

1	7
2	8
3	9
4	10
5	11
6	



# MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

**Module 9 - Closure session (9.4)**  
**Health Apps for the Elderly**



Co-funded by  
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.





# Partners

**POLIBIENESTAR**  
UNIVERSITAT DE VALÈNCIA

UNIVERSITAT DE VALÈNCIA  
VALENCIA, SPAIN  
[www.uv.es](http://www.uv.es)



OXFAM ITALIA INTERCULTURA  
AREZZO, ITALY  
[www.oxfamitalia.org/](http://www.oxfamitalia.org/)

**PROLEPSIS**  
INSTITUTE

PROLEPSIS  
ATHENS, GREECE  
[www.prolepis.gr](http://www.prolepis.gr)

**IAT**  
Institute for Work and Technology

WESTFALISCHE HOCHSCHULE GELSENKIRCHEN,  
BOCHOLT, RECKLINGHAUSEN  
GELSENKIRCHEN, GERMANY  
[www.w-hs.de](http://www.w-hs.de)



**connexions**  
ICT for Education and Social Impact

CONNEXIONS  
ATHENS, GREECE  
[www.connexions.gr](http://www.connexions.gr)



RESET  
CYPRUS  
[www.resetcy.com](http://www.resetcy.com)



media k GmbH  
Bad Mergentheim, GERMANY  
[www.media-k.eu](http://www.media-k.eu)

**coördina**  
Strategy and Sustainable Results

COORDINA ORGANIZACIÓN DE EMPRESAS Y  
RECURSOS HUMANOS, S.L.  
VALENCIA, SPAIN  
[coordin-a-oerh.com](http://coordin-a-oerh.com)



AMSED  
STRASBOURG, FRANCE  
[www.amsed.fr](http://www.amsed.fr)



## 9.4.1

# Questions and Answers

## Share your real-life integration experience

**Please give a brief statement on your own experiences and include the following information:**

- What app did you use?
- Did you use it everyday for a week? Please explain.
- What barriers to usage did you encounter? Please describe.
- Did the use of the app feel beneficial in your targeted area of healthy ageing? Please explain.

## Let's discuss!

- *How could one **overcome** some of the aforementioned **barriers**?*
- *What is **necessary** on the user's end to **experience all benefits for healthy ageing** using the mentioned apps?*
- *Would you **use the apps long term** and why (not)?*
- *Considering your own **future ageing process** – what **healthy ageing area and app** are you interested in and why?*
- *Would you **recommend apps for healthy ageing** to someone? If so, to whom and why?*





# MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!  
You have completed this module!

