. Organise the Home Screen
5. Set up favourites
6. Set up custom ring phones for special callers
7. Make it easy to find emergency & medical information





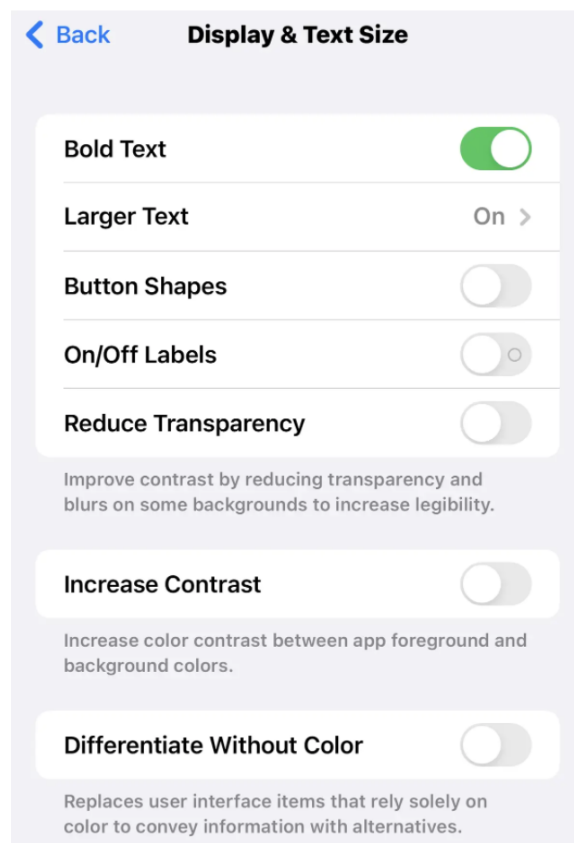
TIPS

MAKE TEXT MORE READABLE

As we age, it gets harder to read small text. To address that issue, both iPhones and Android phones let you tweak the size of screen text.

On an iPhone, start the Settings app and then tap Accessibility. Tap Display & Text size to configure not just the text size (via the Larger Text option), but also make text bold, increase contrast, and a variety of other readability settings.

For Android, start the Settings app and tap Accessibility. Then tap Text and display to set text size, bold the text, enable high-contrast mode, and more.

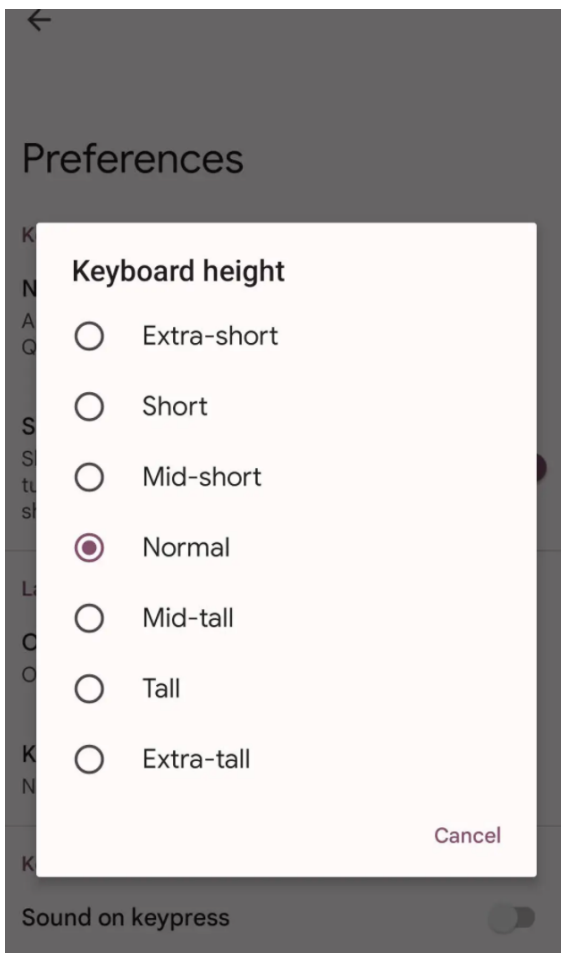


YOU CAN MAKE TEXT
BIGGER AND BOLDER
FOR OLDER USERS
WHO HAVE TROUBLE
READING THE
SCREEN



TIPS

ENLARGE THE ON-SCREEN KEYBOARD



Just like the on-screen text, you might need to make the keyboard bigger for readability.

