

Digital inclusion and well-being for older people

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Forum for Adult Learning  ECORYS 

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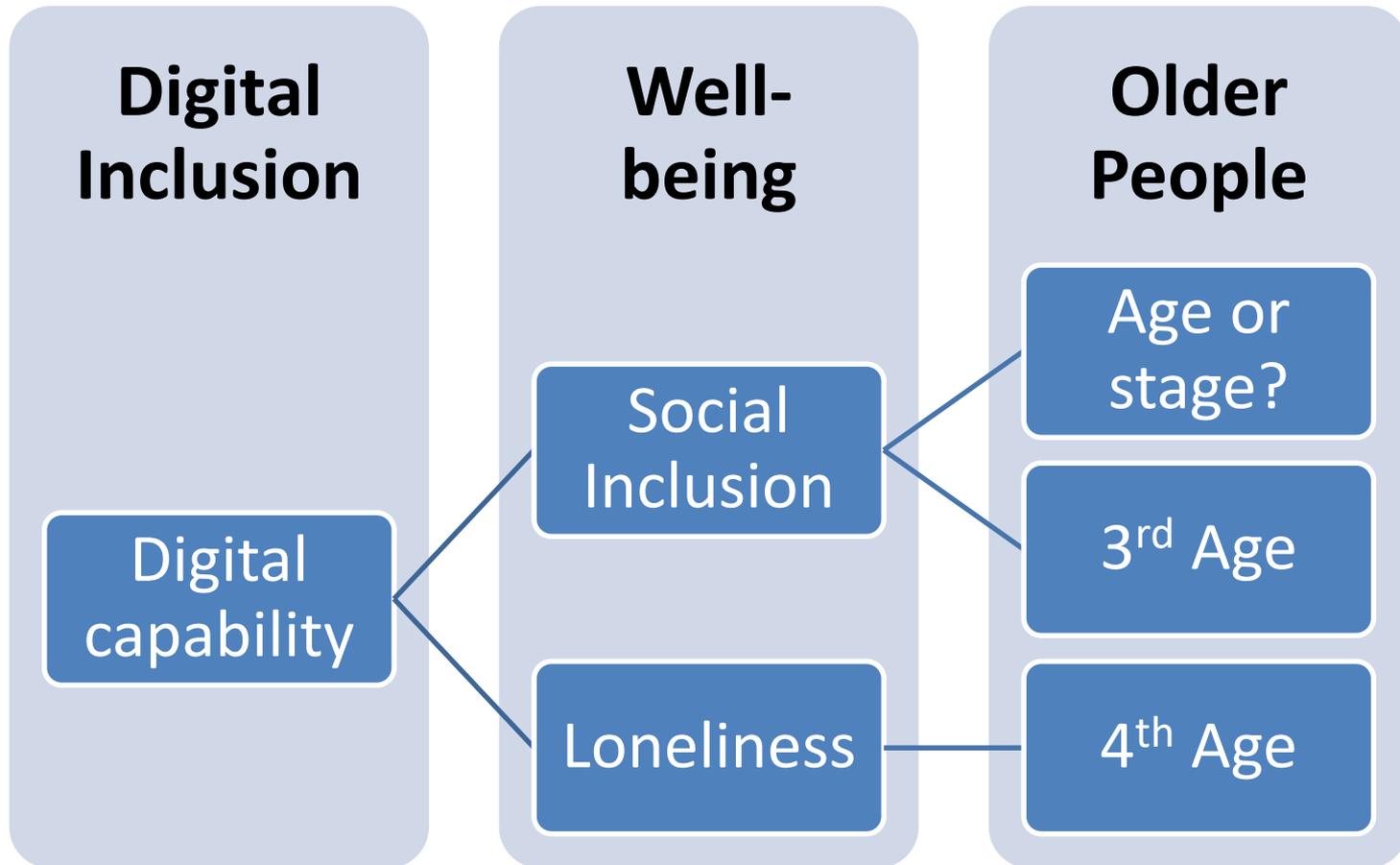


Scotland's Learning Partnership



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Erasmus+ Programme
of the European Union

What are we talking about today?



And 'adult learning'?



