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Erasmus+ Programme  
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## **Project overview - structure, aims, objectives, targets, challenges (e.g. Covid pandemic) lessons**

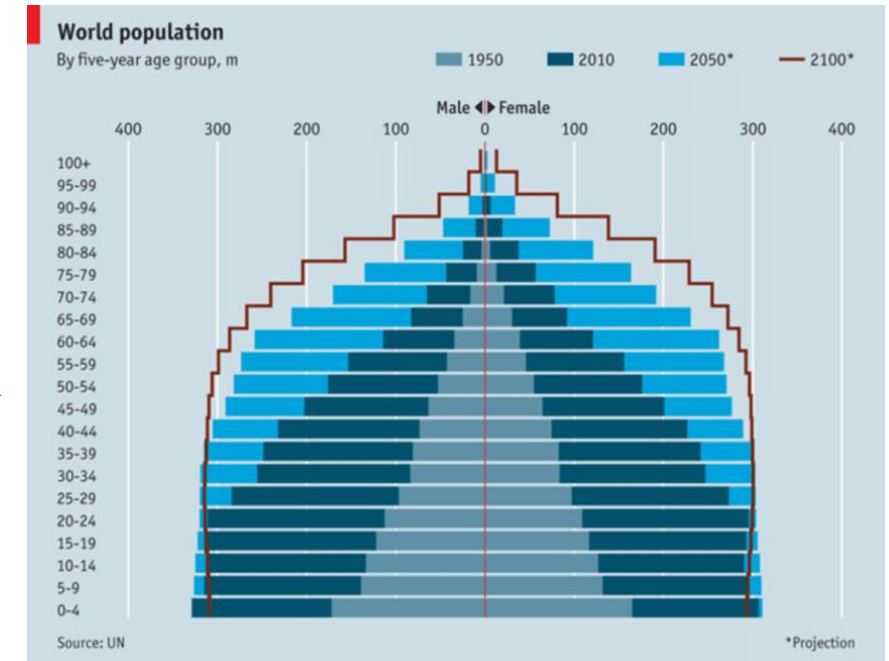
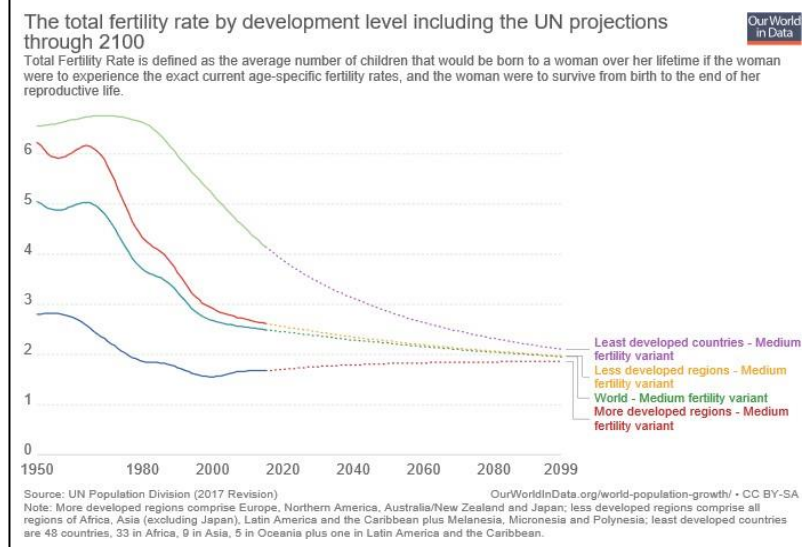
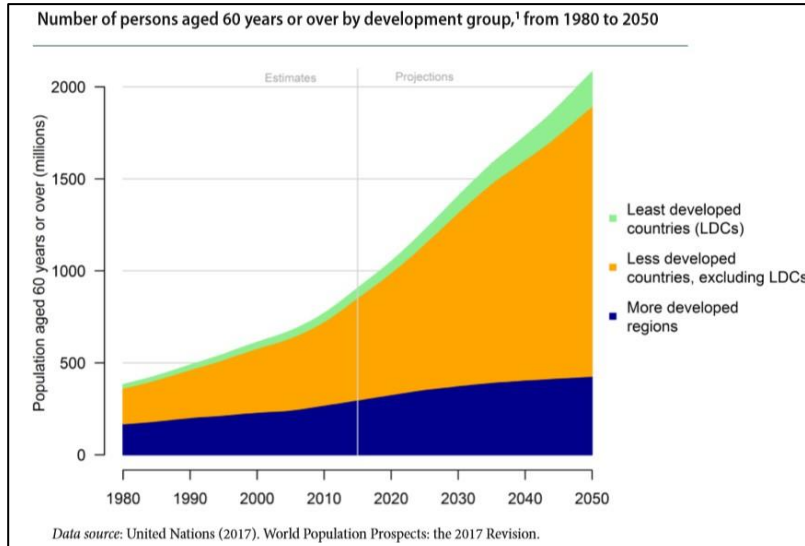
**Elísio Costa**

