



INDIRE ISTITUTO NAZIONALE DOCUMENTAZIONE INNOVAZIONE RICERCA EDUCATIVA



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Seniors Go App!

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

Start date 01-03-2022

End date 31-08-2023

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.

Mobile Apps



FOR THE USE OF ELDERS



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USEFUL MOBILE APPS

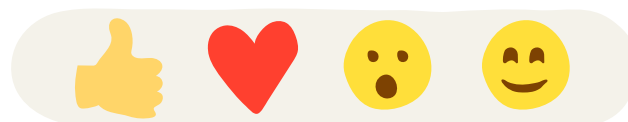
SOCIAL APPS

1. FACEBOOK MOBILE

Seniors using the web version of Facebook on their desktop computers already know how helpful it can be for keeping up with busy family and friends. You can send messages, or just log on to see what everyone has been up to. It's a great way to get updates and photos from older grandchildren that have gone off to college or to see a video of your first great-grandchild taking his first steps.



For seniors leading busy lives of their own, downloading the Facebook app for your iPad or smartphone may be an even better option. You can stay current on what everyone has been up to while you're on the go, upload a photo, or post a status about your own activities.





USEFUL MOBILE APPS

SOCIAL APPS

1. B. FACEBOOK MESSENGER

If you are among the adults over who have a Facebook account, you've already done most of the work needed to use Facebook Messenger. Messenger is a standalone app that connects people through their Facebook profiles.

You can video chat with one person or do a group chat, as well as send text messages and photos. There are even fun features to try out while you're on a video call. You can make your grandchildren giggle by putting a digital frog on your head or even turning into a dragon!





USEFUL MOBILE APPS

SOCIAL APPS

2. SKYPE

If you want to keep in touch with family or friends, Skype makes video and audio calling easy over the internet. Communicate with loved ones and see their faces with your mobile device. Skype can be used to call mobile phones and landlines in addition to making video calls.





USEFUL MOBILE APPS

HEALTH APPS

3. SHOPWELL

Following a healthy diet is another way to help keep your brain in top shape. Foods that are high in antioxidants are particularly helpful in reducing cell damage. The ShopWell app will help you match foods to all of your health needs. Once you set up a profile, this app will help you make nutritious shopping lists that you can take to the store. It will also show you healthy alternatives to some of your favorite foods.





USEFUL MOBILE APPS

HEALTH APPS

4. PILL MONITOR & MEDISAFE MEDS & PILL MONITOR

Staying active is great for your health. But skipping important medications can lead to health problems that keep you from enjoying your favorite activities. The Pill Monitor app can help make sure you don't forget about any medication. This app allows you to schedule reminders by day, date, and time. You can even send your doctor a log of medications taken.





USEFUL MOBILE APPS

HEALTH APPS

5. MEDWATCHER

In addition to taking your medications, it's also important to stay up to date on any changes or notifications from the manufacturer, such as a product recall or potential adverse reaction notification. With the MedWatcher app, you can create a list of all of your medications and receive real-time news and information. The app can also be used to report an adverse reaction you've experienced directly to the FDA.





USEFUL MOBILE APPS

HEALTH APPS

6. IBP

This comprehensive app makes documenting and monitoring blood pressure easy. After taking their blood pressure, seniors simply enter their readings into the app. A customizable color-coded graph displays trends and denotes whether readings are normal to high. The app can be used by multiple older adults with one app.



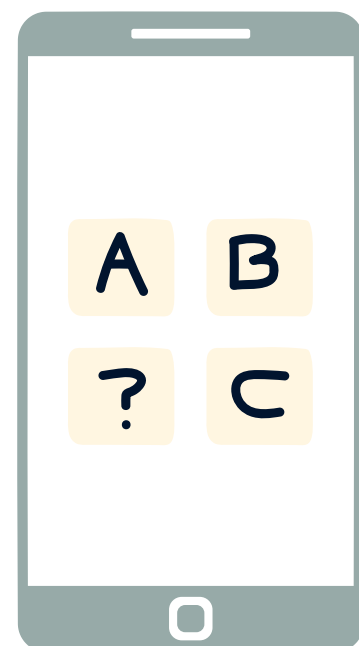
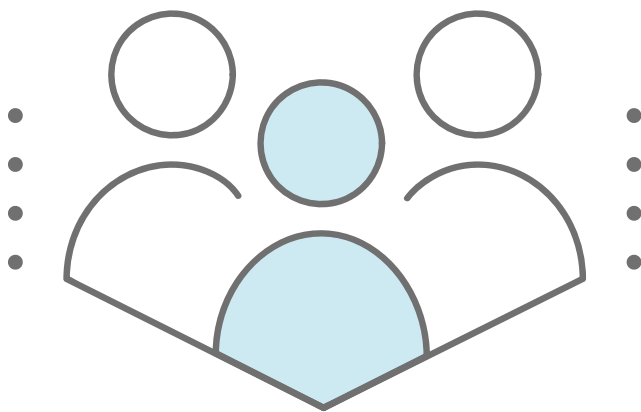


