

O1 - Criteria catalogue and guidance to choose best practices

Aim

In order to develop a training manual and an Online Academy for an international group of adults older than 55 years a selection of best practices will be made. The purpose is to identify already existing OER approaches and OER learning materials throughout Europe. The materials aim to bridging the digital divide and support mature adults or senior citizens in improving and developing their digital skills. After the collection all materials will be analysed in order to serve as basis of the training which will be conducted in the project.

Target group

Adult learners between 55 and 74 years old will be trained online and face-to-face. They have already basic skills in using digital devices and digital services. They are enthusiastic and motivated to transfer their knowledge later to other senior citizens.

Criteria and definition of a “good practice”

A “good/best practice” is any approach, methodology, technique or process considered as an exemplary behaviour according to its characteristics, listed below. Therefore, innovative learning programmes, material or educational resources to be collected as good practice in Adult Education should be identified with a clear explanation of how they meet the features.

Adult Education comprises different kinds of teaching methodologies and also an array of training processes where non-formal and informal learning takes an important part. For this reason, any ICT Technology of different nature is called to be included in the list as long as it is:

- valid: the resource aims training adults or helping them to continuously learn;
- reliable: the resource is proven to have trained adults throughout its lifetime;
- consistently proven, based on results: the resource makes it possible to carry out training and/or learning processes, developing outstanding outcomes that would be difficult to achieve if it is not provided;
- numerically evidential: the resource is used by a sound number of potential users;
- replicable and transferable to different settings and by different users: the resource can be regarded as a referent, with the corresponding adaptations, can be used for training and/or learning purposes in different topics;
- efficient: the resource requires less resources (namely time, money and personal efforts) than others used for the same purpose;
- recognized as such by others: the tool is publicly valued as a good practice by third parties (neither developers nor direct users).

(Criteria from:

https://www.researchgate.net/publication/299575421_Knowledge_Management_of_Best_Practices_in_a_Collaborative_Environment)

Questionnaire for best practice – Please fill in one questionnaire per best practice! You should provide at least three best practices.

NAME	
Please state the name of the resource:	Senior Lab
CONTENT	
Please describe shortly (2.000 word) the content of the resource.	<p>The Senior Lab (SL) is a research and development platform dedicated to the topics of quality of life and autonomy of seniors. The Senior Lab's mission is to develop concrete and innovative solutions - products, technologies and services - in the field of healthy ageing, active aging with and for senior citizens. Seniors play an expert role by sharing their experiences on ageing, but also their concerns and aspirations. Their involvement within the SL ensures that the offers, services and products created/adapted meet the needs and correspond to the daily reality of the elderly.</p> <p>The Senior Living Lab has run a number of participatory workshops with seniors with a view to brainstorming and developing products and services to improve the quality of life of ageing populations in Switzerland. This project aims to combine and adapt design thinking and living lab methodologies to be suitable with elderly participants. It gathers various qualitative techniques and deploys an interdisciplinary methodology based on community-based participatory research. This living lab project highlights the key success factors and the challenges in order to successfully involve seniors during complex innovation processes, such as time essential to tackle logistic issues and the ability to adapt participatory initiatives to an elderly public.</p>
Please note the type of content.	<ul style="list-style-type: none"> € Basic Internet Skills € Basic Computer Skills € Basic Mobile Devices skills € Topics (defined by the consortium) <ul style="list-style-type: none"> € Digital payment € Digital citizenship € Being active through Social Media € Creating digital content € Communication (via E-Mail, Social Networks) € Collaboration € Online safety € Using Appstores € Critical thinking € Digital Health € Other topics: <ul style="list-style-type: none"> € Information research/retrieval € Using apps for daily life purpose (e.g. Travel, weather etc.) € Using E-participation tools (e.g. Wikipedia, online petition)