Formal



Non-
formal



Informal



Older people and adult learning

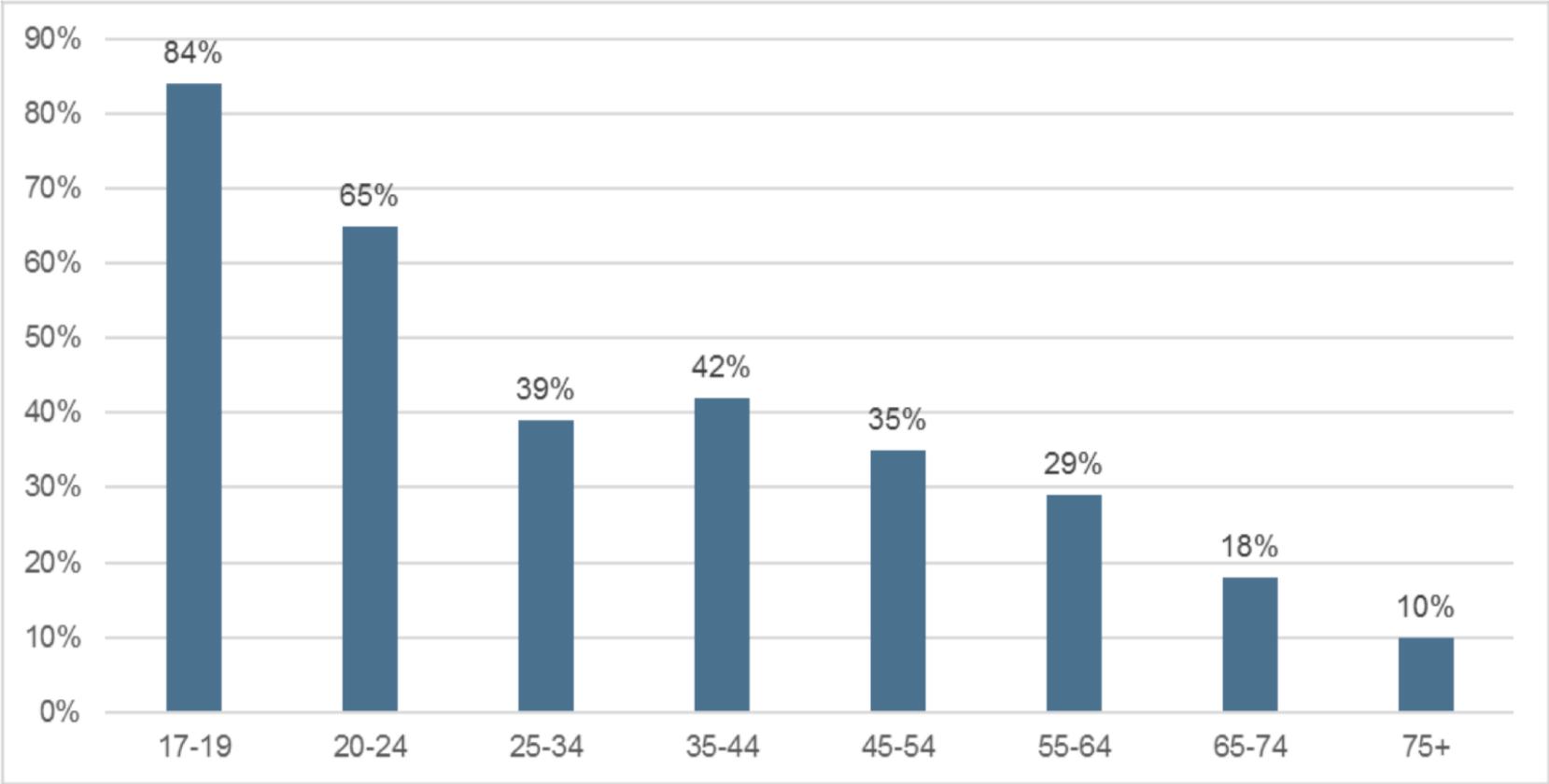
‘Older people’ in the UK generally refers to people over 50 years

Useful to separate 3rd Age (50-74), and 4th Age (75+)

Useful to think about biological and chronological age. Disability-free life expectancy.