USEFUL MOBILE APPS

ENTERTAINMENT APPS

7. WORDS WITH FRIENDS

The Words With Friends app and Words With Friends 2 allows you to play a quick word game online with loved ones or new players anywhere in the world. The game itself is similar to Scrabble. Each player uses his or her own mobile device to take a turn building a word on the board. There's even a feature to send messages to keep the game social.





USEFUL MOBILE APPS

ENTERTAINMENT APPS

9. LUMINOSITY

The Lumosity uses challenging puzzles and brain teasers to keep you sharp. According to Lumosity’s Director of Communications, “Lumosity is based on the science of neuroplasticity, the idea that the brain can change and reorganize itself given the right kinds of challenges.” With both free and paid versions for Lumosity iOS and Android, seniors can use this app to focus on improving skills, such as memory, attention, speed, flexibility and problem-solving.





USEFUL MOBILE APPS

ENTERTAINMENT APPS

10. APPLE BOOKS AND KINDLE

If you're a voracious reader but find lugging heavy tomes around burdensome, it's easy to get unlimited books right on your device. For Apple users, Apple Books offers digital texts and audiobooks on your iPhone, iPad, iPod touch, or Apple Watch. If you are an Android user, the Kindle app allows you to browse millions of books from the comfort of your own home.



USEFUL MOBILE APPS

ENTERTAINMENT APPS

11. LIBRIVOX AUDIO BOOKS

Librivox is a library full of audiobooks. If reading traditional books has become challenging for you, but you still want to be swept away in storytelling, this app offers over 50,000 audiobooks to choose from.





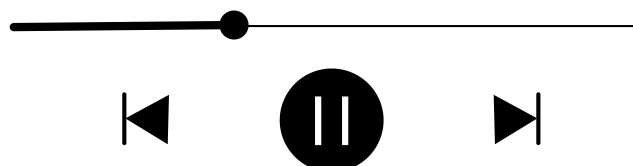
USEFUL MOBILE APPS

ENTERTAINMENT APPS

12. SPOTIFY

Music can help people relax, set the ambiance at a dinner party, return to a bygone era, get pumped for exercise, and so much more. With Spotify, you can listen to specific songs or let the app curate music for you based on what you like.

Spotify is also the number one app for listening to podcasts. Podcasts are continuing to grow in popularity, and there is something out there for almost every interest. Use the app to discover new podcasts or manage your favorites.



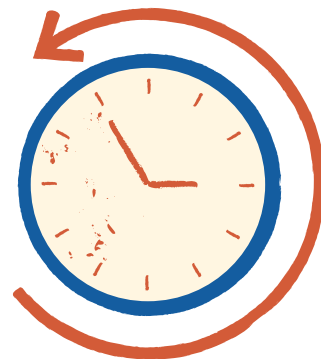


USEFUL MOBILE APPS

ENTERTAINMENT APPS

13. OLD TIME RADIO 24

Do you miss the old tunes and radio shows of yesteryear? This app offers 35 stations of music and radio plays from the 1920s all the way through the 1970s. No matter what era you're looking for, this app likely has the sounds of your younger years. The app can run in the background of your device so you can still use it to send messages and surf the web while listening.





USEFUL MOBILE APPS

ENTERTAINMENT APPS

14. NETFLIX

You might be asking yourself: What is Netflix? Netflix is one of the top streaming services for TV, meaning it uses your internet connection to allow you to watch its collection of shows and movies on your phone, tablet or television. In short, it's a new way to watch television but nothing to feel overwhelmed about. Netflix is a great way for seniors to stay entertained and connected with friends and family, even if they don't use technology very often. And it can be had anywhere the app or a computer is available.





USEFUL MOBILE APPS

PERSONAL FINANCE APPS



15. AARP

The AARP mobile app, available for both Android and iOS, makes keeping up with news and special offers for seniors easy. As an AARP member, you can access your digital card in the app anytime. The app also makes joining and renewing simple. Other features include daily news stories, nearby event listings, and members-only benefits and discounts.



