



IMPROVING COMPETENCES
OF OLDER PEOPLE CAREGIVERS
TOWARDS HEALTHY AGEING
THROUGH DIGITAL
TRANSFORMATION

More information

POLI
TÉCNICO
GUARDA



Centro de Criação de Múltiplos Espaços
Inovação, Tecnologia, Design e Cultura
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mountains
of research



University
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Adult education

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PROJECT AIM

CONTEXT

The European Union expects an increase of older people to around 149.2 million in 2050 that represents 28.5 % of the total population.

Recently, the World Health Organization (WHO) has described the plan for a Decade of Healthy Ageing 2021-2030 where caregivers including young people and family members play an important role as educators to foster healthy ageing for current and future generations and promote intergenerational solidarity. For this reason, an innovative approach based on digital transformation is needed to empower formal and informal caregivers to support older people to understand and put into practice Healthy Ageing directives.

This project aims to improve the competencies of caregivers that support older adults towards Healthy Ageing strategies based on a digital transformation of their training and daily work. In this sense, high-quality content and tools will be developed according to well-known European policies and recommendations (ICOPE WHO). Also, the national and local contexts will be considered, aiming to improve caregivers' adherence and motivation.



RESULTS



DIGITAL WHITE PAPER

A digital white paper will be developed, in which will be included guidelines, forms/examples, resources/links, practical tools/tips etc., from all partner countries. The digital book aims to be a support or theoretical basis for the caregivers to develop interventional programmes for older adults. To accomplish this aim, the project team will collect and review the current recommendations on older adult care to promote caregivers' best practices, allowing them to achieve optimal functional outcomes.



BLENDED LEARNING COURSE

In this project result, an integrated blended learning course will be developed to enhance the competences of caregivers (e-learning platform + face-to-face sessions, based in innovative pedagogical methodologies). Caregivers will be trained according to the three main modules referred by the ICOPE WHO guidelines:



MOBILE APP FOR M-LEARNING

A mobile app for m-Learning will be developed for informal training of the caregivers. For that, the content of the m-Learning app will consist of short videos, interactive games, tips, training exercises, and links to relevant information, among others. Its aim is to facilitate the construction of knowledge and develop caregivers' problem-solving skills in a flexible platform that promotes self-learning. The app will be highly compatible and user-friendly.

Module I - declines in intrinsic capacity, including mobility loss, malnutrition, cognitive impairment, and depressive symptoms;

Module II - Geriatric syndromes associated with care dependency, including the risk of falls;

Module III - interventions to support caregiving and prevent caregiver strain.