

# BRIDGING PARADIGMS

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

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### 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.

### TARGET GROUPS

1

Older Adults (65+)



2

Trainers & Educators



3

Day & Community Centers



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## KICK-OFF MEETING IN SLOVAKIA

Project partners from Romania, Italy, Greece and Cyprus met in Košice in hybrid format to agree on the **first joint steps**, shared responsibilities, and set a clear plan to achieve the **project goals**. Together, they will create **practical learning opportunities** for **seniors** to improve their digital skills and feel more **confident** using everyday technology.



coordinator

CONSORTIUM



partners