USEFUL MOBILE APPS

PERSONAL FINANCE APPS

16. SCIDDY APP – SENIORS SAVINGS

The Sciddy app uses your location to help you find local businesses that offer deals for those over 65. Discounts consist of food, entertainment, home services, travel, health, and a number of others in hundreds of cities across the country. The app is available via iOS or Android and has an easy to use interface.



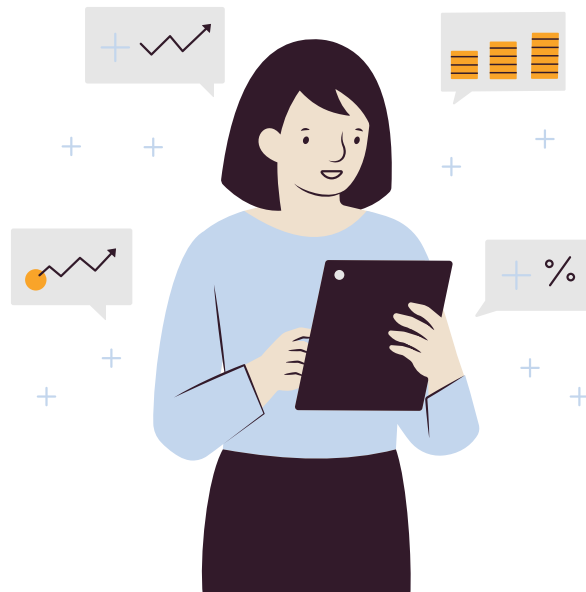


USEFUL MOBILE APPS

PERSONAL FINANCE APPS

17.MINT

The Mint app can help seniors keep an eye on their budgets and finances. Users simply link their accounts and get a big picture overview of account balances, upcoming bills, and spending habits. This is ideal for seniors who are monitoring their spending or trying to stick to a budget.





USEFUL MOBILE APPS

PERSONAL FINANCE APPS

18. PERSONAL CAPITAL

While there are lots of tools that allow you to track finances, personal capital stands out when it comes to retirement planning. If financial planning seems daunting, check out this app for its straightforward visuals and projections. Use it to assess your current retirement situation and even play out other scenarios to decide whether you need to make changes to your long-term plans.





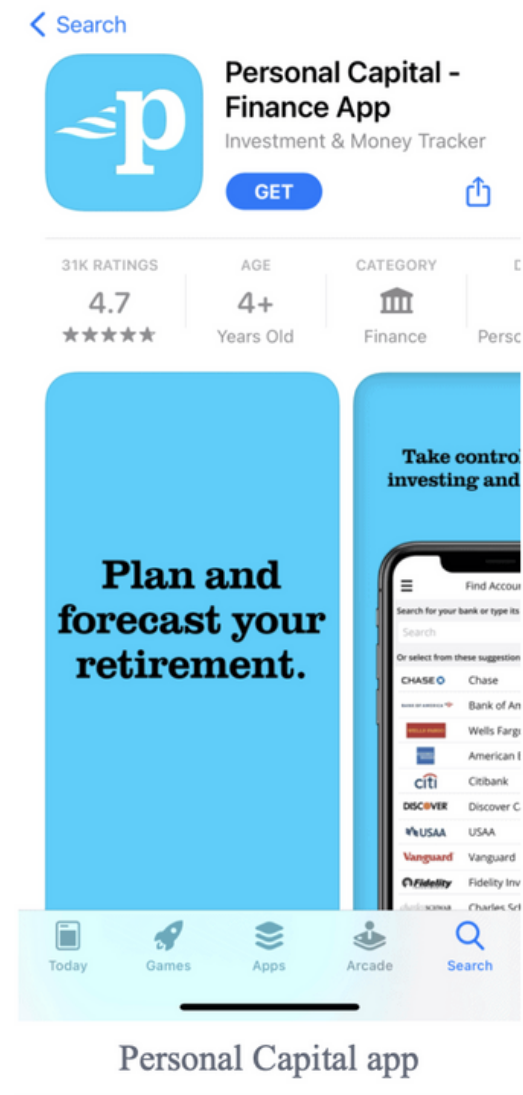
USEFUL MOBILE APPS

PERSONAL FINANCE APPS

19. PERSONAL CAPITAL

TAKE CHARGE OF
RETIREMENT PLANNING.

