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Adult education on digital, health and data literacy for citizen empowerment: the TRIO project

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Older adults often live with chronic conditions for extended periods, leading them to make daily decisions about managing their illnesses, including lifestyle choices, diet, and medications (Alqahtani &, 2022). Even before the rapid growth of digital health, this was already a challenge they faced. However, the swift expansion of digital health has introduced certain advancements that have somewhat eased health management for caregivers and older adults. On the other hand, while digital health literacy empowers individuals to adopt healthier lifestyles, people in vulnerable conditions, which often includes older adults (Jung, et al., 2022), namely those with limited socioeconomic resources, encounter difficulties in keeping up with technological progress.

Furthermore, the evolving concept of digital health literacy has evolved to encompass data literacy - a critical aspect in an era where individuals are increasingly required to share their data for research or integrated care services, often without a clear understanding of the implications (Cosco, et al., 2019). This underscores the necessity of establishing a framework for empowering those in need, expanding their knowledge in the realms of health, digital technology, and data.

TRIO project

To address this need, the TRIO project (net1) was conceived with the aim of designing a comprehensive framework that enhances digital, health, and data literacy among three different target groups, being one of them people aged 65+.

This project aims to empower citizens through informal education, involving them in co-developing knowledge and practices that promote inclusion, access to services, and informed decision-making.

The TRIO project is grounded in the concept of the Berlin Declaration on Digital Society and Value-based Digital Government (EU2020), addressing, and strengthening digital participation and inclusion in our societies. This theoretical foundation guides the project's goals and strategies. Funded by the Erasmus+ program, the project is a collaborative effort among six partners from five different European countries.

The TRIO project employs a multifaceted approach, utilizing various research and development tools to achieve its objectives: a Manual on digital, health and data literacy, based on the concept of Health 2.0 (Van De Belt, et al., 2010), as a conceptual approach that places the citizen at the centre of the healthcare pathway, going beyond the sole use of pervasive social networking technology. To add to it, an educational platform is foreseen, to create a simple and attractive interface that combines tools with training contents and gamification strategies to enhance literacy, including a library and materials for adult educators. PR3., a Toolkit for professionals and workshop methodology will deal with needs of different stakeholders to conduct workshops for the target groups, complementing the digital offer with others, namely face-to-face and group sessions (net1). The fourth angle comprises recommendations for policymakers: a Green Paper with recommendations on how to enhance the trio of literacies and to facilitate the usage of the platform will sustain the full pack of outcomes.

This presentation will delve into the co-creation methodology and the outcomes achieved through the development of user-friendly tools during the project. The practical relevance is evident through the creation of tangible outputs, such as the manual, the educational platform, the toolkit, and policy recommendations. These outputs empower citizens, enhance literacy, and contribute to inclusion, access to services, and informed decision-making.

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net1 TRIO Project. home page Available in: <https://trioproject.eu/?lang=en>