

DIGITAL SKILLS FOR AN AGEING EUROPE (DISK)

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GUIDELINES FOR FUTURE TRAINING

- summary of key findings -





Project DISK is an Erasmus+ project funded by the European Commission. The project is implemented in 6 countries France, Italy, Belgium, Spain, Greece, Macedonia, by eight project partners.

Loneliness, isolation and social exclusion are important risk factors that can lead to poor health in older people, especially in the absence of family networks or insufficient family support. The DISK project seeks to address the following issues, based on a general observation of the situation in Europe. The main goal of the project is addressing these problems through the promotion of active aging, encouraging seniors to adopt a range of good practices to preserve their mental health through digital technologies.

DISK training improves the cognitive capacity and health of seniors and slows the decline in memory and cognitive capacities.

Project target groups are: ICT low-skilled adults, seniors, organizations working with seniors, social services, “Young seniors” between 65 and 74 years old, Stakeholders and local/regional/international representatives, institutional stakeholders, journalists, organizations, companies, general public that is affected by and interested in digital inclusion, digital skills and competences.

DISK Guidelines represents manual for the Project DISK products use. This document is aimed for the project target groups, helping them to use the DISK learning resources both in an efficient and effective way. Guidelines for future training are produced based on the activities during implementation of the project and findings from the DISK Pilot and Validation activities conducted by the DISK consortium.

DISK training courses are the most important outcome from the DISK project. The outcomes and content are carefully selected based on the key needs for the project target groups.

Following the capacity gap analysis, and following the models, tools, and defined means all partners developed in detail the contents of 10 training courses and game instructions in the four main areas of cognitive abilities: Memory, Executive functions, Perception, Attention. Games accompanying each DISK training course are very important for the assimilation of knowledge. They are an excellent method and need to be encouraged for its value in terms of education, as it is an enjoyable way to learn new skills.

DISK – Available Training Modules:

	Training Module Title	Category
1	Presentation of the different types of memory	Memory
2	Train your brain	Memory
3	Preview – Question – Reread – Study – Test: the PQRST exercise	Memory
4	Scenario making and problem solving: a safeguard for your cognitive abilities	Executive functions
5	How to improve your deductive reasoning skills?	Executive functions
6	The different types of perceptions and ways to improve your interaction skills	Perception
7	Presentation of cognitive stimuli	Perception



8	Working on your mental fitness: focus and attention for seniors	Attention
9	How art and meditation improves attention	Attention
10	Finding Waldo: Remaining sharp in your older age	Attention



DISK Training resources are accessible through a DISK Training platform, accessible from PCs and laptops, tablets, smart phones. This platform includes all the materials developed by the different partners within DISK project, organized in section and subsection, which are structured by modules and units, from which you access to content, downloadable material, links to electronic resources, questionnaires, multimedia content and other relevant material for the purpose of the DISK project.

Open Educational Resources is a valuable tool that allows flexibility and adaptability to individuals, regardless of their age, gender or socio-economic status. In addition to the opportunities of the OER, diskproject.eu has additional accessibility features that will create a better visual experience for site visitors with different needs. Through this training, adults and seniors will improve the cognitive capacity and the mental aging process will be slowed down.

All content on the DISK Platform exists in 6 languages: English, French, Italian, Spanish, Greek and Macedonian language. Access to DISK Training Site: <https://diskproject.eu/>

Recommendations:

The courses can be taken fully online, face to face or in blended mode – combination of online and face-to-face activities (with support of educators). The participant's previous knowledge and adequate language or ICT skills are important while choosing the right model of learning.

The participants can go through the course online self – enrolment or with support of educator.

Choose the section you are most interested in, instead of completing activity by activity from the beginning.

The course can be taken by jumping between sections because they are independent between them.

The combination of text, examples and videos is effective way of gaining knowledge. You are invited to learn more about the subjects by following the links that are provided into the courses.

Following the course structure, as proposed – is advised, because it gives a complete overview of the information most relevant.

Each course has a description, which is useful for assessment of the gained knowledge throughout the course. It helps to optimize the use of the course and to take the most of it.



DISK



Games accompanying each DISK training course are very significant for the assimilation of knowledge. They are an excellent method and need to be encouraged for its value in terms of education, as it is an enjoyable way to learn new skills.

The courses can be downloaded and printed. Print, download or write down the most useful material in order to have it at your fingertips when you need it in real-life situations.

To assist the users, there is a section “Glossary” to increase understanding of the meaning of the words. You can find a list with words or explained concepts, which have been used during the courses.

Motivation in the learning process is essential. Participants should be self-motivated while they self-enrol in the courses, and be supported and motivated by the educators and trainers while using the blended learning model.

More about project DISK
www.disk.eu