



Together for Inclusive Digital Healthcare

An International eTwinning Project



 TÜRKIYE •  SLOVAKIA •  CROATIA

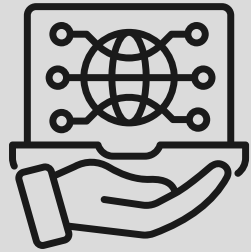


Co-funded by ¹
the European Union



About the Project

Together for Inclusive Digital Healthcare is an international eTwinning project that brings together students and teachers from Türkiye, Slovakia, and Croatia. Through collaborative activities, students explored the challenges and opportunities of digital healthcare for older adults while developing empathy, communication, and teamwork skills.



Project Themes

- **Active and Healthy Ageing**

Students explored healthy lifestyle habits, active living, and ways older adults can maintain their physical and mental well-being.

- **Digital Inclusion of Older Adults**

Students investigated the difficulties older adults face when using technology and proposed practical solutions to improve digital accessibility.

- **Intergenerational Solidarity**

Students strengthened connections between generations by collecting life experiences, advice, and stories from older adults.

- **Digital Health Literacy**

Students learned about digital health tools and created simple guides to help older adults use health technologies more confidently.

- **Future Digital Health Ideas**

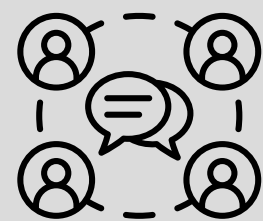
Students designed innovative ideas and future technologies that could improve the quality of life of older adults.

Reducing Loneliness and Building Empathy

Students explored the importance of empathy and developed ideas to reduce loneliness among older adults.

- **Effective Health Communication with Older Adults**

Students examined how respectful, clear, and supportive communication can improve relationships with older adults.



Together, these activities encouraged students to become active contributors² to a more inclusive, accessible, and age-friendly digital future.

Contents:



About Project.....1.

Team 1 - Active and Healthy Ageing

Team Introduction.....4.

Activities and Outputs5-9.

Team 2 - Digital Inclusion of Older Adults

Team Introduction.....10.

Activities and Outputs.....11-15.

Team 3 - Intergenerational Solidarity

Team Introduction.....16

Activities and Outputs.....17-21.

Team 4 - Digital Health Literacy

Team Introduction.....22

Activities and Outputs.....23-27

Team 5 - Future Digital Health Ideas for Older Adults

Team Introduction.....28

Activities and Outputs.....29-35

Team 6 - Reducing Loneliness and Building Empathy

Team Introduction.....36

Activities and Outputs.....37-41

Team 7 - Effective Health Communication with Older Adults

Team Introduction.....42

Activities and Outputs.....43-47

Closing

Thank You.....48

TEAM 1 - Active and Healthy Ageing

This team explored healthy lifestyle habits and active ageing through interviews , research, creative activities and awareness messages. Students worked together to discover how older adults can maintain a healthy, active and fulfilling life.

Team Members

 Juliana G.

 Diana V.

 Ani V.

 Amine Belkis

 Selin Mevlüde Ç.





Voices of Experience

An Interview on Healthy and Active Ageing

Question 1: What activities make you happy?

Answer: Spending time with my family and grandchildren always brings me the most joy. I also love gardening

Question 2: What do you do to stay healthy?

Answer: I try to go for a walk and Nordic walking to get some fresh air. I also eat a balanced food and make sure I get plenty of sleep.

Question 3: What advice would you give to young people for a healthy life?

Answer: Do not spend too much time on your phones or computers. Go outside, move your body, and don't stress too much about small things. Mental peace is just as important as physical health.

Question 4: What activities do you enjoy in your free time?

Answer: I really enjoy reading books, sitting in the garden and just be in the peace.

Question 5: What helps people stay active as they get older?

Answer: Having a daily routine and a hobby. When you have a reason to get out of bed every morning you naturally stay active.

" When you have a reason to get out of bed every morning, you naturally stay active "

Prepared by Juliana G.

Healthy Lifestyle for Active Ageing

This infographic highlights the importance of

- Healthy eating
- Regular exercise
- Good sleep habits for active and healthy ageing.



Healthy Lifestyle

for active ageing



Healthy eating

Why is it important?

- help maintain a healthy weight
- supports heart and bone health
- strengthens the immune system
- helps maintain muscle strenght

Healthy foods

- fruits and vegetables
- fish, eggsn and lean meat
- nuts and seeds
- food rich in calcium and vitamin D



Exercise and walking

Why is it important?

- keeps the body active
- improves physical fitness
- helps maintain a healthy body weight
- supports independence in every day life

How does it help?

- strengthens muscles and body
- improves balance and flexibility
- reduces the risk of falls
- improves mood and mental health

Sleep Habits

How does it help?

- improves concetration and memory
- supports the immune system
- reduces stress and tiredness

Examples of healthy sleep habits

- going to bed at the same time every day 6
- limiting screen time before sleep



Active and Healthy Ageing

- Healthy eating
- Regular exercise
- Positive thinking
- Social engagement
- Lifelong well-being



HEALTHY ACTIVITIES for Older Adults

♥ ACTIVE TODAY, HEALTHY TOMORROW! ♥



1 WALKING

- It improves heart health and circulation.
- It strengthens muscles and bones.
- It is simple, safe and free!



2 GARDENING

- It helps people relax and reduce stress.
- It keeps the body active.
- It brings joy and a sense of purpose.



3 READING

- It improves memory and concentration.
- It keeps the mind active and sharp.
- It provides knowledge and inspiration.



4 SPENDING TIME WITH FAMILY

- It strengthens relationships and creates happy memories.
- It reduces loneliness and increases happiness.
- It gives a feeling of love and support.



5 EXERCISING

- It strengthens muscles and improves flexibility.
- It boosts energy and mood.
- It helps to maintain independence.



STAY ACTIVE
STAY HAPPY

Small steps every day lead to a healthier and happier life. Let's stay active and enjoy every moment!



HEALTHY BODY. ACTIVE MIND. HAPPY LIFE. ♥

Healthy Activities for Older Adults

This poster presents five healthy activities that help older adults stay active, happy, and independent. These activities support physical health, mental well-being, and social connections.



GROW OLDER, STAY STRONGER.

Healthy choices today
build a better tomorrow.



STAY ACTIVE
Move your body
every day.



EAT HEALTHY
Fuel your body
with good food.



STAY CONNECTED
Spend time with
people you love.



STAY POSITIVE
A happy mind
leads to a happy life.



Healthy Ageing,
Better Living.

Small steps
today, a better
tomorrow.

Healthy and Active Ageing.

