

**Title of Workshop:** ICTs and Older Persons:  
How to improve the e-inclusion of seniors in order to ensure social fairness, avoid intergenerational divide and help all ages to build resilience capacities in order to react to crises  
**Organiser:** E-Seniors (Paris)

## Emerging Trends

Importance of acting for the e-inclusion of seniors - nowadays more than ever - in order to

- keep them healthy and active
- fight against isolation, marginalization and intergenerational divide
- support independent living in old age

Help/empower all ages to build resilience capacities in order to react to crises with Internet/network resources

## Concrete Actionable Items Identified

New online activities – on ZOOM - such as :

Intergenerational Radio -Theater ( HIPOKAMP in Lodz / Poland )

Pan-European English activities meetings (EURAG and Eseniors seniors in 30 countries) such as

- Language conversation
- Book club discussions
- Memory training

healthy indoor and outdoor age-friendly environments

## Challenges

Make ICTs more user-friendly ! + Foster the creation and implementation of smart, healthy, age-friendly indoor and outdoor environments thanks to digital technologies (COST program)