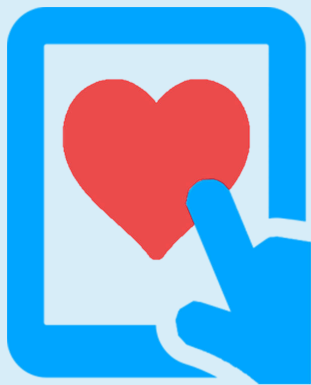


iHeal PROJECT 1st NEWLETTER

iHeal PROJECT NEWSLETTER



iHeal

**THIS MONTH'S NEWS
AND UPDATES:**

**LAUNCHING
THE PROJECT**

iHeal PROJECT N. 2018-1-TR01-KA204-059639

Up-Skilling Elders in Digital Health Literacy to prevent marginalization and exclusion

The project iHeal, co-funded by Erasmus+ KA2 Strategic Partnerships in the field of adult education, aims to create a training programme to facilitate elderly people's access to electronic health services.

The project proposes the design and development of an inclusive, interactive and user-friendly digital platform to equip and improve digital health literacy for the elder European population (50+). The platform will support online training modules for digital and health literacy, analyze relative risks and benefits, evaluate information for credibility and quality, communicate with health providers, navigate eHealth services, basic health terms glossary, country-specific health access info, which will also be available through mobile platforms/applications.

ICT can contribute by providing European citizens with better and cheaper services for health and ageing well. The introduction of ICT alone is estimated to improve efficiency of health care by 20%. Moreover, ICT empowers users of every age to better manage their health.

Digital Health Literacy and Older Adults

by Prolepsis Intitute, Athens, Greece

As the Internet and its numerous applications rapidly expand to most aspects of our daily lives, the health sector and services could not possibly pose an exception. The Internet serves as one of the main sources of health-related information such as healthier lifestyle choices or treatments and diseases. This process empowers the individuals to be active collaborators in their own health and wellbeing.

With the wide variety in the quality of the information, though, with the anonymity allowed to publishers, and with the vast amount of available information, digital health literacy is a cornerstone skill that can either amplify or completely eliminate these promising benefits.

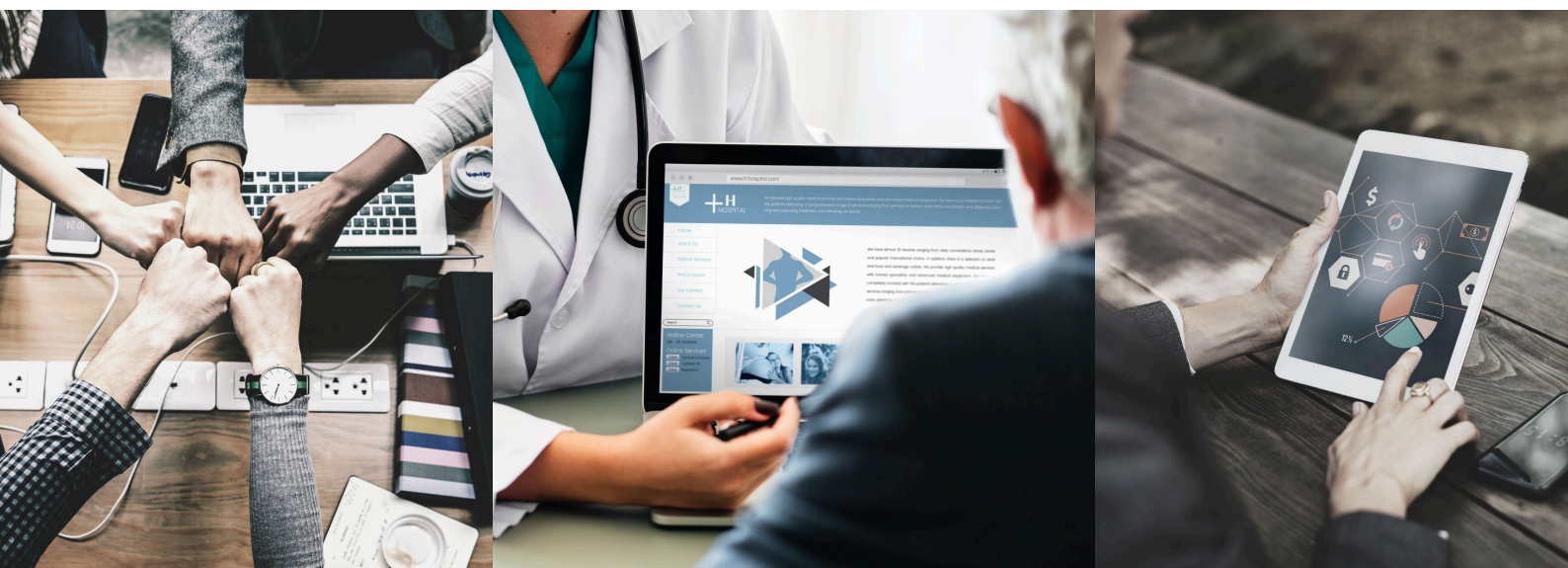
Digital health literacy has been defined as the skill of seeking, locating, understanding and appraising health-related information, through digital media, and of applying the gained knowledge to address or solve health issues.

Digital technology advances provide endless possibilities and great potential in health services that could greatly benefit the older age-groups of the population, yet, often, these groups don't possess the necessary skills and knowledge to benefit from them or that issues like disabilities, chronic diseases, and handicaps prevent them from doing so.

Improving older adults' digital health literacy will allow them to benefit from its affordances and help them manage health issues, make informed decisions, and promote their general mental and physical health and wellbeing.

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IT IS NEVER TOO EARLY OR TOO LATE TO WORK TOWARDS BEING THE HEALTHIEST YOU!



• **CANAKKALE ONSEKİZ MART UNIVERSITY (COMU) (TR) - PROJECT COORDINATOR**

- **PROLEPSIS INSTITUTE (GR)**
- **SCIENCE INITIATIVE LOWER AUSTRIA (WIN) (AT)**
- **CENTER FOR SOCIAL INNOVATION LTD (CY)**
- **ASTERES SCRL – SOCIETA' COOPERATIVE (IT)**
- **BOSEV (GRAND MIDDLE EAST HEALTH AND EDUCATION FOUNDATION) (TR)**
- **INOVA+ – INNOVATION SERVICES, SA (PT)**
- **INEUROPA SRL (IT)**

PROJECT PARTNERSHIP



Co-funded by the
Erasmus+ Programme
of the European Union



iHeal PROJECT KICK OFF MEETING IN ATHENS

by InEuropa srl, Modena,
Italy

On 10th and 11th January 2019, InEuropa travelled to Athens to join the kick-off meeting of the project iHeal – Up-Skilling Elders in Digital Health Literacy to prevent marginalization and exclusion.

InEuropa and Asteres are Italian partners together with other 5 entities from Turkey, Greece, Cyprus, Portugal and Austria, under the leadership of the University of Çanakkale (TR). They all have gathered in Athens to get to know each other and discuss the approach, the methodology and the implementation of the project activities that will cover the next 2 years.

iHeal will develop a web platform containing the training modules that will allow to analyse risks and benefits of e-health, assess the quality and reliability of online sources of information on health, communicate with health experts and services, browse through current e-health facilities, get deeper knowledge on key terms related to basic health and access specific health information available in each involved country. This tool will also enable users to get in touch and support each other, promoting direct involvement of patients and spreading patient-centered practices.

#iHealProject
#iHeal