*These posters are about healthy and
active ageing.*

*They encourage older adults to stay
active, eat healthy food, and maintain
a positive mindset as they grow older.*

*Healthy habits can help people live
happier and stronger lives at every
age.*

STAY ACTIVE, STAY HEALTHY, STAY HAPPY.

Healthy habits today
lead to a happier
tomorrow.



Be active
Move your body
every day.



Eat well
Choose nutritious
foods.



Stay connected
Spend time with
family and friends.



Stay positive
A positive mind
leads to a happy life.



Live well.
Age well.
Enjoy every
moment.



TEAM 2 - Digital Inclusion of Older Adults

Understanding challenges and creating solutions together

Students from Türkiye, Slovakia, and Croatia collaborated to understand the digital difficulties experienced by older adults and develop solutions that promote digital inclusion.

Team Members

 Vivien V.

 Zehranur A.

 Veronika V.

 Lea Š

 Buğlem Belkıs





INTERVIEW WITH AN OLDER ADULT



Technology Through Their Eyes

Vivien interviewed a 70-year-old older adult and learned about healthy ageing and active living.

1. Do you use smartphone?

- Yes, I do but only for taking pictures or texting my kids and grandkids

2. Which applications are difficult for you to use?

- WhatsApp (apps for texting and calling) and Google, sometimes I forgot how to search there sometimes.

3. Do you use health apps?

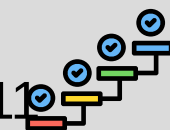
- Only applications where I can see my blood pressure and step counting.

4. What problem do you experience while using technology?

- Sometimes it's hard for me to send texts or pictures to my kids and grandkids or how I can save pictures to my phone.

5. What would make technology easier for you?

- An easy tutorial, for sure or person who would show me how can I use it or correct me when I'll make mistake



Difficulties Older Adults May Experience While Using Digital Technology

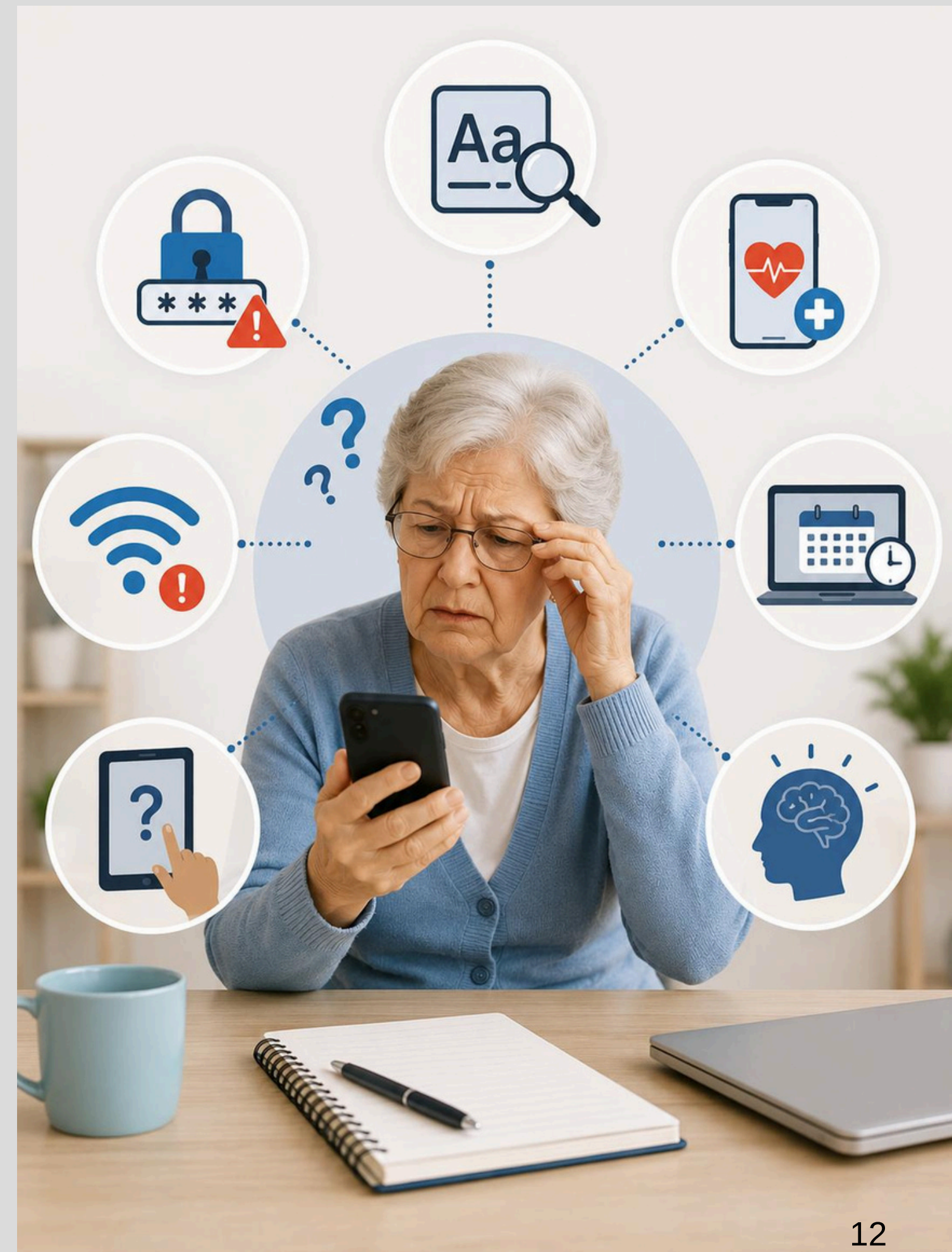
Older adults can face several challenges when using digital technology. First, smartphones and computers may seem complicated because they have many features and settings. Small text and icons can also make devices difficult to use.

Online appointments can be confusing because users often need to create accounts, remember passwords, and follow several steps. Digital health applications may be challenging as they require regular updates and understanding of health-related information.

Social media can be difficult because older adults may not be familiar with the platforms and may have concerns about privacy and online scams.

Communication tools such as video calls and messaging apps can also be hard to use if internet connections are poor or if the user has limited digital skills.

In conclusion, the main problems older adults face include complex technology, small screens and text, security concerns, and a lack of digital experience. Providing clear instructions and user-friendly designs can help them use technology more confidently.



Digital Solutions for Older Adults

Simple and accessible technologies can help older adults stay independent and connected.

I think technology can be made much easier for older adults in many ways.



Larger text sizes and **brighter screens** can help seniors read better and use devices more comfortably.



Voice assistant systems and **voice-to-text typing** can make communication easier for people who have difficulty typing or seeing small buttons.



