" Let's assist older people capable of taking care of themselves as long as possible "

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what?

✓ Develop a training programme that will make old people more able to live an autonomous life

✓ Make old people less dependent on help from their partner, their children, volunteers and professional caregivers

✓ Avoid loss of self - determination and self – respect

who?

✓ Trainers and teachers of care workers
✓ Volunteers
✓ Older people

" active ageing creates wellbeing in everyday life and supports rehabilitation "

TECHSENIOR

TECHNOLOGY FOR ASSISTING SENIORS

digital competencies

✓ Order food & other goods online
✓ Access to government services
✓ Using tele-medicine & tele-systems
✓ Book tickets
✓ Communication & Social Media etc.

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