

REPORT FROM BRIEFING AND TRAINING OF TEST PERSONS AND HOME CARE GIVERS

Deliverable D.T3.6.3

Version 1
04 2021

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Introduction

This deliverable reports the activities realised in the area of Bologna and that have supported the launch of the pilot and the involvement of the main actors, first of all the volunteers who historically represented a valuable community resource for the activities addressed to seniors and vulnerable people. In spite of the pandemic restrictions and constraints all the planned activities with them have been accomplished and a series of virtually meetings with them have been realised to deliver well targeted training activities for testing the tool and co-select the topics of interest of the YouBOS platform.

1. Involvement of volunteers in Bologna

The Bologna digital tool YouBOS is quite a “social network” for elderly. During the pandemic all kinds of meetings (especially during hard lockdown) have been not allowed. To reach and to maintain contacts with seniors, Associations and Institutions promoted informatic education with **2 different level courses**: basic and advanced. LHA BO organized one course on fostering relationships and another one on community building. The Regional level promoted 5 courses for volunteers or caregivers on the use of smartphones and ICT.

Important is the knowledge about YouBOS but LHA BO needs to involve volunteers according to the topics to be treated.. In parallel to the identification of the topics, LHA BO needed to find the most suited methodology to involve the volunteer people.

For example the timing needed to be engaged plays a crucial role, our strategy was to go on step by step and in this slow path, the goal was to promote an active participation.

At the end of 2020 we decided to introduce **the blog and the forum** on the portal www.bolognasolidale.it. LHA BO and Lepida) started to modify our platform, and Associations' participants helped us how to gain the seniors' attention, how to choose topics, what's the length of texts in comments, what topics are better for blog and what for forum. All these suggestions were highly valuable and contributed to recruit people and to maintain confidence.

LHA BO and Lepida created **an editorial staff** to promote and guide this debate. It consists of:

- 2 experts from Lepida
- 2 experts from LHA BO
- 2 senior participants
- 1 coordinator

2. Training activities

In March 2021 Lepida organized two meetings to train seniors in the YouBOS utilization and LHA BO recorded a lesson to surf the platform. Lepida has in particular trained on the use of the SPID (the secure digital identity) and pushed seniors to register and create a SPID account (provided by Lepida free of charge).

The editorial staff suggested a **calendar of meetings** and a list of topics: for ex. historical, traditions, humanities, lifestyles.

We continued to train seniors through the organisation of experts' meetings involving writers, physicians, journalists, informatics. The meetings took place at least once a month and were focused on different themes and activities: writing poems, using podcasts and public libraries, communication rules, ethics and philosophical approaches.

LHA BO tried to promote long life education and healthy lifestyles starting from the spontaneous interests that have been growing up during these meetings.

To get started, a senior participant expressed his willingness to manage a **reading group**, and we discussed the criteria that we would need for suggesting a good book for elderly.

A free book (without copyrights), or a book so famous or fashionable available in many public libraries, available as e-book or in podcasts like e-reading, with movie adaptation? After the discussion we chose Madame Bovary by Gustave Flaubert, also because it's full of social and contemporary themes about female education and behavioral judgment. At the same time niCElife wants to promote **informatics competencies** for seniors. With this aim, the editorial staff has included in the blog topics through which the seniors could exercise with the use of different functionalities of the smartphone:

1) The favourite **photos** of the new flowers in spring 2021 from March to May. Volunteers taught seniors how to charge photos from personal smartphones to YouBOS;
2) Spring is the best season for picking up herbs, too. LHA stimulated seniors to remember **old recipes** related to cooking food from spontaneous vegetables: flowers, mushrooms, salads, spices. Goals are walking, staying outdoors, and eating more vegetables;

3) Spring is synonymous with renaissance so YouBOS published posts on the "new life" after the pandemic and the chance to change behaviour and improve quality of life.

Posting and writing in a forum or blog is not an easy task for seniors. But often seniors write autobiographies or memories in order to remember good or difficult experiences. They usually write for themselves. LHA BO organized a meeting with a young woman as an example to be followed. She published a poem about Bologna like a dictionary where every capital letter has a specificity for our citizens (for ex. cuisine, hills, porticos,

idiomatic words). Showing different good practices as an example, step by step we would encourage seniors to write in their turn and express themselves.

At the end of May there were 14 topics in the forum. The staff started with the ethical communication introducing the word “hostile”, a word from Latin army and the discussion developed around the antagonistic behaviors.

Here follows some examples of the treated topics:

- pollution and the earth global day
- reading together in parks and places aloud
- the theme of Nomadland which wins Oscar
- the songs of an important Italian singer-songwriter Franco Battiato, dead in May
- Roses and religious traditions for Saint Mary
- Jasmines in southern and in northern Italian areas
- the lies, good and bad lies
- sense of humor in Bologna

Every Friday the editorial staff has a meeting to monitor difficulties, promote new topics and schedule the seniors' meetings.

The public meetings with participants have been scheduled on Monday twice a month, the former involving an expert and the latter promoting the discussion.

YouBOS introduces an “international vocabulary” which would help the seniors to understand very used English terms such as bookcrossing, click on day, phishing, e-book, flash mob and many others.

3. Meetings and topics

Together with the editorial teams and the eCare network of organisations, we have identified the topics of interests and the corresponding dates for the meetings to present the different functionalities of the platform and train the users on the field. The program would be in progress and some changes might occur over the time

Scheduled date, year 2021	Topic
5th February	Engaging people
19th February	Explanation of experimentation
5th March	Consensus and topics
29th March	Education and training for surfing
12nd April	Expert's corner about ethical code to communicate on social network
26th April	Topics and reading group proposal
10th may	Expert's corner public and private communication in presence
24th may	Expert's corner, interviewing a poet, how to write and publish a poem
7th June	Expert's corner, podcasts and public library online
21st june	Discussing about Madame Bovary and her write
5th july	Caregiver wellness
19th july	Choirs, learning music, singing and breathing
3rd august	Remember where we were the morning of 2 august 1980, Bologna station massacre
23rd august	Ending holidays
6th september	Which books this summer?