UK adult learning declines with age

Figure 5: Participation by age



Well-being and adult learning

Well-being has 10 dimensions in the UK: ‘the natural environment, **personal well-being**, our relationships, health, what we do, where we live, personal finance, the economy, education and skills and governance.’

Source: What Works Well-Being Centre and Office of National Statistics::
<https://whatworkswellbeing.org/about/what-is-wellbeing/>

Social isolation is an objective measure.

Loneliness is a subjective feeling.

They negatively impact on well-being at all ages.

Adult learning has a positive impact on well-being...

What Works Wellbeing Centre (2017)

learning for older people



Learning for older people has a positive impact on their wellbeing. [6.7.8.12.14.18.21.22](#)



Findings from qualitative studies:

Learning can facilitate social contact and relationships which are key mechanisms that have a positive impact on older people's wellbeing [7.8.12.18.21.22](#)



Learning for personal interest enables older people to realise hedonic wellbeing through the 'joy of learning'. [18.21.22](#)



A sense of belonging and purpose, at both community and group level are key ways in which learning opportunities impact on wellbeing. [7.12.18.21](#)



For retired older men, learning which is unstructured or informal may be more beneficial for their wellbeing. [7.12](#)



The opportunity to share skills and knowledge or mentor others may also be important for realising wellbeing in older learners. [7.12.18.21](#)

Digital inclusion and adult learning

UK Government defines **digital inclusion** as ‘making sure that people have the capability to use the internet to do things that benefit them.’ There are three interconnected elements:

- **Digital skills** - being able to use computers and the internet.

This is important, but a lack of digital skills is not necessarily the only, or the biggest, barrier people face.

- **Connectivity** - and access to the internet.
- **Accessibility** - services should be designed to meet all users’ needs, including those dependent on assistive technology to access digital services.

UK Government. 2014. *Digital Inclusion Strategy*.

<https://www.gov.uk/government/publications/government-digital-inclusion-strategy/government-digital-inclusion-strategy>

Digital capability

Enables people to:

- **make sense of change**—through access to information and ideas, links to others
- **adapt to change**—as a key skill or managing our lives
- **shape change**—through participation in social movements