On the iPhone, start the Settings app and choose Display & Brightness. Tap View and then choose Zoomed. This is something of a two-for-one; it not only enlarges the keyboard, but makes most other UI elements, like buttons and controls somewhat larger as well.

For Android users, start any app that uses the keyboard so you can see the keyboard on screen. Tap the Settings icon (shaped like a gear) atop the keyboard. Tap Preferences, then Keyboard height. Choose an option like Mid-tall, Tall, or Extra-tall.



YOU CAN MAKE THE
KEYBOARD KEYS
LARGER SO THEY'RE
EASIER TARGETS FOR
ELDERLY FINGERTIPS.

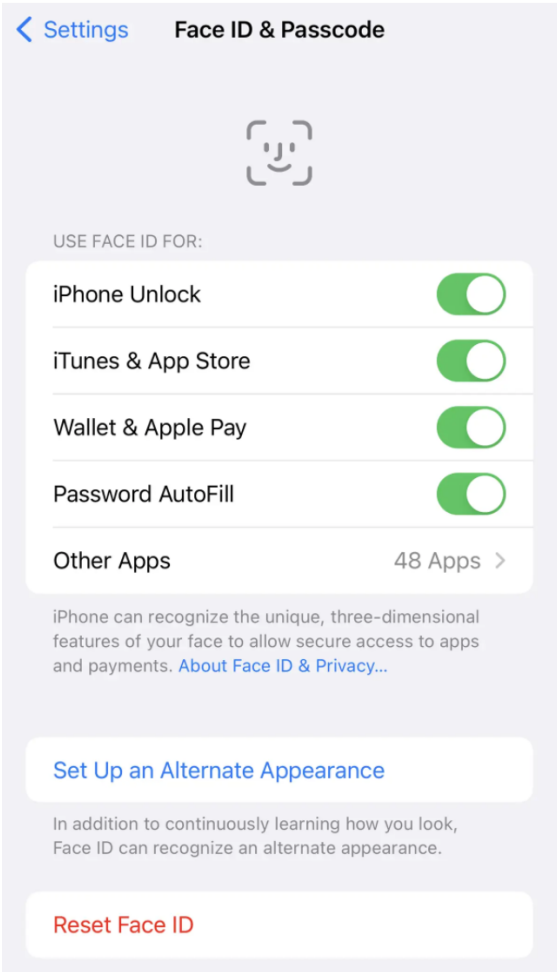


TIPS

CONFIGURE THE LOCK SCREEN

If you're setting up a phone for older users, you might be inclined to skip the passcode and leave the phone unlocked for simplicity. The risk of data theft is simply too great, though, so do the next best thing: Set up the lock screen using both biometric (fingerprint or face identification) and a four-digital passcode you trust that they'll be able to remember.

On the iPhone, start the Settings app, then tap Face ID & Passcode to add Face ID, Touch ID, or passcodes.



For Android users, start the Settings app, then tap Security followed by Screen lock. Avoid setting longer passcodes or using a pattern, which can be difficult for some elderly to memorize.



**DON'T FALL FOR THE
TEMPTATION TO
LEAVE A PHONE FOR
OLDER USERS
UNLOCKED.**

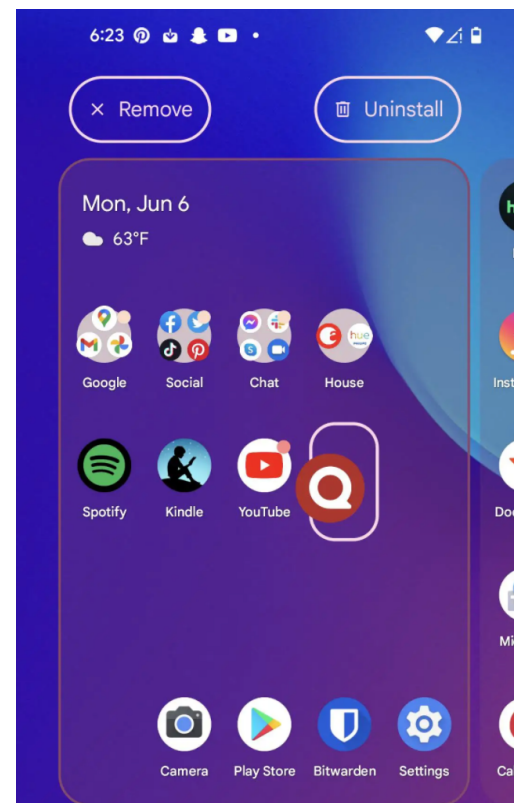


TIPS

ORGANISE THE HOME SCREEN

No matter how much of a smartphone champion you are, you have to admit that the number of apps installed on the average phone can be overwhelming. And without stereotyping older users, it's fair to say that most don't need that many apps. That means you can help your elderly user by organizing the Home screen with just the most important apps they'll regularly use, and you can further put only a few apps on each page, organized by category.

