MIG-HEALTH APPS
Mobile Health Apps for Migrants

Experiential Training Activities

ETA 9

Health Apps for the Elderly

Authors

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Content

1 About the Module

Objectives

The Health Apps for the Elderly Experential Training Activity 9 is a comprehensive module designed to equip participants with the knowledge and skills to use Apps for specific goals in important key areas of healthy ageing and activities of daily living (ADL). Thus, this course will deliver theoretical inputs to understand ageing processes, to increase awareness about the possibilities to create beneficial conditions for ageing processes and to increase awareness about possibilities to regain abilities and/or self-management for ADL. The module will provide basic knowledge about available apps for this purpose and will provide examples of real-life integration scenarios. Participants will also acquire critical reflection skills and apply them to their own lives or the lives of their elderly loved ones, in order to make informed decisions about app selection, and integration into their everyday life, if they wish so. Through knowledge acquisition, reflection, interactive sessions, practical exercises, real-life scenarios examples, goal setting and discussions, participants will gain confidence in using apps as valuable tools for healthy and active ageing.

Participants and roles

- Newcomer migrants; trainees – as relatives of elderly migrants.
- Elderly newcomer migrants; elderly trainees.
- Migrants Peers; trainees or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers.
- Supports: trainees or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers.

Learning outcomes

- Learners will gain fundamental theoretical knowledge about healthy ageing and active ageing
- Learners will gain a comprehensive understanding of how Health Apps can benefit activities of daily living for seniors and conditions for ageing in general
- Learners will get familiar with various types of Health Apps, which can support active and healthy ageing: classify and differentiate them, navigate through them, explore their features, benefits, and user interfaces.
- Learners will learn about real life scenarios of Health App use in olde age.
- Learners will systematically reflect and explore areas of healthy ageing and possible benefits of Health Apps for their own lives

- Learners will be able to critically discuss real life benefits of Apps and their use.

Training contents

- General information about ageing
- Information about concepts of healthy and active ageing
- Information about key areas of healthy ageing and activities of daily living (ADL)
- Health Apps and their benefits for the Elderly and/or caring relatives
- Real Life Integrations
- Specific examples of Health Apps for healthy ageing
- Navigating and evaluating potential benefits of Health Apps
- Quiz and Self-Assessment
- Closure

Estimated duration

- Teaching sessions: 2 hours, 30 minutes
- Self-study supported by e-learning tools & Experiential training session: 2 hours
- Closing session: 30 minutes

Resources

- Training materials:
  - ppt. for Teaching Session,
  - ppt. for Self-learning and Experiential training Session,
  - ppt. for Closing Session.
- Supporting educational materials: Assignments for real life integration (completing user diary on e-Training Platform), quizzes (multiple choice, true-false, matching exercise), questions & answers.
- e-Training Platform and App Training Tool.
- Health Apps: Examples of Apps covering different key areas of healthy ageing.

- Other: Complementary and further readings, videos ("YouTube") contents.

2 Training Content

2.1 Teaching Session

Step and duration	Content
9.1.1. **General Information about ageing** 20 minutes	The trainer will shortly introduce the project and the objectives of this module. After the Ice Breaker Activity, the trainer will introduce the concepts of ageing processes and healthy and active ageing. This introduction to general information about ageing will cover the following topics: - Ageing processes - Factors influencing ageing processes - Stereotypes about ageing - Heterogeneity of ageing - Concept of (Active and) Healthy Ageing. Resources: PPT
9.1.2. **Functional ability, key areas of Healthy ageing and activities of daily living** 30 minutes	The trainer will address functional ability, areas of healthy ageing and the concept of ADL in detail. The specific content is demonstrated below: - Cognitive activities, physical activities, social engagement, mental health, chronic disease and disabilities. - Activities of daily living in relation to key areas Activity: The trainer asks the participants to reflect about the most important areas of healthy ageing and ADL in their

Step and duration	Content
	own lives and the most common difficulties they are facing in that area. Resources: PPT
9.1.3. **Health Apps for the Elderly and their benefits** 30 minutes	The trainer will address Apps that are available nowadays to target key areas of healthy ageing and ADL and will point out that these may be used for a variety of different goals. More specifically, participants will be introduced to the most common characteristics: ● Self monitoring/tracking ● Goal setting ● Cues or push notifications ● Social support rewards Activity: The trainer will ask the participants to share if they have already had experiences with using health apps and how it helped them or not. Results are meant to be discussed with the group.
9.1.4. **Real-Life Integration Scenario** 20 minutes	The trainer will tell a story to explain a real-life scenario of Health Apps for healthy ageing. More specifically, participants will learn about: ● Identifying/Experiencing a problem in ADL ● Identifying an App to address this ● Identifying support measures for usage ● Perceived benefits of one App for healthy ageing

