



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

Independent Living by using Technology

active ageing
creates
wellbeing in
everyday life
and supports
rehabilitation.



digital competencies

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