UCIBIO/REQUIMTE, Faculty of Pharmacy, Competences Center on Active and Healthy Ageing -Porto4Ageing, University of Porto, Porto, Portugal

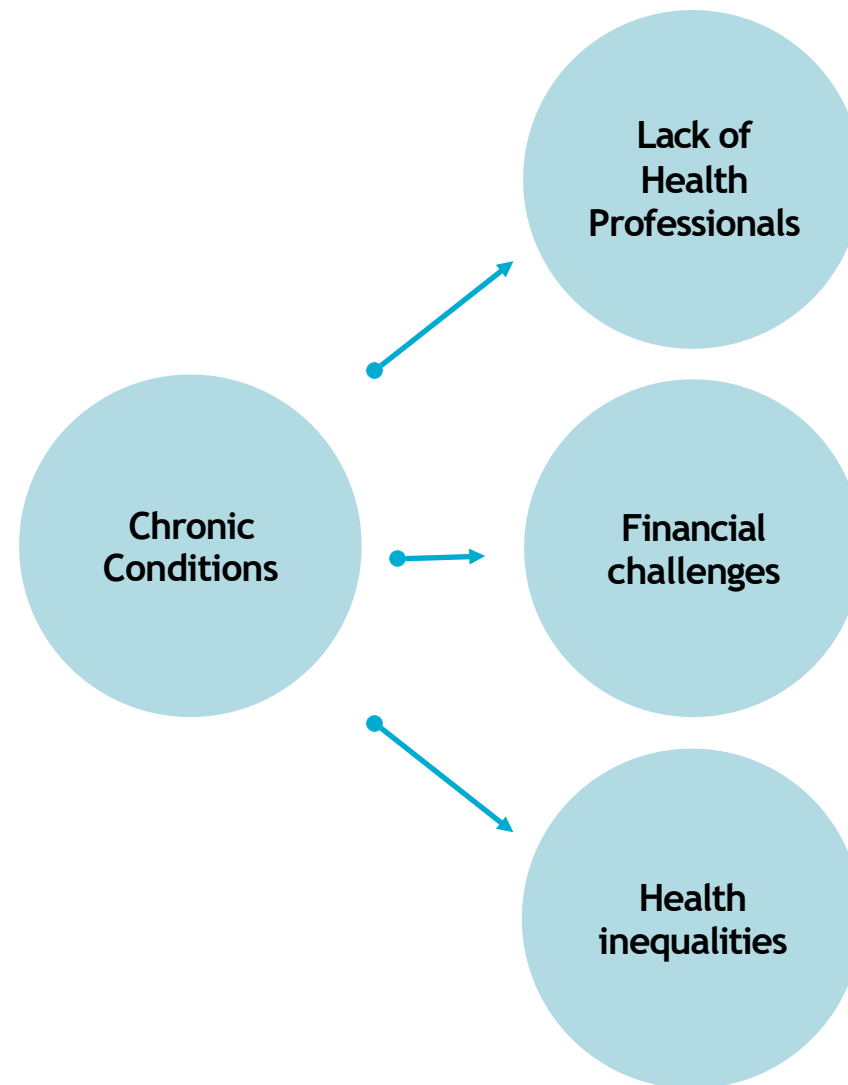
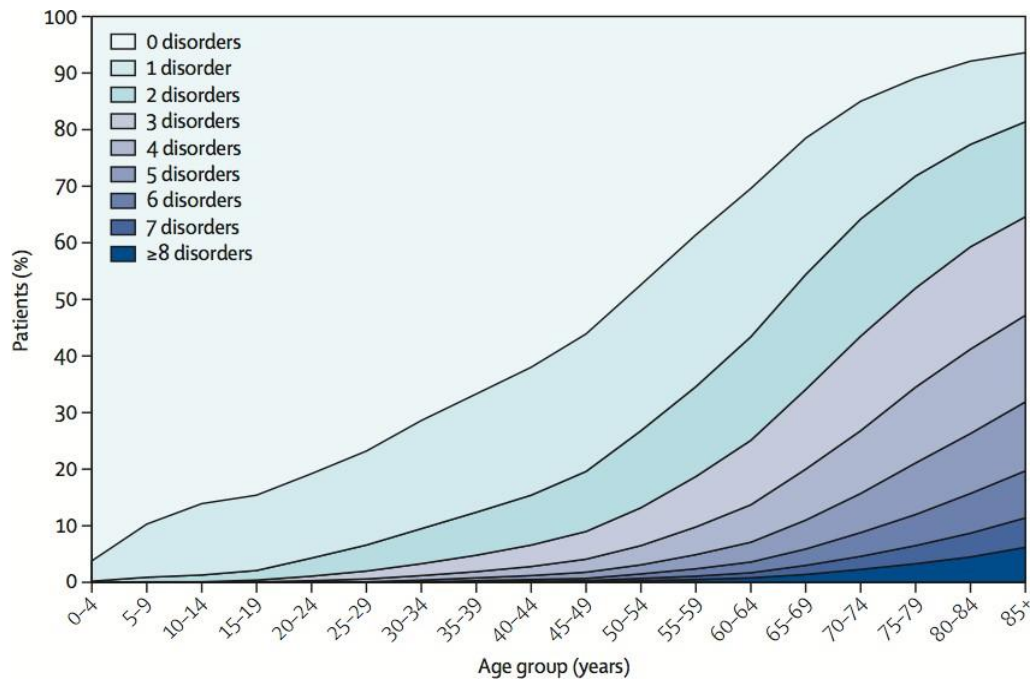