Step and duration	Content
	Activity 3: Participants will then be divided into small groups and will be asked to identify areas of healthy ageing in their own life or in the lives of their relatives that could benefit from Health Apps, based on the aforementioned theoretical input. Conclusions will be shared with the group and awaited benefits will be noted down individually. This reflection of potential real-life benefits of Health Apps for healthy ageing will prepare the next step, i. e. the selection of Apps for the experiential training. If there is one common need in an area of healthy ageing among participants, the entire group can focus on it. Resources: PPT
9.1.5. **Navigating Apps and evaluating potential benefits** 20 minutes	In this unit the trainer will introduce an overview of available Health Apps for healthy ageing/ADL. Activity 4: The participants will be asked to explore different Health Apps and apply knowledge and reflection skills learned in the prior theoretical inputs. Particularly, participants will: • Go through Apps based on prior individual reflection of awaited benefits • Choose one and download it • Navigate through the App, exploring features, use and settings • Identify support measures for initial and consistent usage • Rethink assessment of potential benefits Participants will note down their assessment and discuss it with the group in the next step.

Step and duration	Content
9.1.6. **Discussion and open questions.** 20 minutes	The trainer will encourage participants to present their own reflection of the most important key area of healthy ageing, the Health App chosen to improve this area, the awaited benefits as well as the identified support measures for consistent usage in everyday life. The trainer will encourage participants to ask questions related to all previous contents.
9.1.7. **Next steps, evaluation and Closure** 10 minutes	Finally, the trainer will explain the next steps in the module, i. e. the experiential training activity and session as well as contents on the e-Training Platform. References and further readings will be displayed and the trainer will refer participants to these for better comprehension of module's content. The evaluation questionnaire will be displayed. Then, trainer will thank everyone for attending the session. Resources: PPT

2.2 Experiential training session

Step and duration	Content
9.2.1. Specific Example of a Health App for the Elderly 30 minutes	The trainer will display one app example for one key area of healthy ageing. - See below the following aspects of this session: - Mention app's name and icon. - Identify and categorize app's type. - Present app's main features and sections.

	▪ Show screenshots directing learners how to use the app for the first time and presenting app's functionalities. ▪ Provide further reading/videos. Resources: PPT
9.2.2. Real Life Integration Challenge – using the e-training Platform. 30 minutes	The trainer will invite the participants to a 7 day challenge, they can complete on their own. Participants are asked to make an effort to use one app and to share their experiences on the e-Training Platform. However, this challenge can be completed on their own time and in private, too. Components of the real-life integration challenge can be found below: ▪ Participants are asked to choose one app for this challenge, based on the prior inputs or their own assessment from the teaching session. ▪ The trainer will introduce the challenge using the SMART goals framework ▪ Participants are asked to share their choice and their goals for real-life integration ▪ The trainer will present the user diary as a resource to share expereinces on the e-Training Platform Resources: PPT

2.3 Self-learning supported by online training tools

Step and duration	Content
9.3.1 **Quiz and Self-Assessment** 20 minutes	The trainer will ask the learners to complete a Quiz in the e-Training Platform. The Quiz, consisting of multiple choice, true-false and matching exercise, will help the learners in assessing their understanding of the theoretical content of the teaching session.

	The trainers will check the completion of the quiz and will support each learner depending on their main gaps. Resources: ▪ Quiz. Online Training Platform or ppt?
9.3.2 **User diary** 70 minutes	The trainer invites the learners to complete a 7-day-real-life-integration challenge and to constantly reflect their experiences completing a user diary. A user diary template will be uploaded to the e-Training Platform. Participants are asked to take ten minutes per day to note down their daily experience using the app. Individual user diaries can be made public to foster exchange between participants. However, participants can complete the challenge in private too. In case of usage problems, participants are asked to post questions.

2.4 Closure session

Step and duration	Content

9.4.1
 	
Questions and Answers
 	
1 hour
	Participants will be encouraged to discuss their real-life integration challenge and to reflect on future usage:
	
	    ▪ Provide a statement on your own experiences, regarding barriers and benefits
	    ▪ How could one overcome barriers?
	    ▪ How could one experience all benefits?
	    ▪ Would you use this app long term or no? Explain!
	    ▪ Considering your own future ageing process, what app are you interested in and why?
	
	Resources: PPT

3 Appendix - Health Apps for the Elderly

Name	Owner	Country	Cost	Platform (link)	Target Group	Description