



Good Practice Example

Country	Spain
1. Title	SeniorLab
2. Type of the practice	– coworking space based on IT projects
3. Objectives of the training	<ul style="list-style-type: none"> - Explore the possibilities of development of the innovation capacities of over 55 years. - Demonstrate that older people have innovation capacities - Develop projects using new technologies - Acquire digital skills - Enhance memory, creativity, motivation ... - Promote active and dignified aging
4. Description of the practice	<p>SeniorLab is an initiative of Citilab, the i2cat Foundation, the University of Barcelona and the University of the Elderly of Cornellà, which seeks to explore the possibilities of developing innovation capacities for those over 55.</p> <p>Based on the assumption that older people can make an innovative contribution to the design and construction of the knowledge society and the digital society, SeniorLab members develop group projects by contributing their experience, memory, effort, enthusiasm and vitality.</p> <p>Technology is the main thread of a process of creating social-themed projects. Thus, SeniorLab members use ICT to create rich, useful work that they propose and that are the essence of the community.</p> <p>Methodology</p> <ul style="list-style-type: none"> - Autonomous, group learning and receiving support from the training centre - Practical approach to ICT
5. Target group addressed	<p>Who is it for?</p> <p>Citizens over 55 years</p>
6. Course duration & follow-up activities, if any	<p>Duration</p> <p>4 months (with possibility of continuity)</p> <p>The training centre facilitates during the course:</p> <ul style="list-style-type: none"> - Meeting and work space - Technical equipment: computers, tablets, cameras ... - More than 50 programs, tools and applications to devise, design and develop projects
7. Necessary materials/resources	<p>Presentation in the form of a printout, the booklet containing the basic forms of the program and a brief description of their completion.</p>



	Workshop took place in computer laboratory with Internet connection.
8.	<p>Impact of the practice</p> <p>The aim of the project is to empower older people in technological skills, thus enhancing their participation in citizen debates and preventing social exclusion.</p> <p>The contribution of the memory and experience of the elderly to society as a whole is a natural goal of any community; and to do so with the use of technologies and making it easier for them to be excluded is the SeniorLab's goal. In this way, the community of older people in Cornellà can make significant contributions through ICT, and also improve the self-image of this community.</p> <p>Seniorlab's contribution has been focused on building a digital toolkit for seniors, an innovative approach that has been overlooked so far. This enhances the skills in digital technologies, which are considered a prerequisite for active citizenship and the social connection of the elderly.</p> <p>Seniors work on projects, primarily on historical and local issues. This activity adds to the trips to the territory and the search for information both through the Internet and in the participation of talks on topics related to its objectives.</p> <p>The work carried out has contributed to the Seniorlab project, contributing research, knowledge and dissemination, perfecting the work model per project and empowering the senior group from a social and technological point of view.</p> <p>We can say that the Seniorlab project helps participating citizens break their perceptions of loneliness, increasing their understanding of the need for active aging and increasing the degree of self-esteem when participating in a social project that develops in an environment such as the Citilab</p>
9.	<p>Name of the initiator / trainer</p> <p>Organization: Citilab Facilitator: Dolors Solano</p>
C	<p>Website link:</p> <p>http://seniorlab.citilab.eu/</p>
11.	<p>Social media links:</p> <p>https://www.youtube.com/watch?v=DXzJq8sGn2w</p>

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