# World is facing to a demographic change



# The price of longevity



# From societal challenges to major opportunities

## FROM SOCIETAL CHALLENGE



### Dependency Ratio

From 1:4 to 1:2  
80+ doubles by 2025

### Cost of Care

GDP by 2025 Cost of Care



### Human Resources

Shrinking Work force  
Lacking 20 million careers by  
2020



## TO MAJOR OPPORTUNITY



### Empowerment

Active Ageing  
**Focus on Prevention**

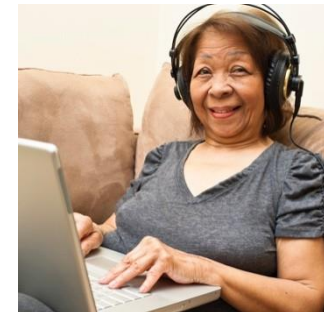
### New Care Models

Home based  
Integrated care  
Large Efficiency gains



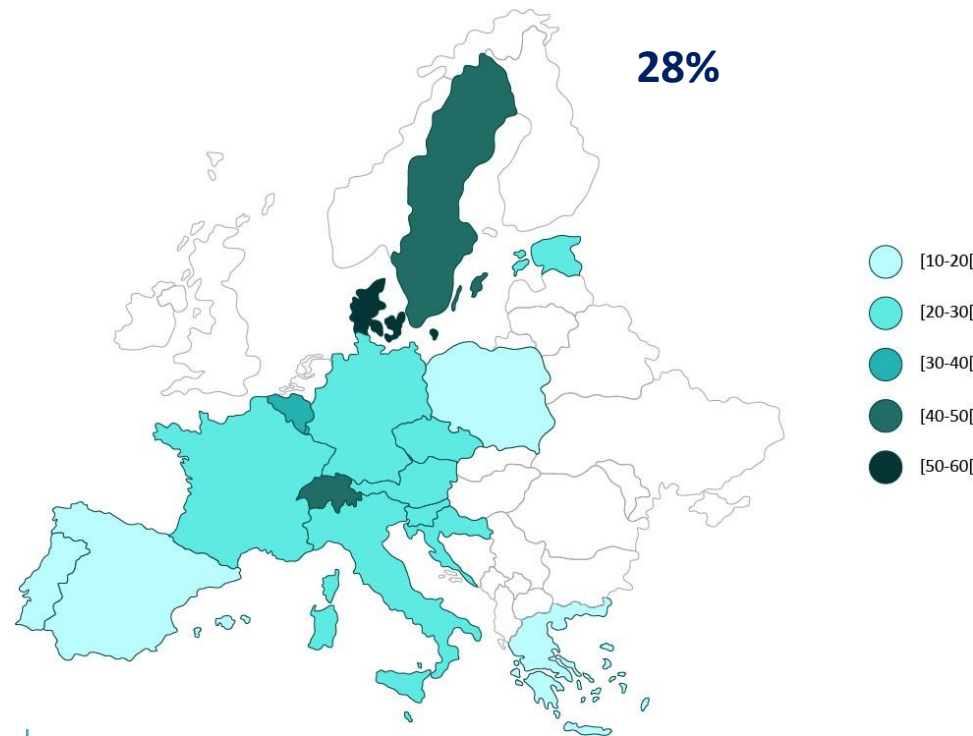
### Growth and Markets

3000B€ wealth  
85 Million Consumers  
– and growing

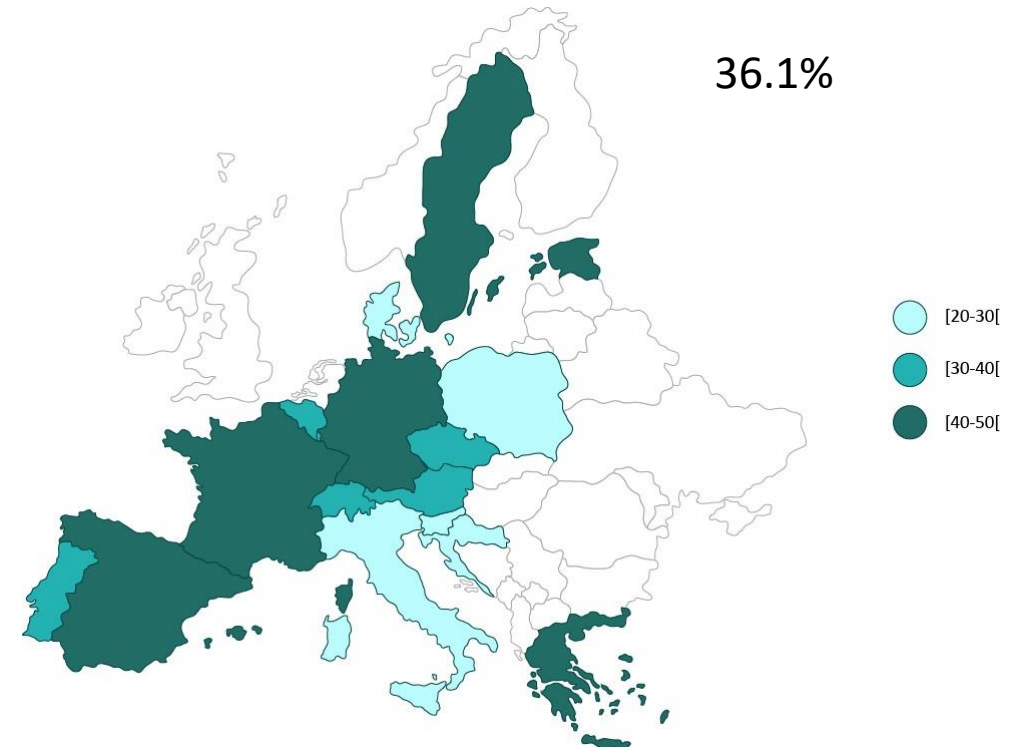


## Prevalence of computer skills in Europe

Globally, from the 18 countries evaluated, an average of 28% of our sample had *good computer skills* and 36.1% showed *basic computer skills*



