

# Newsletter

from **Digital Seniorzy** project



February 2024

Number 1

HOW ARE WE?



## Target group

Our target group consists of seniors from a retirement home who need assistance navigating the digital world. They require support to become comfortable and confident.

## Promotion

The promotion of the project was carried out through flyers, word-of-mouth, and direct contact with full-time care homes. This approach ensured that the information reached our target audience effectively.

## 3,2,1...START!

We are excited to announce that **the Digital Seniors** project has officially begun! Last week, we held our first meeting with the senior participants to discuss the challenges they face with using everyday digital devices.

## Grow-up plan

The project team members have initiated their development plans, which they intend to work on throughout the duration of the project. These plans will guide our efforts to support and empower the senior participants.



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# Newsletter

from **DIGITAL SENIORS PROJECT**



May 2024

Number 2

HOW ARE WE?



## Digitalization in PL

Currently, 40% of seniors are able to use a smartphone independently. This reflects significant progress, though there remains room for further improvement and support.

## Online threats

The biggest danger online is phishing, where cybercriminals trick individuals into revealing personal information such as passwords and financial details.

## AI fact

Did you know?  
AI models can write poetry, create stories, and even help in drafting complex documents, blurring the lines between human and machine creativity.

## INDIVIDUAL CONSULTATIONS

Recently, individual consultations were held to assist with using computers, phones, and ticket machines. These sessions provided personalized support to help seniors become more comfortable with everyday technology.



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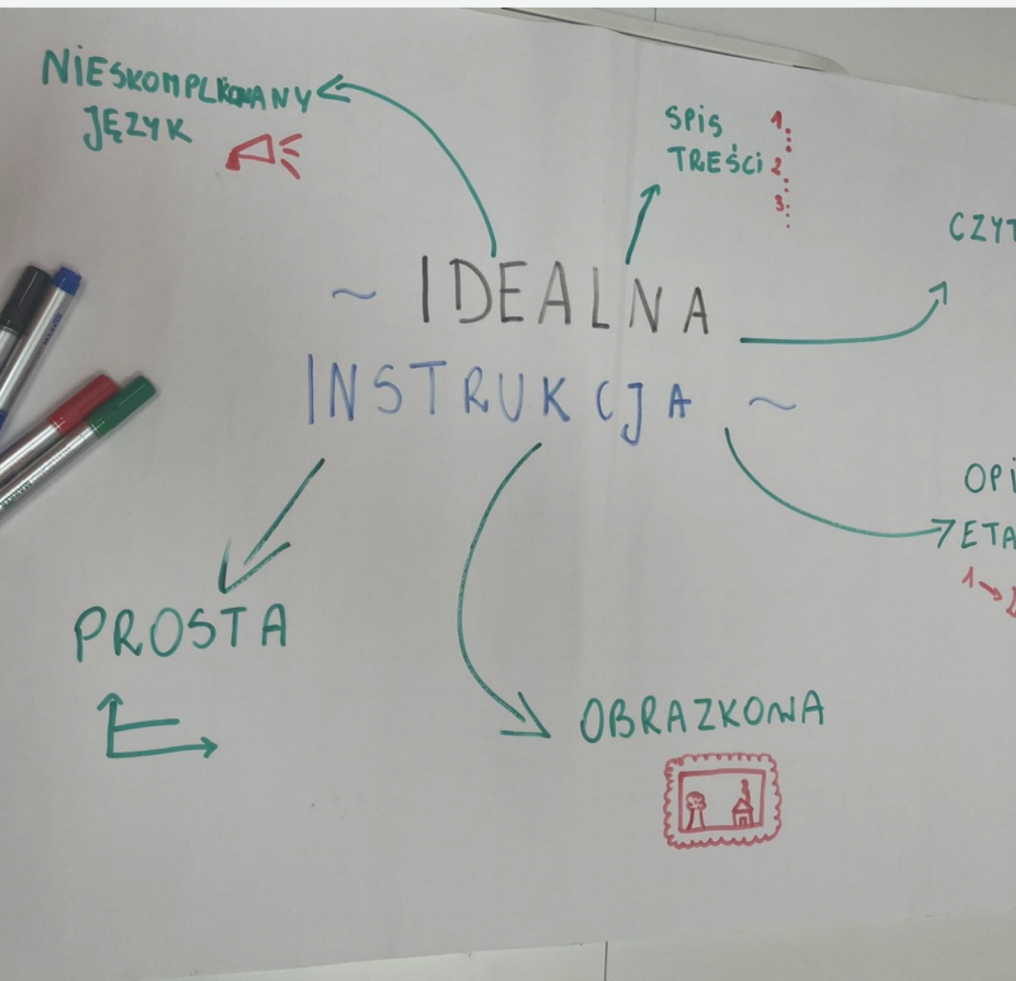
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July 2024

Number 3

HOW ARE WE?



## 5 GOLDEN RULES

When writing user manuals, follow these golden rules:

- Clarity
- Step-by-Step Instructions
- Visual Aids
- Consistency
- Accessibility

## VR & drones workshops

We are planning workshops that will feature the use of drones and VR glasses. These sessions aim to provide hands-on experience with cutting-edge technology, offering participants an immersive.

## UPGRADE INSTRUCTIONS

As part of the project, new and improved user guides have been created to assist seniors. These instructions are designed to be clear and accessible, helping seniors navigate technology with greater ease and confidence.

## Usability

Usability is an indicator that shows how easy it is to use a product. It may refer to both physical products, advertising campaigns and website development (web usability).



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