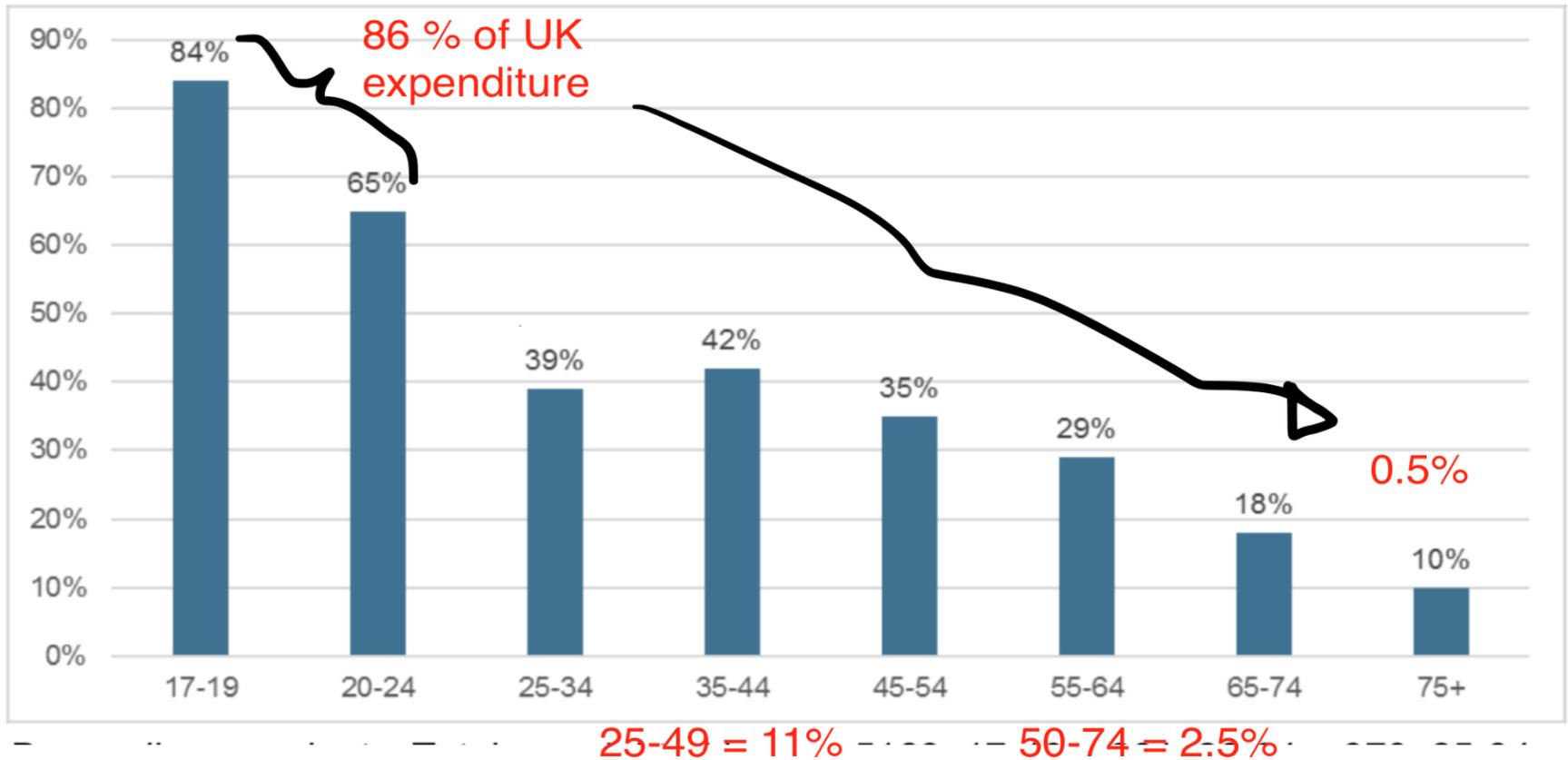
Particularly important for older people

So...

- Adult learning is good for our well-being...
- But participation in adult learning declines with age, and particularly at the age (or stage in the life-course) when people are most vulnerable
- Why is that?

Unequal access to 'skills' funding

Figure 5: Participation by age



But...

- **Digital inclusion** is a government priority, in terms of access, skills, and use
- **Digital capabilities** are linked to other important aspects of our life, such as access to public services ('digital by default')
- **Digital participation** declines with age

So what needs to be done?

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Healthy, Wealthy and Wise:

The impact of adult learning across the UK

October 2017



learningandwork.org.uk

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Learning, work, and health: the next 70 years



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Healthy, Wealthy and Wise (2017)



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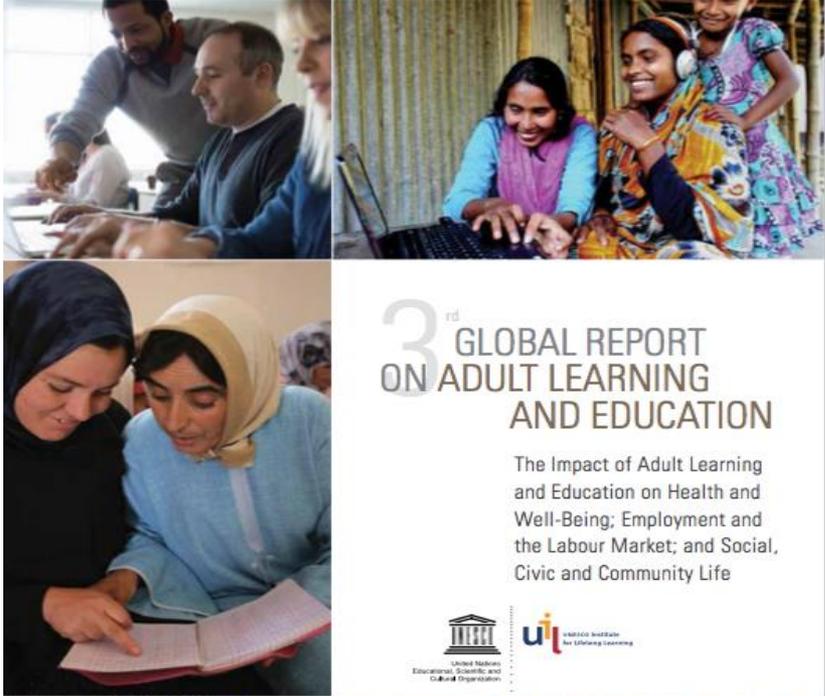
Healthy, Wealthy and Wise:

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3rd GLOBAL REPORT ON ADULT LEARNING AND EDUCATION

The Impact of Adult Learning and Education on Health and Well-Being; Employment and the Labour Market; and Social, Civic and Community Life



Overlapping benefits of adult learning...



UNESCO Institute for Lifelong Learning. 2016. *Third Global Report on Adult Learning and Education*, p.21

But what type of learning works best?

‘The impact of education depends not only on the **quantity** of education experienced and qualifications achieved but on the **quality and nature** of the educational experience—its appropriateness to the individual, and their engagement with learning.’ (co-design)

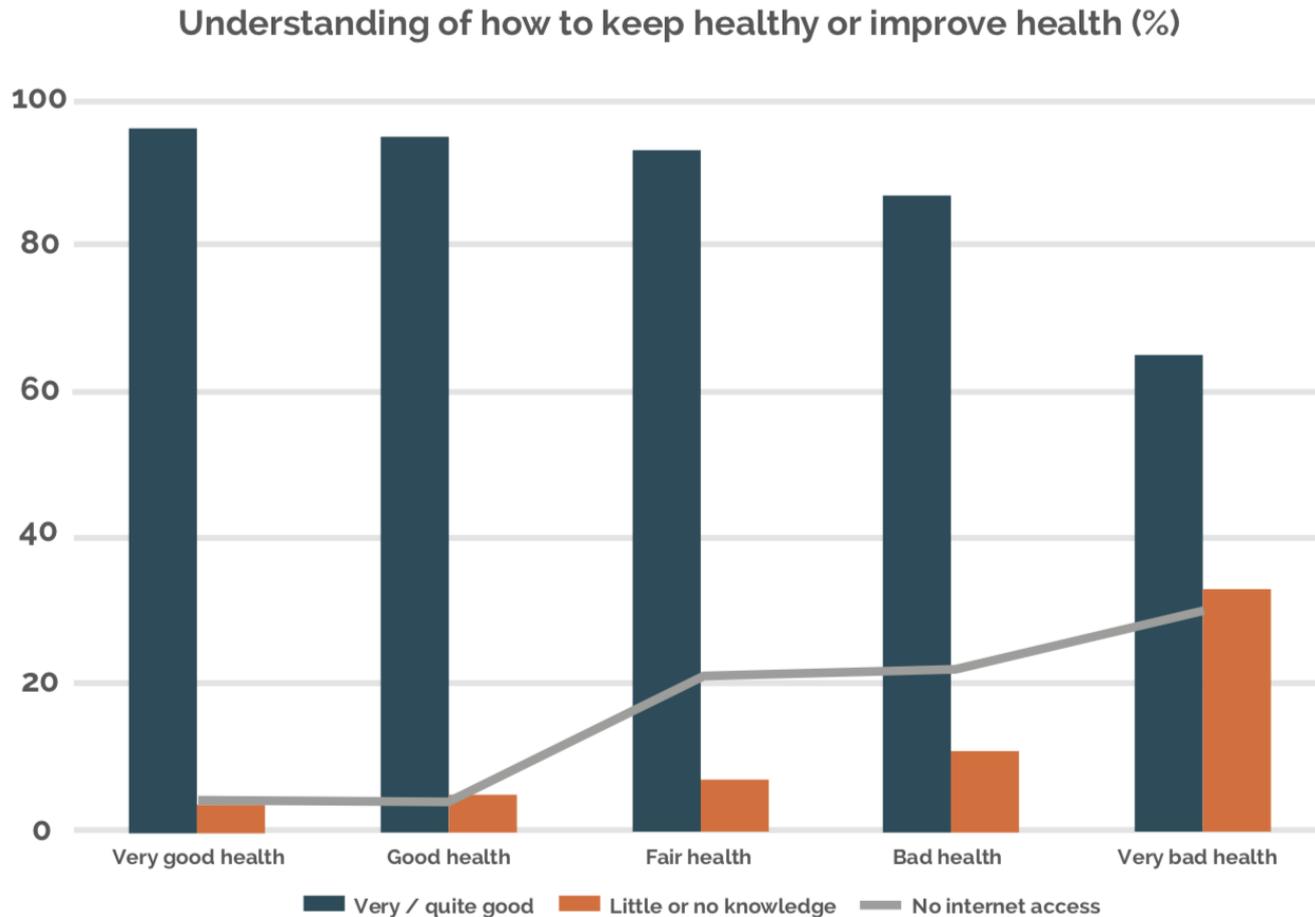
Informal learning works better for older people?