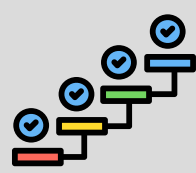
Simpler applications with easy navigation buttons and **bigger icons** can reduce confusion and help older adults feel more confident when using technology.



Reminder systems and **medication reminder apps** can help seniors remember important tasks and appointments.

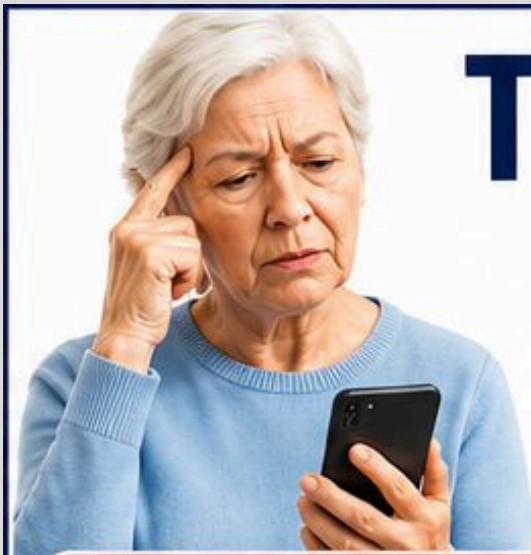


Emergency help buttons, fall detection, and smart home assistants can improve safety and make everyday life easier.



Training classes and **step-by-step tutorials** can also help older adults learn new technology and stay connected with family and friends.





TECHNOLOGY SHOULD EMPOWER, NOT FRUSTRATE.



Challenges today. Confidence tomorrow.



COMMON CHALLENGES OLDER ADULTS FACE WITH TECHNOLOGY



Small Text & Hard to Read

Tiny text and low contrast make screens hard to read.



Complicated & Confusing

Too many buttons, menus, and steps can be overwhelming.



Worried About Security & Scams

Fear of making mistakes or being scammed online.



Unstable Internet & Devices

Slow internet, device issues, and updates can be frustrating.



Lack of Support & Confidence

Not knowing where to get help or feeling shy about asking.



Every small step today
leads to a more **connected**
and **confident** tomorrow.



PRACTICAL SOLUTIONS THAT HELP



Make It Easy to See

Use larger text, adjust brightness, and choose high-contrast modes.



Keep It Simple

Use easy-to-navigate apps, clear instructions, and step-by-step guidance.



Stay Safe Online

Learn about common scams, use strong passwords, and keep software up to date.



Use Reliable Connections & Devices

Choose stable internet, maintain devices, and ask for help with technical issues.



Build Confidence & Get Support

Practice regularly, take classes, ask family or friends, and join community tech programs.





Different ages.
One connection.

⇒ Awareness Slogan ♥



Technology connects,
understanding unites.

BRIDGING GENERATIONS ⇒ Through ⇒ TECHNOLOGY



Digital inclusion connects people of all ages.
Together, we create a more inclusive digital future. ♥



eTwinning – Team 2
Digital Awareness



When we share knowledge and support each other,
technology becomes a **bridge**, not a barrier.

Prepared by
Buğlem ♥

TEAM 3 – Intergenerational Solidarity

Building stronger connections between generations.

Students from Türkiye, Slovakia, and Croatia worked together to explore the importance of communication, empathy, and mutual support between younger and older generations, promoting understanding and stronger communities.

🇹🇷 Zeynep Hazal D.

🇸🇰 Mia D.

🇮🇹 Miroslava S.

🇮🇹 Sara F.

🇹🇷 Hanife Belkıs



Voices Across Generations

In this interview, Kezban (74) from Bursa shared her memories and emphasized the value of respect, kindness, and intergenerational solidarity.



Q1 : Could you introduce yourself first?

Answer: My name is Kezban. I live in Bursa and I am 74 years old.

Q2 : What kind of advice would you give to young people?

Answer: I would advise young people to be kind and respectful to both elders and younger people. They should always help and care for others. In the past, people respected and served each other more. There was a stronger sense of respect between the young and the old, but nowadays it is not the same.

Q3 : What was life like when you were young? Did you have phones, television, or technology?

Answer: No, we did not have televisions, phones, or technology. We only had a tape recorder, and even listening to it was difficult for us. Life was very hard. We worked in the fields with sickles and dealt with farming. Life was not comfortable like it is today. Young people today have better opportunities, but many do not appreciate them.

Q4 : What are the differences between your youth and today's youth?

Answer: Young people today live more comfortably, but we struggled a lot in our time. We carried wood on our backs and worked very hard. Sometimes we could not even sleep properly at night because of all the work we had to do.

Q5 : Did you go to school?

Answer: No, there were no schools for us at that time, so I could not go to school. Later, I once went to a school carrying my child on my back, but I could not understand anything there. Even now, I cannot write my own name.

Q6 : What was the biggest lesson life taught you?

Answer: The biggest lesson life taught me was hardship and poverty. Life was very difficult, and that was the lesson we learned from it. 7

Q7 : Finally, what makes you happiest in your life right now?

Answer: Right now, being together with my children makes me the happiest. My life is good, and I pray for their health and happiness. When they are happy, I am happy too. They make me happy, and I try to make them happy as well.

Together
We Can!

Video about behaviour of elderly people and examples of how we can improve their mood.



Stories From Older People



EVA, 73yo

1.Favorite memory:

–last year Christmas, because the whole family came to celebrate together.

2.Advice for young people:

–always be kind to people, even when they may seem like they dont deserve it.

3.Most important thing in life:

–whole family, and most importantly for everyone to be healthy.

4.Lesson to share:

–do not worry too much and all the time, life is very short, so live it very wisely.



ANDREA, 68yo

1.Favorite memory:

–when my grandchildren were born, and I came to see them to the hospital

2.Advice for young people:

–believe yourself and do not compare yourself to others.

3.Most important thing in life:

–having important people that i care about around me.

4.Lesson to share:

–life is always will be hard, and important is to never give up because life will eventually always be better.



INTERGENERATIONAL SOLIDARITY

Together, we build stronger communities. ♥

“ Different generations,
one heart.



We learn from the past, enjoy the present,
and build a better future—**TOGETHER**. ♥



Communicate



Help



Respect



Empathize



Share wisdom.
Create connections.



Support
one another.



Stronger bonds,
stronger communities.