Prevalence of individuals with “high” computer skills

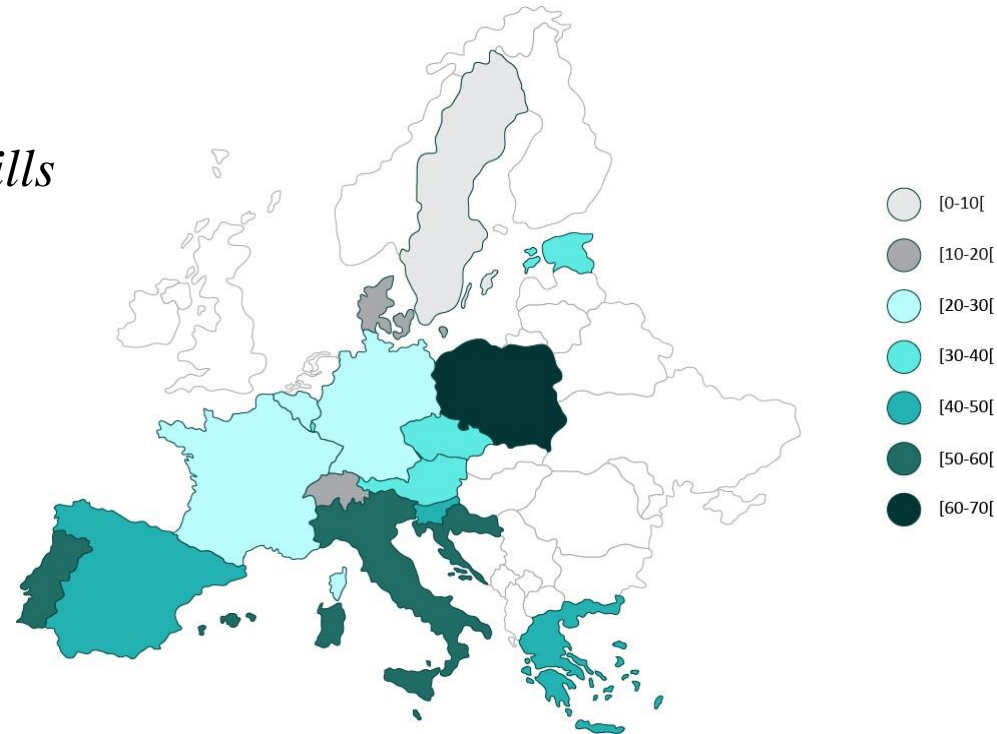


Prevalence of individuals who have “low” computer skills



# Prevalence of computer skills in Europe

35.9% had *no computer skills*



Prevalence of individuals who have “non” computer skills



ICT uptake by older adults actually depends on the intersection of multiple factors related with both, technology features (e.g. ease of use) and several users' characteristics (e.g. age, gender, physical, mental and cognitive skills, expectations, biographical experience).

Absence of digital skills in senior population is often synonymous of:

- Social isolation;
- Segregation in access to information and services;
- Loss of autonomy
- Increased sense of inability to adapt to the society.

**Improving digital skills in old adults is one way of improving their:**

- Quality of life through an active lifestyle (education, social participation, hobbies, etc);
- Freedom of choice and decisions (leisure time, information, travelling, health care);
- Stay on the job market for an extended period, improving the society's productivity.

