

# BRIDGING PARADIGMS

## Elevating Older Adults' Psycho-Social Health through Digital Literacy

### ABOUT THE PROJECT

Bridging Paradigms addresses a pressing European challenge: the **digital exclusion of older adults (65+)** and its impact on their **psychosocial well-being**. The project focuses on transforming day centers into **inclusive digital learning hubs**, creating opportunities for lifelong learning and promoting social inclusion.

### WP 2

A simple methodology and training curriculum will be developed to help seniors improve digital skills, and staff will be prepared to deliver it.

### WP 3

Training hubs will be set up in day centres and pilot sessions will be delivered and improved based on seniors' feedback.

### WP 4

Project results will be shared through communication activities, and a sustainability plan will be prepared to keep the work going after the project.

coordinator

CONSORTIUM



partners



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