## Age-Friendly University Supporting Active and Healthy Ageing

## Technology Made Easy: A book about APPS

for Mobiles and how to use them



- The Transition Year Students from St. Aidan's CBS have developed a booklet for older people explaining how to use Apps on the mobile phone.
- The students met weekly with Dr. Trudy Corrigan Director Intergenerational Learning Programme, and Ms. Christine O'Kelly, Age Friendly Project Coordinator. Ms. Deirdre
- Ms. Eithne Connolly, Manager of the Bank of Ireland on DCU Campus gave financial support and organised for the students to visit the BOI Call Centre

Wynter, DCU Marketing Manager and Ms. Marie Leahy helped with the design.

- Over the weeks, the students undertook market research with local older people's groups, and those on DCU campus
- They identified a number of Apps which would be of use
- The students divided into teams to undertake the project
- Each Team reported back on progress and worked together on the booklet
- With support and guidance from marketing the booklet started to take shape



 The students entered the booklet for the Young Social Innovators Award in April and as part of the process did a small skit

booklet started to take shape.

- Older people were invited to take part in focus groups to review the booklet.
- Their opinions were considered and changes were incorporated
- After incorporating the changes and final edits the booklet went to print.
- The booklet will be launched in May on the DCU campus and 600 copies will be distributed





on using Apps



"This project demonstrated intergenerational community collaboration at its best. It challenged attitudes towards ageing and older people and gave the Transition Year Students experience in project management, market research, design, production and content management. It was very enjoyable for everyone involved and congratulations to the TY students for their hard work over the past months".

Photos: TY Students St. Aidan's CBS and participants of the Intergenerational Learning Programme DCU

Christine O'Kelly, Age Friendly Project Coordinator 🦊