Overlapping capabilities

The Citizens' Curriculum



Learning, Health, and Work (2018)



Multi-agency approaches



Promising approaches

to reducing loneliness and isolation in later life



HM Government

A connected society

A strategy for tackling loneliness –

laying the foundations for change



HOME

ABOUT

SUPPORT L4A

OUR VALUES & MISSION

Research shows that learning in the later stages of life can boost confidence, give a more positive outlook on life and delay on the onset of dementia. L4A believes that there is a gap in provision of educational and learning services to people who live in care settings and seeks to address this gap.

We define learning as 'a tool for creating wellbeing, a good later life and can be a catalyst for change.'

We define our fourth age as 'not a numerical age but a time in later life when older people need care and support to go about daily living.'



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There are 1039 local U3As across the United Kingdom with over 425,000 members.

#LearningNotLonely

Read new research showing U3A's positive cost-effective and sustainable impact on the wellbeing and future of retired people



The Second Half Centre was created & founded by The Second Half Foundation

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CENTRE

WEEKLY SCHEDULE

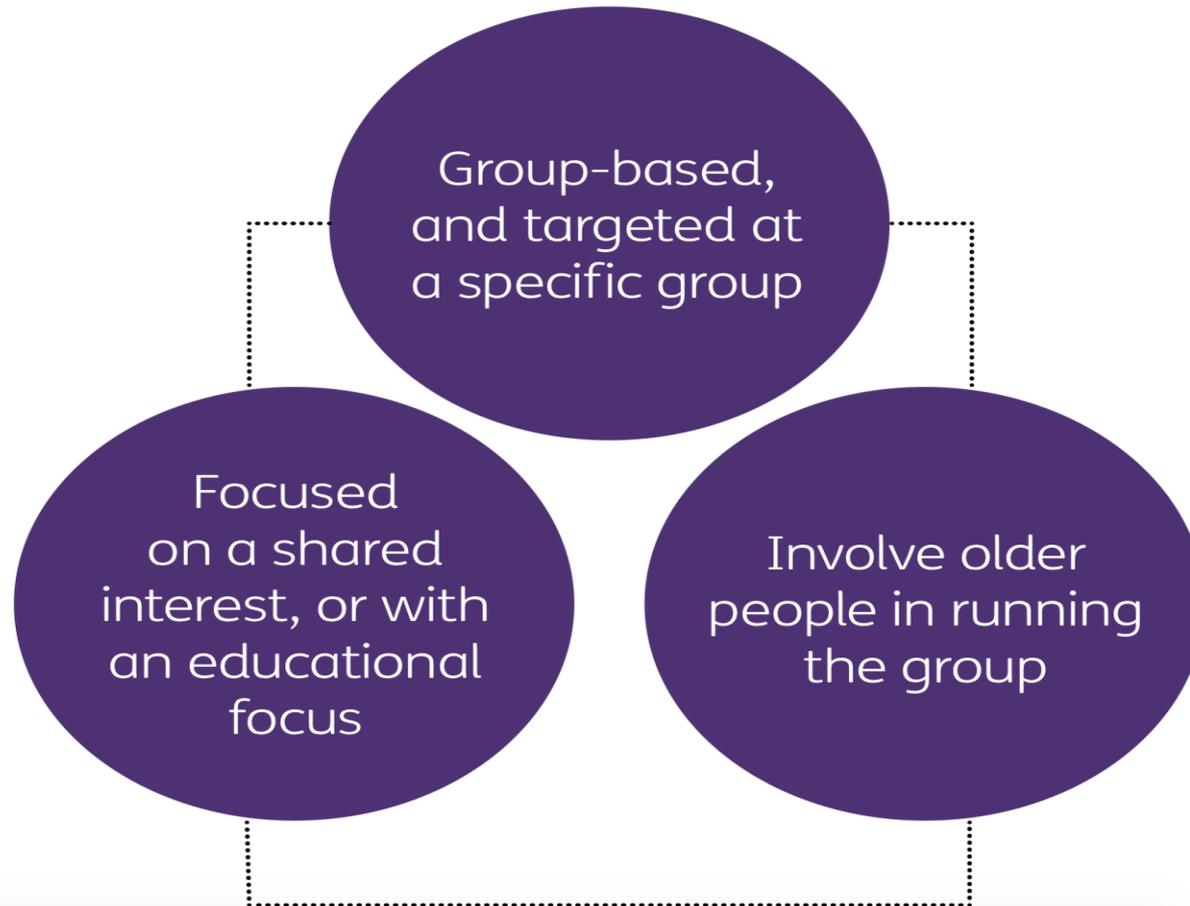
BOOK

FOUNDATION

CONTACT



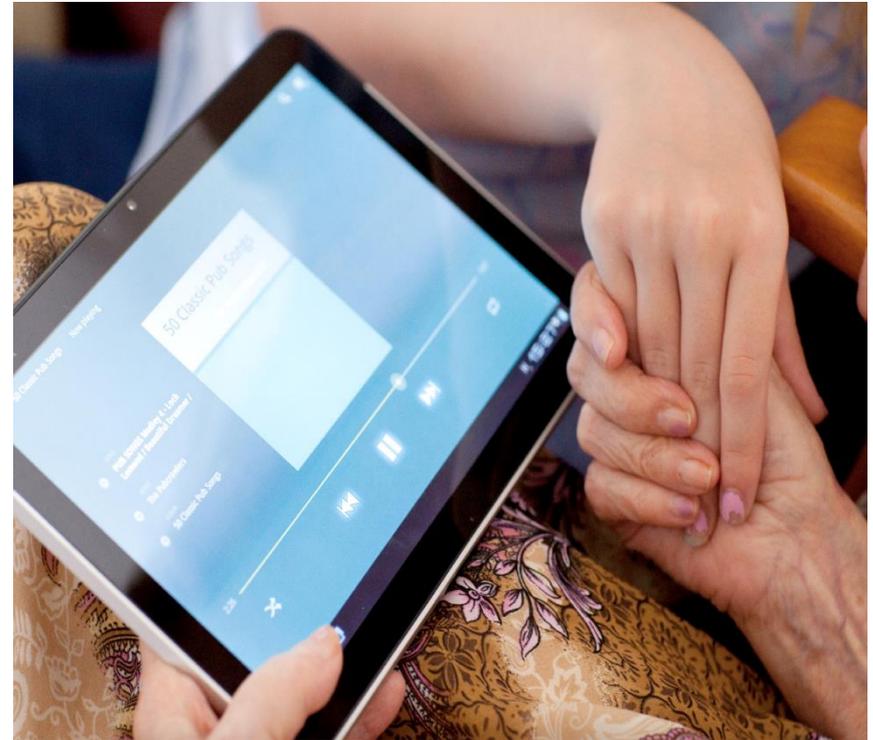
Effective loneliness approaches



Learning for the 4th Age

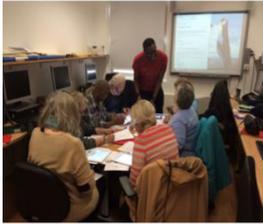


Volunteer-based 1:1 support



<http://l4a.org.uk>

The Second Half Foundation



1 IT
Whether you still think a mouse is a furry rodent or you want to upgrade your tech skills, we offer everything from Basic Emailing to iPads and Smartphones. Click for more information and to book classes.