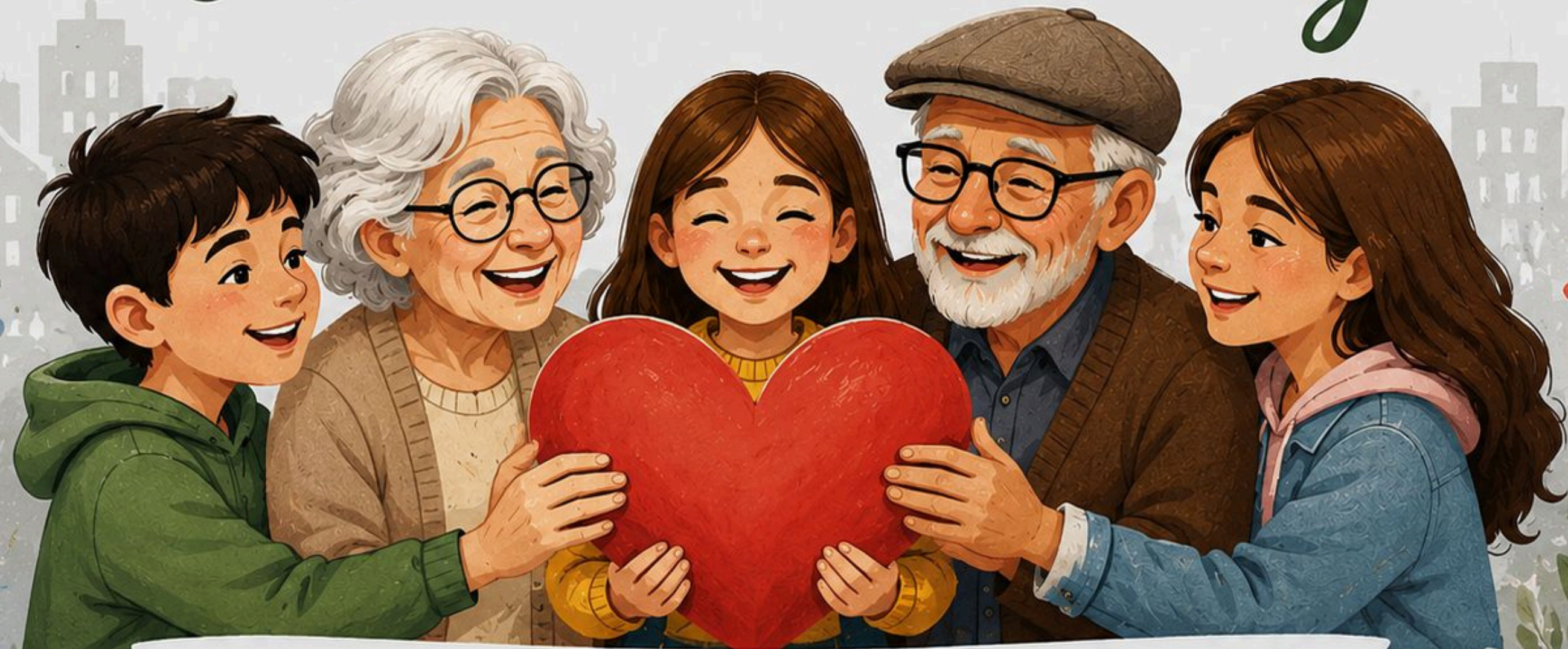


A better world
for all ages.

Every generation has something to give. ♥ Every generation has something to gain.

Prepared by Sara E.

*Different ages,
one heart,
one community.*



Respect.



Empathy.



Together.



TEAM 4 – Digital Health Literacy

Technology for healthier and more independent lives.

Students from Türkiye, Slovakia, and Croatia collaborated to improve digital health literacy and explore how technology can help older adults live healthier and more independent lives.

🇹🇷 Esmanur G.

🇹🇷 Yağmur G.

🇸🇰 Nina V.

🇭🇷 Josip Ž.

🇹🇷 Eslemsu Belkıs



A short interview with my grandfather.

This is an edited version of an interview, questions, and answers I conducted with an elderly person, based on a short conversation I had.

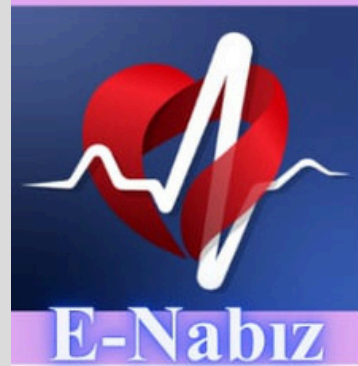


CapCut





Digital Health Tools And Applications



what does it do

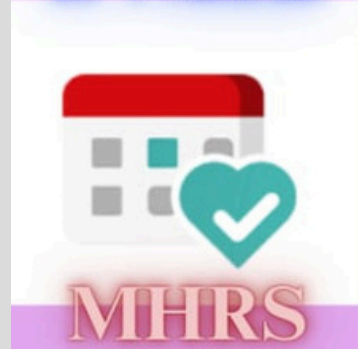
e-nabız is a digital health system in Türkiye. People can see their medical records, test results and hospital information in online

why is it useful

It saves time and makes health information easy to access patients dont need to go hospital to see their documents

How can older adults benefit from it

Older adults can easily check their medicines, doctor visits and test results without going to the hospital many times



what does it do

MHRS (online appointment systems) allows people to make hospital appointments online or by phone

why is it useful

it is fast and convenient. People can choose doctors and appointment times easily

How can older adults benefit from it

Older adults can avoid waiting in long hospital lines and get appointments more comfortably



what does it do

DoseMed is a modern health reminder app designed to help people take their medications correctly. It works offline, so users' data stays private, and it uses AI to check for possible drug interactions.

why is it useful

DoseMed is useful because it keeps patients safe and organized. It reminds people to take their medicine on time, even when schedules are complicated.

How can older adults benefit from it

Older adults can benefit because it makes complex medication simple and safe. By reducing confusion and anxiety, ai would supports independence and improves daily health for elder groups.



what does it do

.MyTherapy is a health reminder app that turns daily care into a simple routine, it helps people see patterns in their wellbeing and share clear reports with doctors.

why is it useful

it is useful because it turns health care into a simple daily routine. It reminds people to take their medication, tracks symptoms and habits, and creates clear reports for doctors.

How can older adults benefit from it

With clear design and daily routines, it reduces confusion, builds confidence, and helps older adults stay independent while feeling cared for.

Digital Guide Creator

Simple instructions and helpful tips can make digital tools easier and more accessible for older adults.