**Further education has also benefits for:**

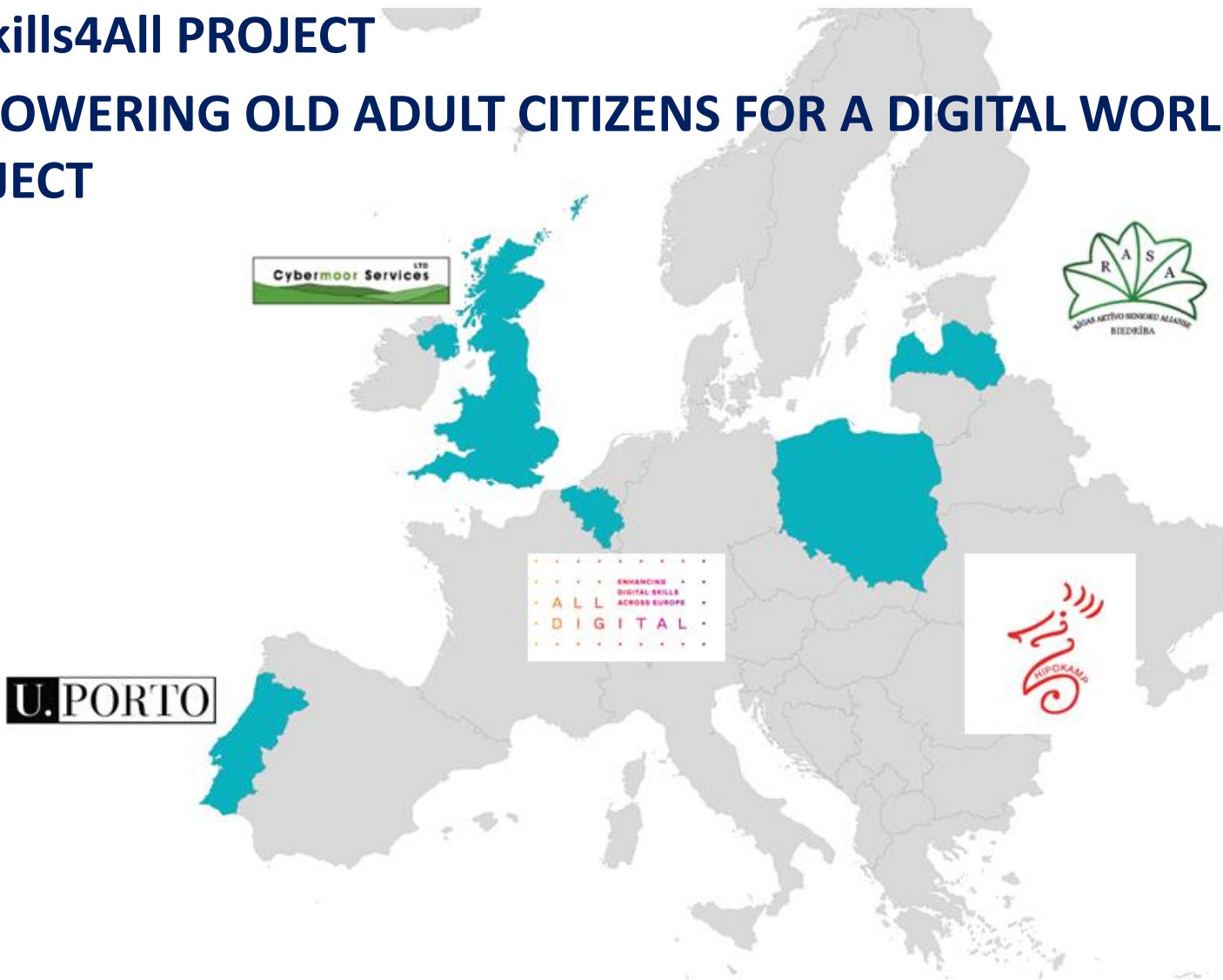
- Mental health, keeping their minds fresh and ready for modern era challenges;
- Facilitate their participation in society, independence and autonomy.





### ICTskills4All PROJECT

### EMPOWERING OLD ADULT CITIZENS FOR A DIGITAL WORLD - ICTskills4All PROJECT



United  
Kingdom  
Belgium  
Portugal  
Latvia  
Poland

ICTskills4All seeks to promote an awareness learning in specific target groups, older adults aged 55 years and over, who have minimal or no engagement with digital technology.

