



Task 4

Methods how to maintain and increase
the competences among seniors

“To be independent”

COMPETENCES

- combination of knowledge, skills and relationships

COMPETENCES

MOTIVATION

**CAPACITY,
CAPABILITY**

SKILLS

KNOWLEDGE

SELF-IMAGE

SOCIAL ROLE

Ning: 15 inputs (8 IT skills)

National policies:

- to preserve knowledge
- to include seniors in social environment

Local policies:

- to acquire knowledge
- to encourage to drop their fears about modern technology

Well educated, good socio-economical position : *Lower educated, not good position, imigrants*

Basics:

- include fun and good atmosphere
- intergenerational respect and tolerance
- mixed groups, not adressed as special senior groups
- cooperation with local organizations ...
- short term obligatons
- different use of previous knowledge
- feeling being part of something

SENIORS

Methods of learning:

study groups, workshops, lessons, courses

individual learning

from senior to senior

self-helping groups

study visits

STAFF

Methods of learning:

study groups, workshops, lessons, courses

individual learning

cooperation among colleagues

study visits

Themes:

IT skills, use of electronic devices

intergenerational help and transfer of knowledge

preservation of heritage

foreign languages

reports,blogs,photos

meetings

special methods for target groups