Both iPhone and Android let you arrange apps by dragging them around the screen, and you can remove the ones you don't think will get much use without deleting them, so they're still installed in case they're later needed. On the iPhone, tap and hold an app icon until everything starts to wiggle. Tap the minus sign and then choose Remove from Home Screen. For Android, tap and hold an app icon until the edit page appears, then drag the icon to the Remove button at the top of the screen.



YOU CAN REMOVE
APPS TO DECLUTTER
THE SCREEN
WITHOUT
UNINSTALLING THEM.



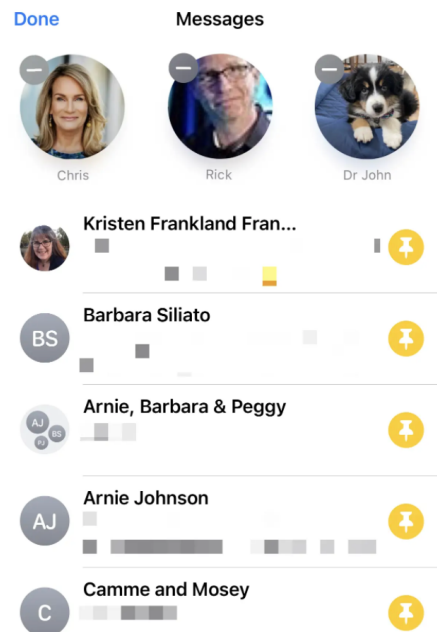
TIPS

SET UP FAVORITES

For many elderly users, the less time they have to spend finding things on the phone, the better — so be sure to pin voice call and texting favorites.

On the iPhone, you can pin the most important contacts in the Messages app to the top of the app by starting Messages and then tapping the three-dot icon at the top of the screen. Tap Edit pins and then tap the yellow Pin icon to add a name to the top. To pin a contact to the Favorites page of the Phone app, start Phone and go to the Favorites tab. Tap the Plus at the top of the screen, then find the person you want to favorite in the contact list.

On Android, to pin a contact to the top of the Messages app, start the Messages app and then tap and hold the conversation you want to pin. Tap the Pin icon at the top of the screen. You can also create favorites in the Phone: Start the Phone app and tap Favorites. Tap Add at the top of the screen and add entries from the contacts list.



YOU CAN PIN
IMPORTANT
CONTACTS TO THE
TOP OF THE
MESSAGES SCREEN.



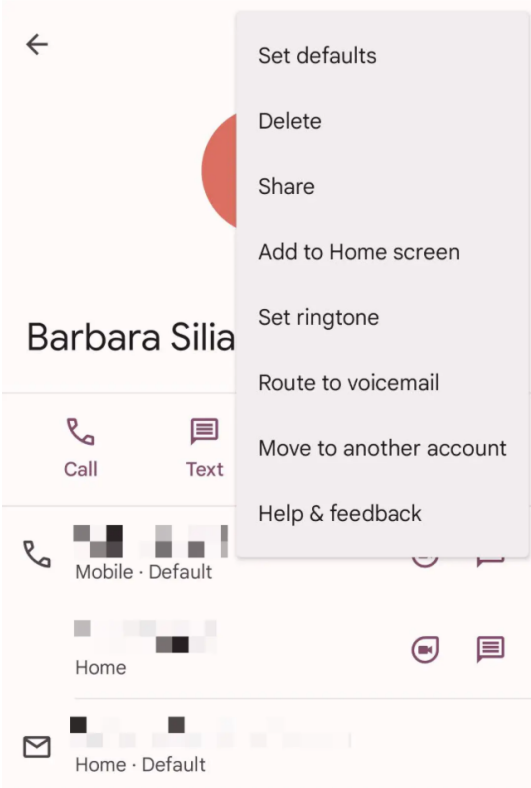
TIPS

SET UP CUSTOM RINGTONES FOR SPECIAL CALLERS

If you want to help an older user distinguish important calls, such as from health care providers or family members, you can change the ringtone for specific contacts.