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USEFUL MOBILE APPS

PERSONAL FINANCE APPS

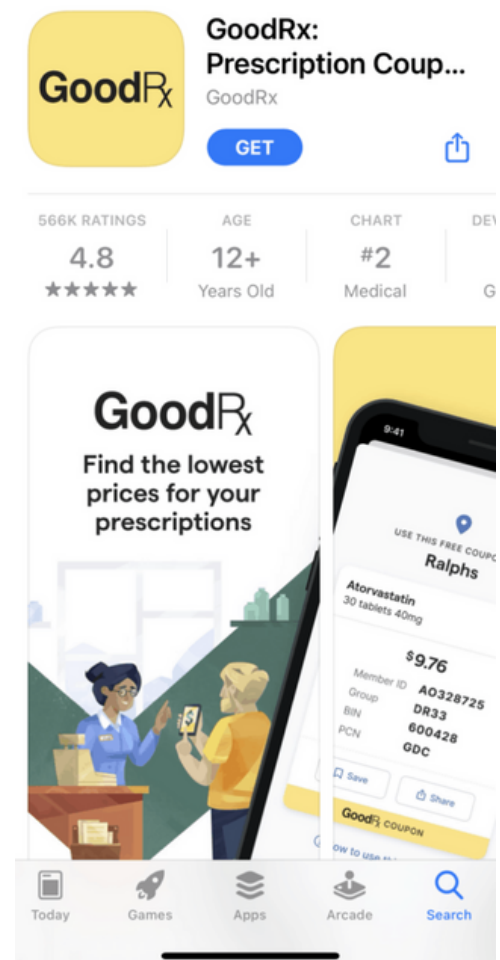
20.GOODRX

SAFE MONEY ON PRESCRIPTIONS!

One of the reasons seniors do not take medications as prescribed is simply that they cost too much. GoodRx helps users compare prescription drug prices at different pharmacies and find coupons that can be used right from the app. The app can also alert you when a particular medication drops in price and let you know when you may be due for a refill. If you use Medisafe to manage your prescriptions, you already have savings help powered by GoodRx and don't need

to download a separate application.

For more information on all of our favorite prescription discount apps similar to GoodRx, head to our best prescription discount cards page.





USEFUL MOBILE APPS

FITNESS APPS

21. MAP MY RUN

Whether you're taking a stroll through the mall, at the park or on your favorite trail, this app can map your progress while allowing you to track your personal goals. And it gives you the proof when your friends and family don't believe you!



22. MY FITNESS PAL

If you're watching what you eat because of a desire to lose weight or even just to better monitor your nutrition, My Fitness Pal can help. This app gives you nutrition labels for all your food so you can track calories and nutrients like fat, protein, and carbohydrates. With a food database of more than 5 million items and a barcode scanner, you can make the best choices at home, in the supermarket and in restaurants. There's even a recipe importer so you can track your favorite meals.



USEFUL MOBILE APPS

FITNESS APPS

23. POCKET YOGA

Yoga is a great exercise choice for seniors who want to improve muscle strength, mobility, balance and flexibility. This app provides a database of illustrations and videos that show you how to do more than 200 poses designed by certified yoga instructors. You can begin your personalized yoga practice from the comfort of your own home.





USEFUL MOBILE APPS

FITNESS APPS

24. TAI CHI FOR SENIORS

Many seniors enjoy the meditative aspect of tai chi, which is an ancient Chinese practice of thoughtful movement. Studies show tai chi improves flexibility, increases muscle strength and helps with balance and aerobic conditioning. This app offers 64 demonstration videos with step-by step instruction from a tai chi master, and audio guides.





USEFUL MOBILE APPS

TRANSPORTATION APPS

25. LYFT & UBER

Whether you're no longer driving or just need to run a quick errand without your vehicle, these ridesharing apps let you call a car to your home and go to your destination. The apps themselves are free but the rides will charge your card in-app.





USEFUL MOBILE APPS

TRANSPORTATION APPS

26. GOOGLE MAPS

REMEMBER WHERE YOU PARKED! Everyone has experienced the moment when you get ready to leave somewhere and realize you have no idea where you parked. If you find this happening frequently, your phone can help you out. But you don't have to download an extra app to remind you where your car is because this feature is included in the most popular navigation app.

In Google Maps, click on the blue dot showing your location, click “Set as parking location” from the menu that pops up, and it will be saved. Then when you are ready to navigate back to your car, click the blue “Directions” icon and choose “Saved parking.” This app is also great for getting directions when you're going somewhere new or if you get lost while driving.





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