Step 1 – Open WhatsApp

Find the green WhatsApp app and tap on it

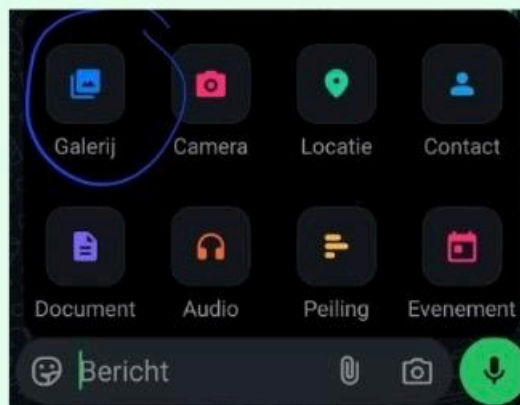


Step 2 – Choose a Contact

Open the chat with the person you want to send the photo to

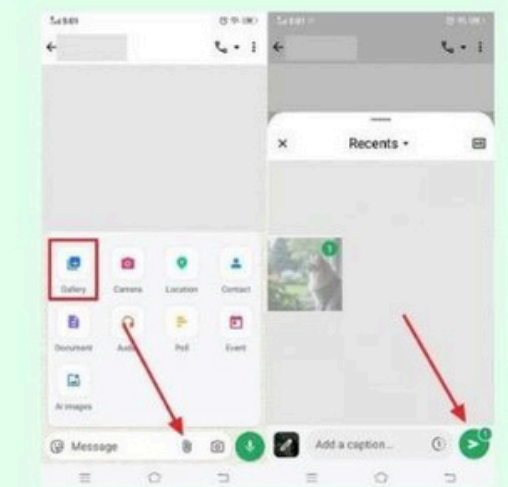
Step 3 – Tap the Paperclip

At the bottom next to the message box, tap the paperclip icon



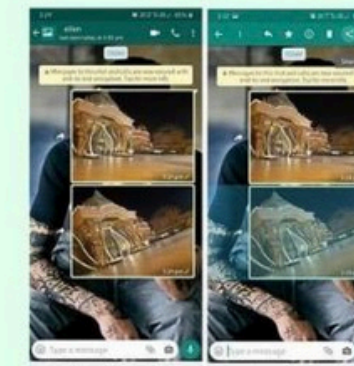
Step 4 – Select “Gallery”

A menu will appear. Tap “Gallery” or “Photos”



Step 5 – Choose a Photo

Tap the picture you want to send.



Step 6 – Send the Photo

Press the green arrow button ► to send the photo

DIGITAL HEALTH LITERACY

The skills to find, understand,
and use digital health
information and tools
for better health.



FIND

Find trusted health
information online.



UNDERSTAND

Understand what it
means for you.



USE

Use digital tools and
apps to take action.



STAY SAFE

Protect your privacy
and avoid scams.

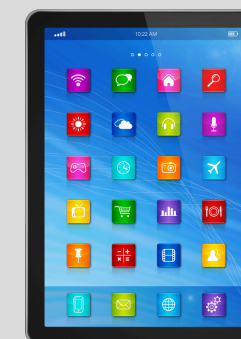
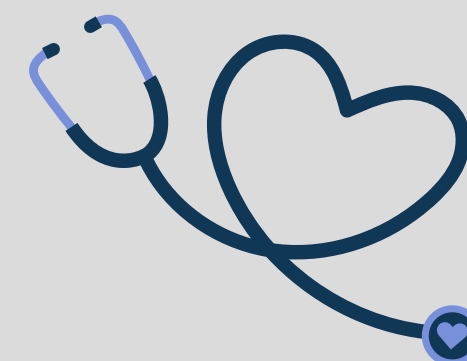


Digital tools can help you:

- ✓ Manage your health
- ✓ Communicate with your doctor
- ✓ Track your progress
- ✓ Access care anytime, anywhere



You're never
too old to get
health smart!



Learn. Understand. Use. Stay Safe

BUILD YOUR DIGITAL HEALTH SKILLS



ASK FOR HELP

Family, friends, and
community programs
are here for you.



KEEP LEARNING

Take classes and
practices to build
your confidence.



CHOOSE TRUSTED SOURCES

Look for .gov, .edu,
or reputable health
organizations.



PROTECT YOUR INFORMATION

Use strong passwords
and never share personal
information.



STAY CONNECTED, STAY HEALTHY

Digital health literacy
empowers you to live
your best life.



MEDICAL SCHOOL SPLIT

Znanje za zdravlje. Zdravlje za život.

Plakat izradio:

Josip Že



A young woman with long dark hair is sitting on a wooden bench, smiling and pointing at a tablet. The tablet screen displays a health dashboard with various charts and graphs, including a bar chart, a line graph, and a donut chart. An elderly woman with short white hair is sitting next to her, looking at the tablet with a smile. In the background, a group of elderly people are walking along a path in a park, and a man is working in a garden. The city skyline is visible in the distance.

Tech for time, health for life.



TEAM 5 – Future Digital Health Ideas for Older Adults

Imagining smarter and healthier futures for older adults

Students from Türkiye, Slovakia, and Croatia created innovative ideas and projects to explore how future technologies can help older adults live healthier, safer, easier, and happier lives.

Their work highlights the importance of creativity and digital innovation in improving quality of life.

🇹🇷 Medine A.

🇹🇷 İlimdar B.

🇭🇷 Petra O.

🇭🇷 Gabriela Z.

🇹🇷 Hiranur Belkıs



Interview with My Grandmother

This presentation is about the difficulties elderly people face while using digital healthcare technologies. In order to better understand these challenges, I interviewed my grandmother and asked her questions about her experiences with online hospital systems, health applications, and digital tools. Her answers helped me see how technology can sometimes be confusing or stressful for older adults.

In this presentation, I explain common problems elderly people experience in digital healthcare and suggest both simple and future technological solutions that could make these systems easier and more accessible for them.



LUMERIA

This is my health project. I created Lumeria to help old people who sometimes forget their medicine or need quick support.

+Lumeria speaks to remind them about their daily medicine times.

+It connects easily to doctors for fast help.

+Users can simply talk to it if they feel unwell or need to ask a question.

I made this poster to show how Lumeria helps in daily life. It keeps old people safe and happy at home, so they stay independent. It also helps families feel much less worried because they know their loved ones are safe.

LUMERIA

Your Smart voice-guided Medicine Companion

LUMERIA PRODUCT LINE

SCAN for Full Product Details, Interactions, & Guide (powered by Lumeria).

- No more forgetting! No more confusion!
- Lumeria's smart label talks to you.
- The voice guide tells you:
 - WHAT medicine
 - WHEN to take it
 - HOW much to take

TALK TO YOUR DOCTOR

Connect with your doctor easily from home.

SMART VOICE ASSISTANT

Lumeria answers your questions like a friend.

EASY CHAT, JUST TALK

LUMERIA, my knee hurts!

Large buttons, large text. No typing. Just say it.

PRESCRIBED REMINDERS

Lumeria knows your medicines from your doctor's list.