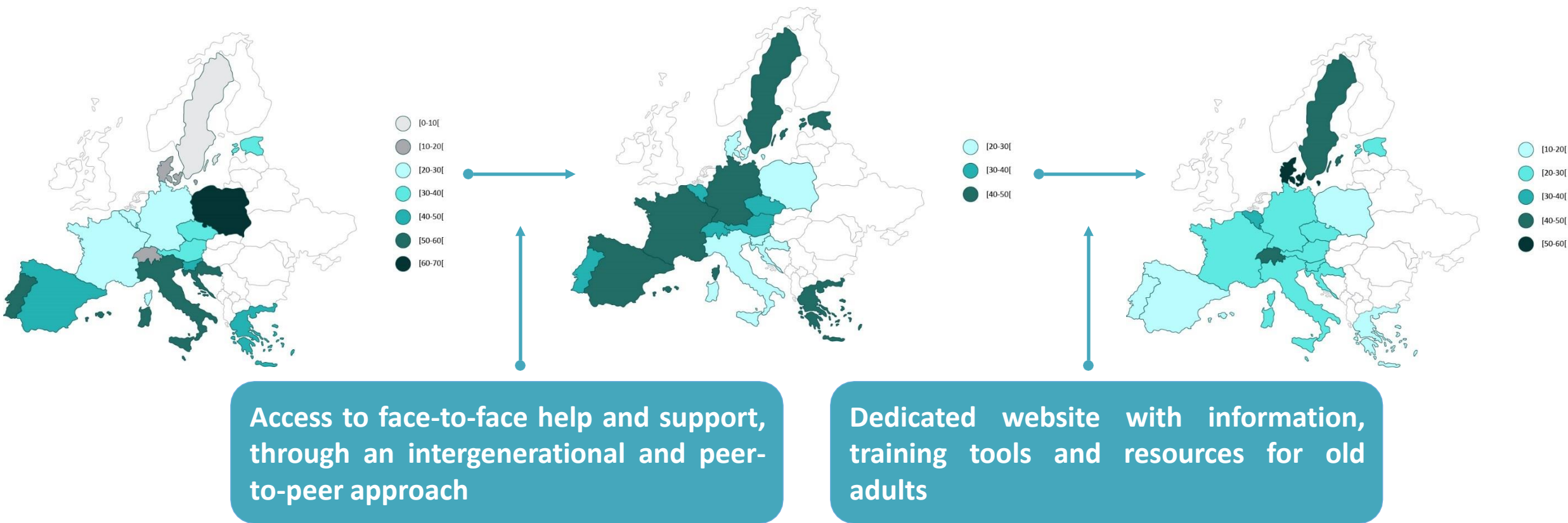
For that, we want to develop an ICT Learning Program to improve confidence, digital skills and online safety of senior population

### **The proposed learning program includes:**

- A dedicated website with information, training tools and resources for old adults;
- Provide access to face-to-face help and support, through an intergenerational and peer-to-peer approach;
- Draw up of recommendations for transferability of ICTskills4All results.



