



**WSIS+15
FORUM 2020**



WSIS Conference 2020

“Fostering digital transformation and global partnerships:
WSIS Action Lines for achieving Sustainable Development Goals”.

Monique Epstein

EURAG Foundation and E-Seniors Association

Paris, France



EURAG and E-Seniors



EURAG European Federation of Older persons

founded in 1962, is the oldest Pan-European NGO concerned with the rights of seniors with members in 28 countries

E-Seniors – fights for the e-inclusion of seniors and disabled people

- A non-profit organization founded in Paris in 2005, providing access to ICT for seniors
- Since, thousands of Parisian seniors have been trained
- Participation in various local and European projects about adult education and active ageing (Erasmus, AAL, ICT/PSP, Horizon 2020, EIT).



Brief description of the session



ICTs and Older Persons

Empower seniors to be e-included

Enhance intergenerational communication, daily life and care
using ICTs

The speakers of this panel will emphasize the importance, more than ever in a pandemic, of supporting seniors in the use of digital technologies for healthy and active , to fight against isolation and intergenerational divide and enhance care facilities



E-SENIORS

- LIFE BEGINS AT 50 -



Seniors and Information & Communication Technologies

The objectives of the association are to:

- Reduce the digital divide between the different generations
- Overcome seniors' isolation and social exclusion
- Facilitate access to training and information

This way E-Seniors aims at increasing solidarity in the digital society and at spreading the Internet culture



E-SENIORS

- LIFE BEGINS AT 50 -

Discover your internal geek!

Since 2005, our associations propose trainings and workshops about the usage of varied digital tools and services. Our activities are targeted seniors with the goal to bridge the digital divide.

The digital tools are not that difficult to handle, all you need is to master them!



Empower seniors to be e-included :
they will become active and creative
citizens and change society!

eServices for Seniors (55+)



Empowering seniors to be e-included

Empowerment means giving the tools (and web communication tools are the best for that) to :

- impose one's will in the context of a social relationship and decision taking
- fight against discrimination due to age

**GIVE SENIORS a PURPOSE in LIFE
and a PLACE in SOCIETY**

Retirement no longer means inactivity

the market activity (previous paid job) becomes a free activity

seniors get involved in social and civic activities

they often fill the gaps of the state or the private market with valuable know-how, experience and useful networks





Creative skills : active and healthy ageing



Acquiring digital skills will open doors :

- better communication with other generations or with other people through social networks/ forums
- more opportunities of daily activities involving cognitive and physical stimulation -> impact on health
- training for new competences or even be coached to find some new job or paid activity (as e-entrepreneurship / offering products or services on the web)

Every senior/ retired person is concerned and Eseniors helps to

- acquire Internet CULTURE
- demystify/gain control over “these” machines
- learn how the Internet can make life simpler





Seniors are also citizens....



Talking about seniors as citizens is NEW

it implies to value their place and value in society

It is possible now because retired people spent at least 20 years of their life as quite healthy

They represent 30% of the population

And have stable financial income (even if not always high)



As citizens they can represent their generation in the co-construction of societal changes following important demographic and technological changes which both impact our society and daily life

Of course there are barriers

- the way some young people consider elderly
- the fact that some people are not used to discuss social issues with others

... à propos OTHERS....



E-SENIORS

- LIFE BEGINS AT 50 -



Digital Literacy

- **Target population:** Seniors (+50 years old), all levels included
- **Content:** Social networks (FB, Twitter), Basic concepts, Internet, PC or MAC, iOS or Android (tablet and smartphone)
- **Duration:** 8 sessions per trimester, 1h30 or 2h
- **Trainer:** pedagogical, patient, good social contact, little technical jargon, conviviality
- **Participants:** 4 interns for 1 trainer, 8 persons per workshop at maximum





E-SENIORS

- LIFE BEGINS AT 50 -



Digital First Aid

- **Target population:** seniors interns, E-Seniors members
- **Content:** identification of first level problems related to the digital material
- **Duration:** 2h per week during the whole year
- **Participants:** on the request and individually



Digital photos workshops

- **Target population:** Seniors/Retired persons (+50 years old), all levels included
- **Content:** the trainer adapts himself to the level of the interns and their demands
- **Duration:** 5 workshops, 2h each during the whole year
- **Trainer's profile:** having good skills in digital photo tools and software
- **Participants:** 1 trainer for 3 interns





Digital tool workshops for job seekers

- **Target population:** Job seekers with no digital knowledge
- **Content:** MSOffice; Job seeker websites; Support for CV, motivational letter, job applications , coaching
- **Duration:** 8 sessions, 2h each, during two weeks
- **Participants:** 1 trainer for 4-5 interns, 10 persons at most



© Can Stock Photo - csp10611082



Entrepreneurship on Web

- **Target population:** Job seekers without digital skills or Seniors looking for additional revenues
- **Content:** Coaching to define personal projects; basics in management and communication; computer skills; personal aid for each project
- **Duration:** From 10 to 20 sessions, 3 weekly sessions, 2h each





E-SENIORS

- LIFE BEGINS AT 50 -



E-Administration

- **Target population:** Seniors, Job seekers, social assistants
- **Content:** learn how to navigate through administration websites
- **Duration:** 2h per sessions; on demand
- **Trainer's profile:** pedagogical, good social contact, patient, IT background
- **Participants:** 1 trainer for 4 interns, 8 persons at most





Animation of intergenerational games

- **Target population:** Senior/junior duos
- **Content:** quizzes; drawing games; simulation games; ping-pong, bowling (physic games), card games
- **Duration:** 2h per sessions; on demand
- **Trainer's profile:** Good social contact, skills in the deployed devices for the games
- **Participants:** 40 participants at most (seniors and juniors), 8 persons from E-Seniors





E-SENIORS

- LIFE BEGINS AT 50 -



English conversation club

- **Target population:** Seniors or retired persons (aged over 50), willing to learn English
- **Content:** Activities based on conversation in English in order to stimulate the seniors to speak freely and without barriers
- **Duration:** bi-monthly sessions from 1h30 to 2h, during the whole year
- **Trainer's profile:** Native English-speakers
- **Participants:** max 20 participants, 1 trainer + 1 assistant

**SPEAK
ENGLISH!**

Contact

Monique Epstein

mepstein@eseniors.eu

www.e-seniors.asso.fr