	<input type="checkbox"/> Games <input type="checkbox"/> Identity Theft <input type="checkbox"/> Private data abuse <input type="checkbox"/> Disclosing private information <input type="checkbox"/> Consumer Rights <input type="checkbox"/> E-Government <input type="checkbox"/> E-Commerce <input type="checkbox"/> Phishing <input type="checkbox"/> Inappropriate Advertising <input type="checkbox"/> Other (please add): <u>Community</u>
Please describe the extension of the resource (e.g. Page numbers, duration).	not applicable
AVAILABILITY	
URL	https://senior-lab.ch/ https://heig-vd.ch/rad/groupes-transversaux/hee/projets/senior-lab?fbclid=IwAR2AvhastIz1e6hIMYSIc_OIPSYz3byLpOz08WM6K8ofwYywpV_o_Bs1CO3g
What license does the resource have?	not applicable
Who is the originator? Please state contact details.	Launched in June 2018 by La Source School of Nursing Sciences, the School of Management and Engineering Vaud (HEIG-VD) and ECAL (Ecole cantonale d'art de Lausanne)
How do the target group get access to the resource?	<input checked="" type="checkbox"/> Online <input type="checkbox"/> Via print material (e.g. handbooks, book) <input type="checkbox"/> Other: _____
How was the creation of the resource financed?	<input type="checkbox"/> Public (Please state the name): _____ <input type="checkbox"/> Private (Please state the name): _____ <input checked="" type="checkbox"/> Other: The Senior Lab is the result of an applied research project funded by the Gebert Rűf Stiftung (2014-2017).
TYPE	
Type of learning resource	<input type="checkbox"/> Blended learning program <input type="checkbox"/> Cheat sheets <input type="checkbox"/> Self-learning videos <input type="checkbox"/> Mooc <input type="checkbox"/> Webinar <input type="checkbox"/> Handbook <input type="checkbox"/> Other: _____ Collaboration methods like : knowledge cafés, workshops, brainstorming sessions and individual interviews
USEFULNESS	
Why the resource is useful?	The mission of the Senior Lab is to develop concrete and innovative solutions in the field of aging well through collaboration and exchanges between public and private stakeholders, Universities, companies, associations, foundations and individuals.

	<p>The 3 central themes of the Senior Living Lab project were food, mobility and communication; these themes were defined by a panel of seniors and treated by the combination of interdisciplinary skills, between gerontology and nursing, economics and design.</p> <p>The senior's community, involved through knowledge cafés, workshops, brainstorming sessions and individual interviews, has contributed to the emergence of many ideas to better take into account the needs of seniors.</p>
Who are the main target groups of the resource?	health specialists, designers, economists and engineers from the three Universities of Applied Sciences of Lausanne and, of course, senior citizens who wanted to actively participate .
TRANSFERABILITY	
How can the resource be transferred to the training "ICT4elderly)?	<p>The projects of the Senior Lab are conducted from an interdisciplinary perspective, involving different stakeholders and, of course, senior citizens giving them a clear voice to express their needs and ideas. This participative approach brings empowerment and engagement to the participants, while they learn skills and share their perspectives.</p> <p>The sharing of points of view and of skills (by seniors and different stakeholders) allow a global approach to the issues related to ageing in the context of an ageing society.</p>
In which language(s) is the material provided? (Transferability)	<p>€ English</p> <p>€ German</p> <p>€ Slovenian</p> <p>€ French</p> <p>€ Lituanian</p> <p>€ Other: _____ Press releases in eng in their website</p>
PROOVED PRACTICE	
How many learners took already part in the (piloting) programme? / How many learners used the resource?	around 40 seniors plus staff and other stakeholders participated in the piloting phase of the SL.
What are the result of evaluation?	<p>The Senior Living Lab, through its community-participation research methodologies, has enabled the co-creation of objects, services and products in close collaboration with seniors, companies, researchers and public authorities. The participation of all actors in the living lab ecosystem in brainstorming and then developing solutions has enabled better uptake of innovations by their target publics, in this case retired seniors. The innovation techniques used (design thinking, participatory brainstorming or co-creation workshops, tests of prototypes or ideas, auditing of concepts or products, etc.) have served to generate consensus and to bring together observations and ideas from a very heterogeneous group of seniors.</p>

<p>How were resources tested? How was the training piloted?</p>	<p>An interdisciplinary methodology based on community-based participatory research (Israel, Eng, Schulz & Parker, 2013). Qualitative methods were found to be best suited both to gaining an overview of the situation on the ground and to combining interdisciplinary approaches. Link to the study here</p>
<p>Since when the resource is available?</p>	<p>June 2018. The Senior Lab is the result of an applied research project funded by the Gebert R�uf Stiftung (2014-2017).</p>
<p>OVERALL</p>	
<p>Please state any comment or hint for the analyser about the resource.</p>	