## Our project: ICTSKILLS4ALL

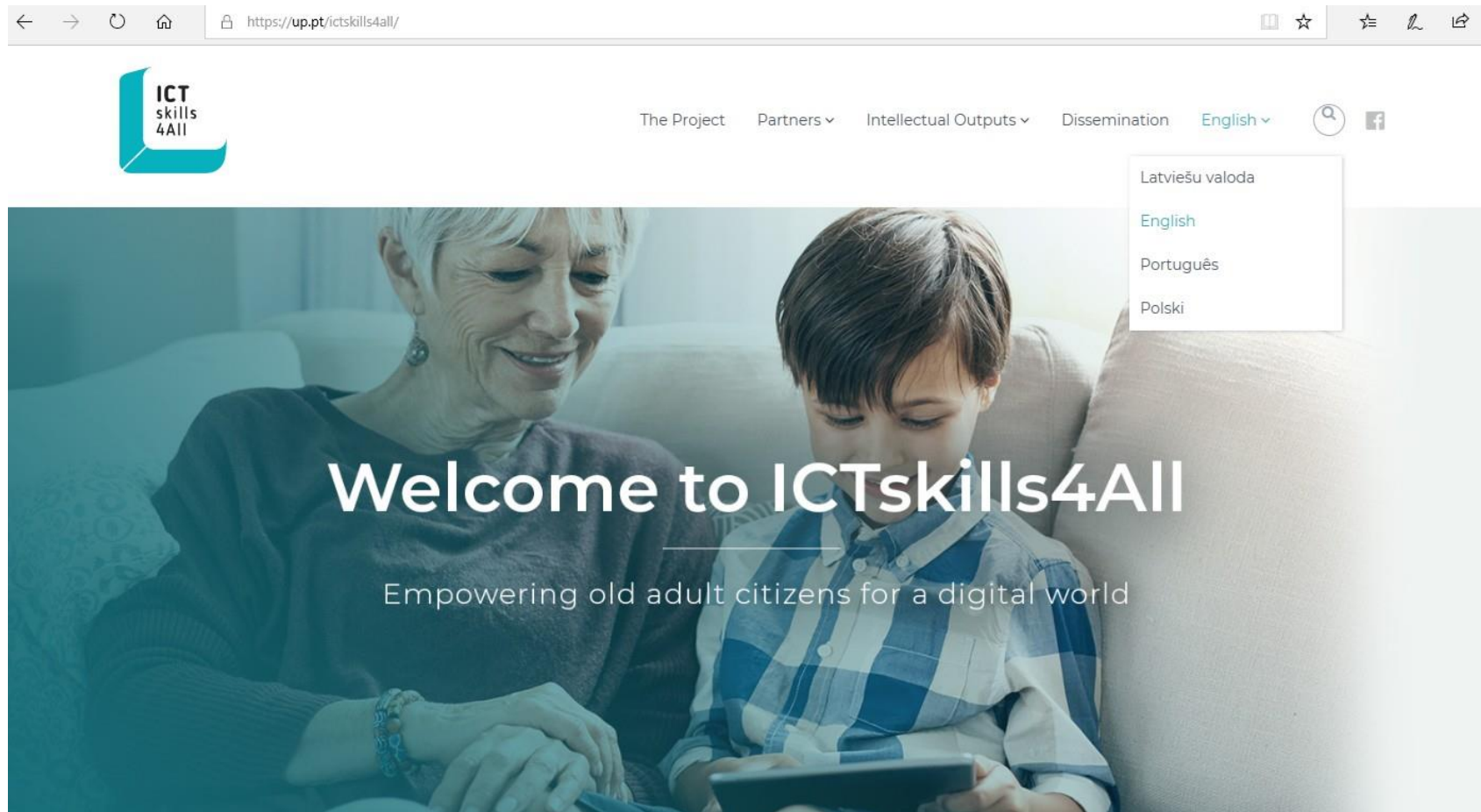




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## Our project: ICTSKILLS4ALL

PROJECT WEBSITE – [www.up.pt/ictskills4all/pt](https://www.up.pt/ictskills4all/pt)

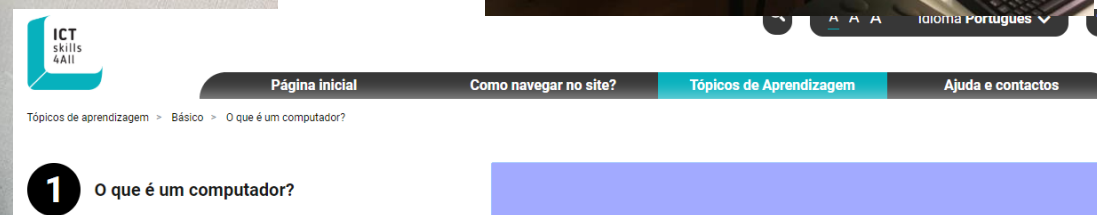
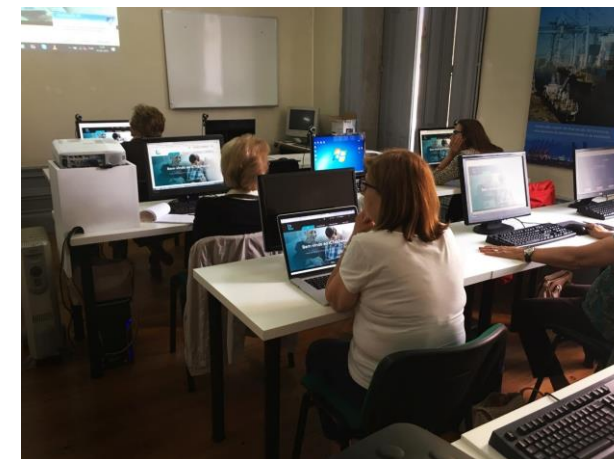




# Our project: ICTSKILLS4ALL

## PROJECT LEARNING PLATFORM – CO-CREATION PROCESS – USABILITY TESTS

[www.ictskills4all.eu](http://www.ictskills4all.eu)



Gostaria de saber como trabalhar com um computador?

Com este curso, aprenderá tudo sobre os componentes de um computador, incluindo o monitor, o teclado e o rato.







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