Vol 1

NEWSLETTER



SUPPORTING SENIORS IN THE DIGITAL HEALTH ERA!

We are pleased to introduce eHealth4Seniors, a European project funded under the Erasmus+ Programme, which focuses on strengthening digital health skills among adults aged 55 and above.

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In recent years, healthcare services have increasingly moved into the digital space. From booking appointments online to accessing medical records or using telemedicine, digital tools are becoming part of everyday healthcare. However, many older adults still face challenges in accessing and using these services, especially those living in rural or remote areas.

The eHealth4Seniors project aims to bridge this gap. It supports seniors in developing the confidence and skills they need to use digital health tools safely and effectively, improving their independence, wellbeing, and quality of life.

At the same time, the project recognises the important role of adult educators and trainers. For this reason, it also focuses on equipping them with practical tools, knowledge, and methodologies to deliver inclusive and accessible digital health education to older learners.

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PROJECT PARTNERSHIP

The project is implemented through a strong collaboration between three organisations from different parts of Europe, each bringing valuable expertise and experience.

Eesti People to People (Estonia) acts as the project coordinator. It is a non-profit organisation with extensive experience in adult education, social inclusion, and European cooperation initiatives.

I**nstitut Emonicum (Slovenia)** specialises in health literacy, public health education, and promoting active and healthy ageing. Their work focuses on empowering individuals to better understand and manage their health.

THE HIVE P.C. (Greece) is a training and consultancy organisation with strong expertise in adult learning, digital skills development, and social inclusion. Through its work, it supports individuals and communities in adapting to digital transformation.

Together, the partnership combines knowledge from education, health, and social sectors to address the challenges of digital health literacy in a holistic and practical way.

TARGET GROUPS



The project focuses on two main target groups.

The first group includes **adults aged 55 and above**, with a particular focus on those living in rural and remote areas. Many individuals in this group face digital, social, or geographical barriers that limit their access to healthcare services. By supporting them, the project contributes to reducing inequalities and promoting equal access to healthcare.



The second group includes **adult educators and trainers who work with older learners.** These professionals play a key role in helping seniors build new skills. The project supports them in strengthening their competences in digital health education and in adopting more inclusive and learner-friendly teaching approaches.

By working with both learners and educators, the project creates a more supportive and sustainable learning environment.

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PROGRESS SO FAR

eHealth Literacy Toolkit

One of the key milestones of the project has already been achieved with the completion of Activity 2: The eHealth Literacy Toolkit.

This Toolkit has been developed collaboratively by all partners and is designed to be practical, accessible, and easy to use. Its main goal is to help older adults better understand and navigate digital healthcare services, while also supporting educators in delivering effective training.

The Toolkit includes a series of learning modules covering essential topics such as:
Telemedicine and eHealth systems
Data health management and privacy
Digital health applications, including apps and wearable devices
Assistive technologies and accessibility
Ethical and legal aspects, such as consent and data protection
Ongoing support resources
A self-assessment tool for learners

These modules introduce key concepts in a simple and structured way. They also focus on real-life situations, helping learners understand how to use digital tools safely and confidently.

In addition, specific guidance materials have been developed for educators. These resources support them in designing and delivering training that is inclusive, practical, and adapted to the needs of older learners.



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NEXT STEPS

With the development of the Toolkit completed, the project is now moving into its next phase.

The materials will be tested through **pilot activities** and **workshops** involving both seniors and educators in the partner countries. This phase is essential, as it will provide valuable feedback from real users and help improve the quality and usability of the Toolkit.

The project will also continue to develop its communication and dissemination activities, ensuring that its results reach a wider audience across Europe.







LOOKING AHEAD

The eHealth4Seniors project is built on a simple but important idea: **everyone should have equal access to healthcare, including digital healthcare.**

By supporting both older adults and the educators who work with them, the project contributes to a more inclusive and accessible digital future. It also promotes active ageing, lifelong learning, and social participation.

We look forward to sharing more updates, results, and opportunities to get involved in the coming months.

E-HEALTH 4 SENIORS

PARTNERS

PEOPLE to PEOPLE Estonia

EMONICUM

THE HIVE

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