

# Technologies connect people

## Promoters

Cáritas Diocesana de Coimbra

## Partners

- Instituto Pedro Nunes
- MediaPrimer
- Universidade de Coimbra

## Promoter's Municipality

Coimbra

## Scope of Practice

Coimbra



## Description

Cáritas Coimbra has strategically been focusing on promoting a more active and healthy ageing. This focus has been translated into the adoption and availability of technologies to its users, since they have the potential to contribute to improving the older people's quality of life, facilitating their daily routines and improving their levels of social involvement. In this sense, a package of activities has been implemented using innovative technologies, through practical and informal ICT training, with the permanent provision of tablets and its use in workshops at Cáritas Coimbra centres; through the participation in the different GrowMeUp project initiatives (funded by the H2020 programme under the Grant Agreement no. 643647, led by the University of Coimbra); Usability tests by older people using the CaMeLi technology in Portugal; and the intervention of the pilot-project primerCOG using the online platform for cognitive stimulation. In this cross-institutional initiative, the older people of the day care centres, home support services and residential structures, have been involved, as well as multidisciplinary teams of professionals from these social responses, the innovation department and the partner institutions.

**Objectives**

- Increasing the confidence of older people in their capabilities, reinforcing their value in society;
- Improving their cognitive conditions;
- Improving digital literacy;
- Preventing isolation and loneliness;
- Increasing self-esteem and well-being;
- Promoting alternatives that enable older people to stay longer in their homes;
- Introducing the voice of the users in the technology development process.

**Goals and results**

This package of activities is in phase of implementation in several social responses, being constantly updated due to the opportunities that arise. It is not yet a closed process, but the routine usage of new tools and the existence of a permanent space in the programs of activities specifically aimed at ICT and innovation. Although it is being continually matured and worked according to the characteristics, needs and requirements of the local population, this package has already three years of experimentation and phased implementation, which allows some maturation and stability. A first global evaluation is planned during the year of 2018.



**Responsible**

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**Links**

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