On the iPhone, start the Contacts app and then tap the person you want to customize. Tap Edit and then tap Ringtone. You can specify any ringtone you prefer.

The process is similar for Android. Start the Contacts app and tap the person you want to edit. Tap the three-dot menu at the top right and choose Set ringtone from the dropdown menu.



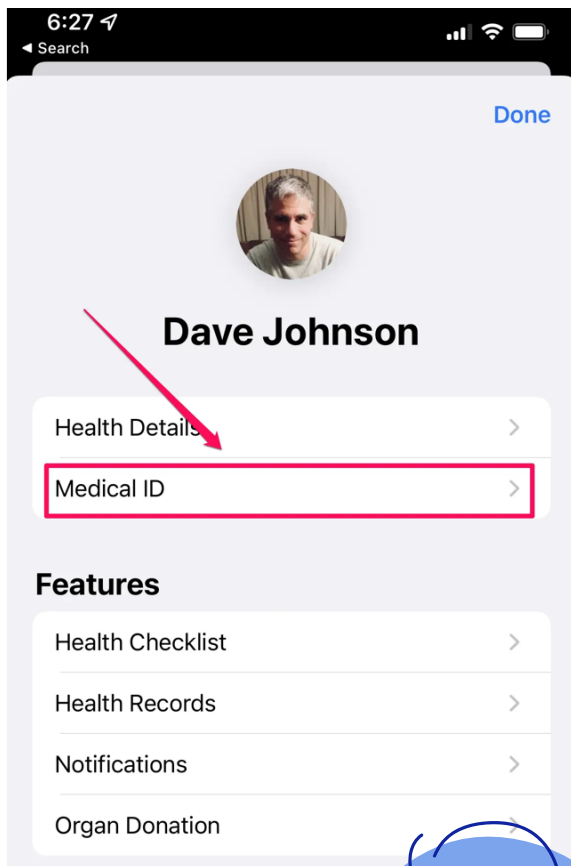


TIPS

MAKE IT EASY TO FIND EMERGENCY & MEDICAL INFORMATION

Both Apple and Google make it easy to add medical and emergency info to your phone, which can be critical if emergency responders need to know an elderly person's medical details in a hurry.

On the iPhone, you can find this info on the lock screen by tapping Emergency, then Medical ID. To actually fill in these details, start the Health app and tap the user profile photo at the top right. Tap Medical ID and then either tap Get Started or Edit to add or update your information.



To find emergency information on Android phones, open the lock screen and tap Emergency Call. Then, on the call screen, tap View emergency info. To complete these emergency details, tap the Settings app, then Safety & emergency. Here you'll find sections for Medical information, Emergency contacts, and more.



YOU CAN SET CUSTOM HEALTH AND EMERGENCY CONTACT INFO FOR THE LOCK SCREEN IN THE HEALTH APP.



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TIPS

FOR THE DESIGN OF APPS

FOLLOWING THE FOLLOWING
GUIDELINES WILL RESULT IN AN
APP THAT IS NOT ONLY
FUNCTIONAL BUT DEVELOPS A
SENSE OF CONFIDENCE IN
SENIOR CITIZENS.



USE MINIMAL DESIGN TO
PREVENT COGNITIVE ISSUES IN
SENIOR CITIZENS



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TIPS

FOR THE USE OF MOBILE DEVICES



AVOID IRRELEVANT CONTENT
ON THE SCREEN



PROVIDE CLEAR INSTRUCTIONS
ON HOW TO USE THE APPS



TIPS

FOR THE USE OF MOBILE DEVICES



PROVIDE ONLY THOSE
FEATURES THAT ARE REQUIRED
BY THE USER



PROVIDE CLEAR INSTRUCTIONS
ON HOW TO USE THE APPS



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TIPS

FOR THE USE OF MOBILE DEVICES



LIMITED GESTURE CONTROL
WITHIN THE APP



USE REAL LIFE EXAMPLES



TIPS

FOR THE USE OF MOBILE DEVICES



PUT THE MOST IMPORTANT
NAVIGATION ELEMENTS UP
FRONT



TAKE CARE WHEN ALTERING
FREQUENTLY USED FLOWS



TIPS

FOR THE USE OF MOBILE DEVICES



KEEP THE UI BELOW 12-POINTS



LESS TEXT OR CONTENT,
SIMPLE AND CLEAR LANGUAGE
BUT RATHER TO THE POINT



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