BENEFITS FOR ELDERS

- Maintain independence and confidence.
- Stay on schedule, no stress.
- Get instant answers through friendly voice chat.
- Give peace of mind to your loved ones.

Happy and healthy with Lumeria.

LUMERIA: Health made simple. Life made better.
For you. For your loved ones.

SCAN ME: [QR Code]

PREPARED BY: **iLIMDAR B.**

Future Technology Researcher

Technology is very important for older people. Researchers are working on special tools like health robots, smart watches, smart glasses, and wearable belts. These devices help older adults in their daily lives. For example, robots can watch them and call for help if they fall. Smart watches track their health and send messages to their families. Smart glasses help them read and see better. These technologies make older people feel safe, independent, and happy in their own homes. As a student and researcher, I believe technology is a great friend for our elders.



SafeStep Smart Shoes by Petra O. - Innovation Idea Creator

What is it?

SafeStep Smart Shoes are special shoes that help older adults stay safe, healthy, and active.

What can the shoes do?

- Detect if a person falls
- Send an alert to family or doctors
- Count steps and monitor walking
- Glow in the dark to prevent accidents at night
- Remind the user to take medicine using a small speaker
- Check heart rate through sensors in the shoe

Why is it useful?

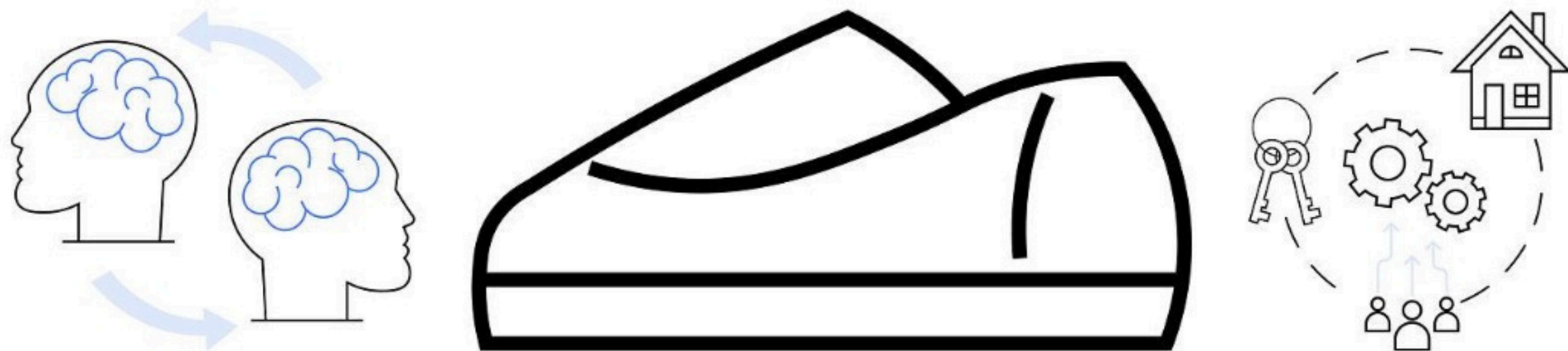
Many older adults live alone and may fall or forget important things like medicine. These smart shoes help them stay independent and safer every day.

Name: SafeStep Smart Shoes

Purpose: Helps older adults walk safely and stay healthy.

Special Features: Fall detection, heart-rate sensors, medicine reminders, night lights, emergency alerts.

Benefit: Gives older adults more confidence and helps families worry less.



SafeStep Smart Shoes

I also created a poster. The poster presents the main features of the smart shoes, such as fall detection, heart-rate monitoring, medicine reminders, and emergency alerts. Its purpose is to show how this invention can help older adults stay safe, healthy, and independent in their daily lives

Autor: Petra Oškerová

SafeStep Smart Shoes

Helping older adults walk safely and live independently.

SafeStep Smart Shoes are special shoes that help older adults stay safe, healthy, and active.

GLOWS IN THE DARK
for safer steps at night

WHAT CAN THE SHOES DO?

 DETECT IF A PERSON FALLS Shoes can sense a fall right away.	 SEND AN ALERT TO FAMILY OR DOCTORS Instant alerts help get help quickly.	 COUNT STEPS AND MONITOR WALKING Tracks steps, distance and daily activity.	 GLOW IN THE DARK Lights up at night to prevent accidents.	 REMIND THE USER TO TAKE MEDICINE Friendly voice reminders through a small speaker.	 CHECK HEART RATE Monitors heart rate with smart sensors in the shoe.
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WHY IS IT USEFUL?

Many older adults live alone and may fall or forget important things like medicine. These smart shoes help them stay independent and safer every day.

SHORT PRESENTATION VERSION

NAME:
SafeStep Smart Shoes

PURPOSE:
Helps older adults walk safely and stay healthy.

SPECIAL FEATURES:
Fall detection, heart-rate sensors, medicine reminders, night lights, emergency alerts.

BENEFIT:
Gives older adults more confidence and helps families worry less.

SAFER STEPS. BETTER DAYS.
For you. For your loved ones.

FUTURE TECHNOLOGY

for Older Adults

Smarter tools. Stronger connections.
Better lives.

Technology is creating a future where older adults can live healthier, safer, more independent, and more connected.



6 WAYS TECHNOLOGY IS SHAPING A BETTER TOMORROW

1 SMART HEALTH

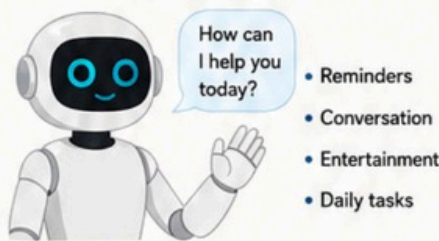
Better care, every day.



Wearables and apps monitor vital signs, remind about medications, and help manage health from home.

2 AI COMPANIONS & ROBOTS

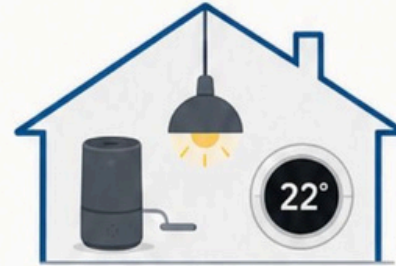
A helping hand, anytime.



AI companions and robots provide assistance, conversation, and support to make daily life easier and less lonely.

3 SMART HOME

Comfort. Control. Peace of mind.



Voice controls, smart lights, thermostats, and safety alerts make homes easier to manage and more energy efficient.

4 VIRTUAL CARE

Quality care, closer than ever.



Video visits and remote monitoring connect older adults with doctors and specialists—no travel required.