2 Cooking & Nutrition
Cook cuisines from around the world with some of the best chefs in London in our International Cookery class on Mondays. Cuisines this term include American, Japanese, Asian Fusion, Good Mood Food and many more! Click here for more information and to book classes



3 Exercise
Keep up your strength, build muscle and improve your overall well-being with our comprehensive exercise program. Whether you want to ditch the workout and join the party with Zumba or Bokwa, or relax your mind with Yoga or Meditation, we have the perfect class for you! Click for more information and to book classes.



4 The Arts
We run a wide range of art, drama and singing classes for the complete novice to the experienced artist. Find your creative streak in our Drawing and Painting classes or your inner thespian in our Drama and Theatre



5 Brain Fitness
Exercise your cognitive abilities with our popular Brain Fitness programme. If you want philosophically explore and share with others, or challenge your inner historian explore Artistic traditions of

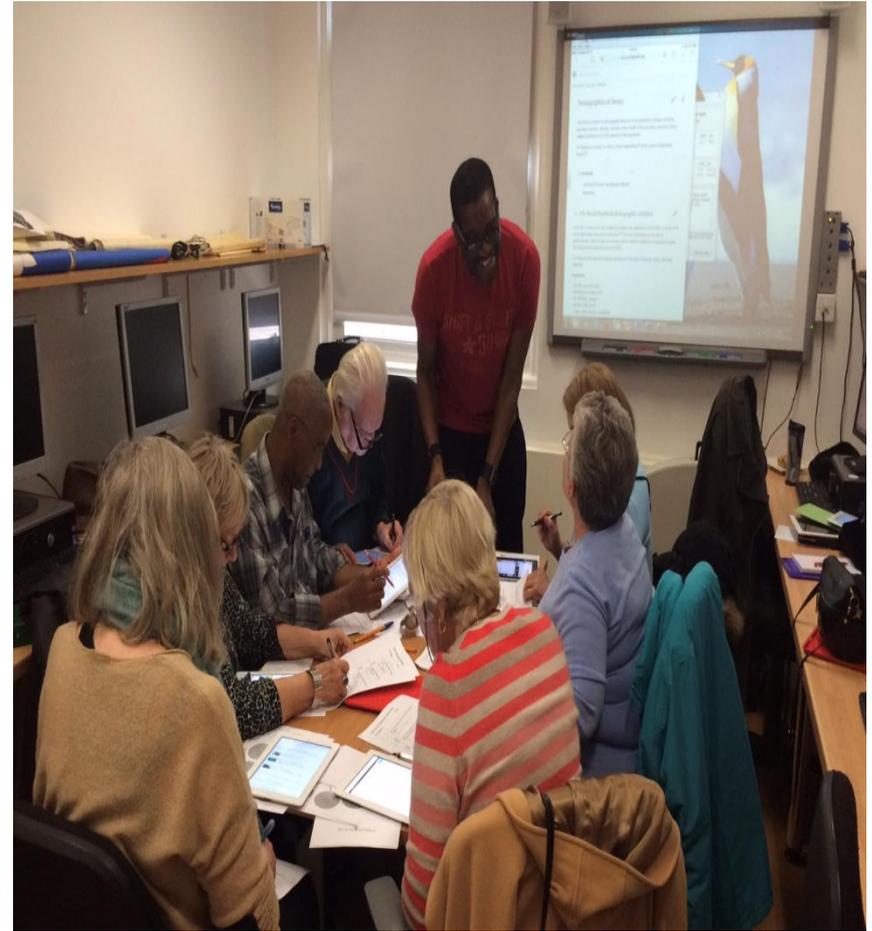


6 The Second Half Foundation
The Second Half Foundation (SHF) (Reg 1141988) was formed in May 2011 with the mission of tackling loneliness and isolation through the creation of centres and community hubs for the over 50s to ensure

Club, or revisit your love of the written word with Creative Writing or Poetry and have the most fun you will ever have on Friday with Buspass to Broadway. Click for more information and to book classes.

India, open new doors and discover speaking a new language; we have a host of different courses that are mentally stimulating. Click for more information and to book classes.

that our growing ageing population can come together to develop more meaningful connections and continue to learn and grow. The Second Half Centre was founded and created by The SHF. Click for the latest news www.thesecondhalffoundation.com.



University of the Third Age

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[See more](#)

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