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BEHAVIOUR CHANGES SESSION

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Main part

Exchanging communication and information technology for everyday mobility between generations is a highly relevant topic to ensure an easy access to sustainable mobility for senior citizens.

The 'Transfer'-approach aims to teach senior citizens how to use the internet, smartphones and applications for organizing their daily mobility. The measure is divided into two phases:
In a first phase, pupils will be trained by mobility experts about technologies and devices for mobility planning and their use. This will contain using applications on smartphones and tablets, using the internet in general and mobility services in particular. In addition, two sessions are foreseen in which pedagogues teach the pupils about interaction with elderly people and knowledge transfer.

In a second phase, pupils will impart their knowledge to senior citizens who will join the project at this point. Mobility experts and a teacher of the corresponding school will supervise this process. Lecture notes will be given to both pupils and senior participants to guide them through the courses.

A short video clip will present the measure 'in a nutshell'. The following presentation will go through an explanation of the actions/measures developed by ECCENTRIC to support an easy access to sustainable mobility for senior citizens. More specifically the presentation will provide insights on the course experiences, on the feedback from pupils and senior citizens, and current replication initiatives to other ECCENTRIC partner cities.

And what now? - what will change? - what is the relevance for the future?

- Workshops support respectful intergenerational exchange of skills
- Gaining knowledge (computer skills, transport options, journey planners, ticket purchases, accessibility of transport etc.)
- Developing confidence in using transport services (PT, sharing etc.)
- Motivation to change own mobility choices and patterns.
- Extending the spatial activity range, increasing independence and confidence, improving self esteem, reducing the risk of isolation in old age
- New technologies allow door-to-door journey planning from home, tailored to individual needs and requirements
- Establishing cooperation with schools and senior clubs helps to arrange learning groups