5 STAY CONNECTED

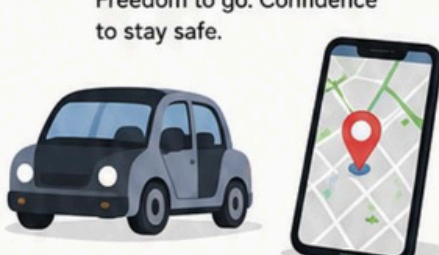
Stronger relationships, better well-being.



Video calls, social apps, and online communities help older adults stay in touch with loved ones and build new friendships.

6 ENHANCED MOBILITY & SAFETY

Freedom to go. Confidence to stay safe.



Smart wearables, fall detection, GPS tracking, and autonomous transportation support independence and safety on the go.



TECHNOLOGY ISN'T JUST ABOUT DEVICES.
IT'S ABOUT A BETTER QUALITY OF LIFE.



Stay Healthy



Live Independently



Stay Connected



Stay Safe



Embrace the Future

Imagining the Future

I designed a creative digital poster to present future technology ideas for older adults. Through my poster, I highlighted innovative solutions that can support healthier, safer, and more independent living in the future.

**Healthier
lives
smarter
tech.**

TECHNOLOGY FOR HEALTHIER FUTURES

INNOVATE. CARE. EMPOWER. ♥

HEALTH MONITORING
72 BPM, 98%
TELEHEALTHN
SMART REMINDERS
COMPASSION
INNOVATION
DELIVERING CARE
AI ASSISTANT FOR SUPPORT

SMART IDEAS. BETTER LIVES.
A HEALTHY TOMORROW STARTS TODAY.

INCLUSIVE HEALTHCARE
SAFETY & INDEPENDENCE
RESPECT & DIGNITY
INNOVATION FOR ALL AGES

*Together
for Inclusive
Digital
Healthcare*

TEAM 6 – Reducing Loneliness and Building Empathy

Building connections through empathy and understanding.

Students from Türkiye, Slovakia, and Croatia explored the importance of empathy and emotional support for older adults. Through creative activities, they reflected on ways to reduce loneliness and strengthen connections between generations, promoting kindness, understanding, and a sense of belonging.

🇹🇷 Asude Ö.

🇹🇷 Sena Eylül Ç..

🇸🇰 Petra T.

🇭🇷 Sajra P.

🇹🇷 Esmaalp Belkıs .



Learning from Life Experiences

This interview was conducted with Ayşe, a 68-year-old resident of a nursing home.

Through her experiences and advice, we learned the importance of empathy, friendship, and social connections in reducing loneliness and promoting happiness.

1. What makes you happy?

Spending time with my family and seeing my grandchildren makes me happy.

2. Do you enjoy spending time with other people?

Yes, I do. I like talking to my friends and family. It makes me feel connected.

3. What activities do you like ?

I enjoy gardening, cooking, walking, and reading books.

4. What advice would you give to young people?

Study hard, be kind to others, and enjoy every moment of life.

5. What makes people feel less lonely?

Talking with family and friends, joining social activities, and helping others can make people feel less lonely.

Conclusion:

The interview was very interesting. I learned that spending time with loved ones and staying active are important for happiness.



The Empathy Research: Loneliness & Solutions



Why do older adults sometimes feel lonely?

Older adults frequently experience loneliness due to significant life changes such as retirement, living alone, or losing close friends and spouses, which heavily reduces their daily social interactions. Additionally, age-related health issues and physical limitations can prevent them from leaving their homes or participating in community events. This isolation is often made worse by the rapid advancement of technology, creating a digital divide that makes them feel left behind and disconnected from the modern world.

Why is empathy important?

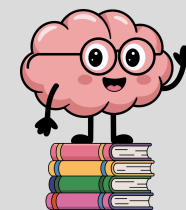
Empathy is essential because it allows us to step into another person's shoes and truly understand the unique emotional and physical challenges that come with aging. By practicing empathy, we can break down negative stereotypes about older generations and build a more inclusive, caring society. Furthermore, when older adults feel genuinely understood and heard, it significantly reduces their anxiety and stress, greatly improving their overall mental well-being.

How can young people help older adults feel happier?

Young people can make a meaningful difference by teaching older adults basic digital skills, such as how to use smartphones or make video calls, which helps them stay connected with their families. Simple acts like visiting them, asking about their memories, and practicing active listening can also make them feel incredibly valued and respected. Finally, involving them in fun, intergenerational activities or neighborhood projects can bring excitement, purpose, and joy back into their daily routines.

Empathy Researcher

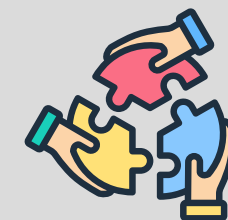
I created a Kahoot quiz to make learning about empathy and loneliness more engaging and interactive. Through this activity, participants could reflect on the importance of understanding and supporting older adults.



Learn •



Care •

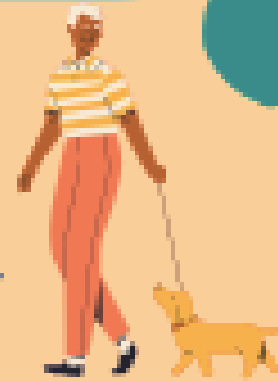


Connect

MEMORIES AND LIFE LESSONS

Favourite memories:

My happiest memory was spending summers with my family at my grandparents' cottage near a forest.



Life lessons:

Never be afraid to make mistakes.

Family and friendships are more important than money.

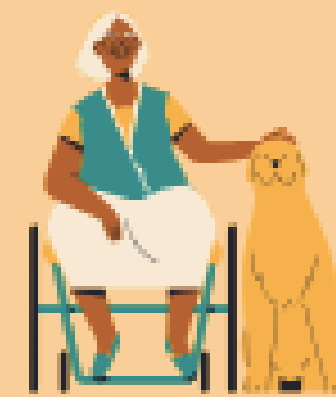
Work hard, but do not forget to enjoy life.

Time passes quickly, so appreciate every moment.

•

Advice for younger generations:

- Travel when you can and learn about different cultures.
- Save money, but also create memories.
- Respect older people because they have many experiences to share.
- Take care of your health while you are young.



"Happiness is not having everything, but appreciating what you already have."

"The best lessons in life are learned through experience."



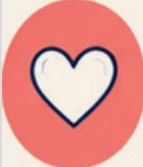
EMPATHY

REDUCES LONELINESS,
BUILDS CONNECTIONS

A little kindness can
make a big difference.

“
No one has
ever become
poor by giving.
– Anne Frank

WAYS TO SHOW EMPATHY



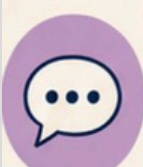
KINDNESS
Small acts of kindness
can brighten someone's
day.



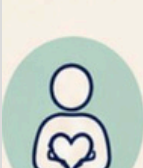
FRIENDSHIP
Spend time together
and include others.
Everyone belongs.



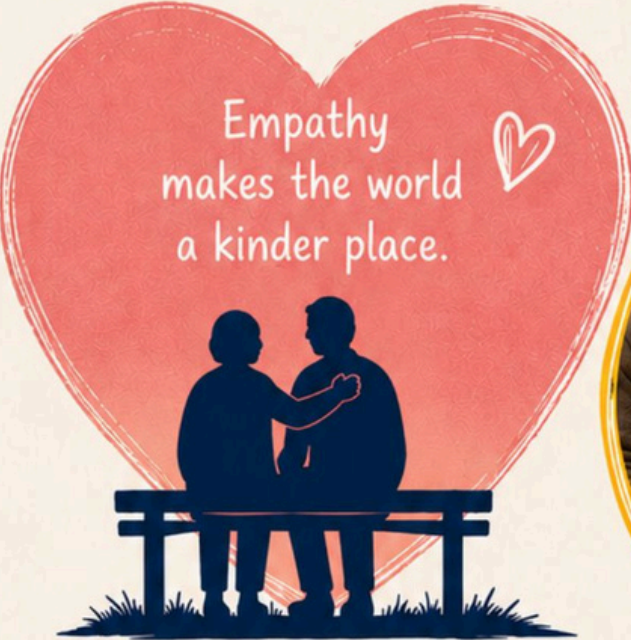
**HELPING
OLDER ADULTS**
A kind word, a visit,
or help with daily tasks
can reduce loneliness.



COMMUNICATION
Listen with your heart.
A conversation can
make someone feel
seen and valued.



EMPATHY
Try to understand how
others feel. Empathy
builds strong and caring
communities.



Empathy
makes the world
a kinder place.





Let's build a world
where no one
feels alone.

BE KIND. BE EMPATHETIC. BE THE DIFFERENCE.

 REACH OUT

 SHOW YOU CARE

 SPREAD KINDNESS

 REDUCE LONELINESS



40

Prepared by Sajra P.



KINDNESS
CONNECTS
GENERATIONS

TEAM 7 – Effective Health Communication with Older Adults

Communicating with care, respect, and understanding.

Students from Türkiye, Slovakia, and Croatia explored the importance of respectful and effective communication with older adults. Through different activities, they learned how clear, supportive, and empathetic communication can strengthen relationships and improve well-being.

🇹🇷 İbrahim A.

🇹🇷 Sudenur Y.

🇸🇰 Lenka B.

🇹🇷 Ecrin Belkıs.

🇹🇷 Esmaey Belkıs .





WHAT MAKES COMMUNICATION EASIER?

Me: Communication sometimes feels difficult.

What do you think makes it easier?

Older Adult: Ah, that's a good question. For me, communication becomes easier when people are patient. You know, when someone doesn't rush me while I'm speaking, I feel more comfortable expressing myself.



COMMUNICATION WITH OLDER ADULTS

Effective communication with older adults requires respect, patience, understanding, and empathy. Speaking clearly, listening carefully, and showing kindness strengthen communication. As a result, older adults feel happier, more valued, and more connected to society.

COMMUNICATION WITH OLDER ADULTS

PREPARED BY ; SUDENUR



Bridging generations through digital healthcare



Example of proper conversation :



Young Person: Good afternoon, Mr. Lee. How was your doctor's appointment today?

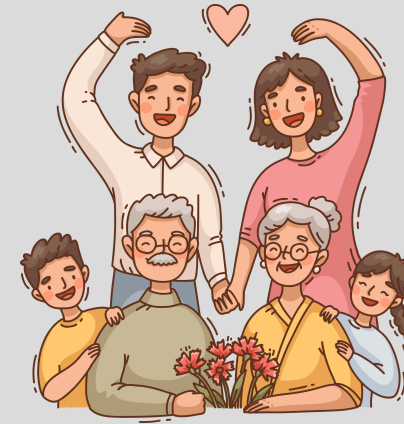
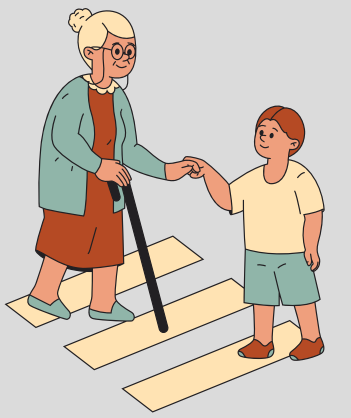
Older Adult: Hello, Sarah. It went well, but I still find all these digital healthcare systems confusing.

Young Person: I understand. Technology can feel overwhelming at first. Would you like me to show you how to use the health app on your phone?

Older Adult: That would be very helpful. I worry about pressing the wrong button.



Prepared by Lenka B.



Young Person: Don't worry, I'll guide you step by step. This app lets you book appointments, order prescriptions, and even speak with your doctor online.

Older Adult: That sounds useful. It must save a lot of time.

Young Person: It does, especially for people who have difficulty traveling. You can also see your medical records anytime.

Older Adult: I appreciate you explaining it so patiently. Sometimes I feel embarrassed asking for help with technology.

Young Person: Please don't feel embarrassed. Many people are still learning. Healthcare should be accessible for everyone, no matter their age.

Older Adult: Thank you, Sarah. Your kindness makes me feel much more confident.

Young Person: You're very welcome. I'm always happy to help.

EFFECTIVE COMMUNICATION WITH OLDER ADULTS: A GUIDE TO CONNECTING WITH KINDNESS, RESPECT, EMPATHY, AND SUPPORT



♥ KINDNESS

Be gentle and patient. Offer comforting words and gestures.



RESPECT

Value their life experience.
Honor their dignity and autonomy.



💬 COMMUNICATION

Speak clearly and listen actively.
Encourage they share their stories.



EMPATHY

Seek to understand their perspective. Be present and feel with them.



SUPPORT

Offer practical help and encouragement.
Let them know they are not alone.



*Every older adult
has a story worth
listening to.*

*Through respect, empathy,
and kind communication,
we can make them feel
valued, understood,
and never alone.*

*Together, we build
a stronger and more
caring community.*



RESPECT



EMPATHY



COMMUNICATION

*Together,
We Care*



Thank You

This project brought together students from Türkiye, Slovakia, and Croatia to promote healthy ageing, digital inclusion, empathy, and intergenerational solidarity.



Together we learned, shared, and built stronger connections across generations.

