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E-Culture Encyclopedia (Stories of the Elderly)

Grant Agreement No: 2024-1-TR01-KA210-ADU-000247197 | **Erasmus+ KA210-ADU Project**

E-CULTURE ENCYCLOPEDIA: STORIES OF THE ELDERLY

Project Partners

This project has been brought to life through the collaboration of partner organizations from four different countries. Each partner provides unique expertise and contributions to the integration of older adults into the digital world.



Coordinator Organization

**Turhal Disabled Life Care Rehabilitation and Family Counseling
Center Directorate**
Turkey



Partner Organization – Turkey

Eskişehir Provincial Directorate of Family and Social Services
Eskişehir, Turkey



Partner Organization – Belgium

**European Federation of Psychology Students' Associations
(EFPSA)**
Belgium



Partner Organization – Estonia

Y.S.M TechSavvy OÜ
Estonia



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Foreword: Right at the Heart of Digital Transformation

Digital technology has become an inseparable part of life in today's world. From public services to healthcare systems, from educational activities to social relationships, many areas are now carried out through digital environments.

The Digital Divide Problem

The process of technological transformation is not experienced at the same pace by all segments of society. Older individuals, in particular, may encounter various challenges in adapting to the digital world. This can sometimes lead to social exclusion, difficulty accessing information, and digital division.

The Purpose of the Project

Starting from this very point, this project aims to develop older individuals' digital skills, support them in using technology safely and consciously, and enable them to participate more actively in social life. This encyclopedia is a cultural heritage work that documents older individuals' experiences, memories, learning processes, and journeys in the digital world.

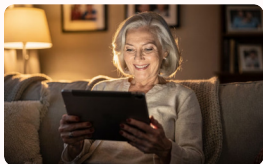
 Every story reveals that there is no age limit to learning and that technology, when used correctly, empowers individuals.



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The Joy of Seeing Her Grandchild



Mrs. Ayşe — 74-Year-Old Retired Teacher

Before: Her grandson Ali was living in another city for university. Phone calls were not enough, and communication without seeing each other face to face made Mrs. Ayşe feel lonely. Their bond was gradually weakening.

Process: Ali taught his grandmother how to use the Zoom app step by step. Turning on the camera, connecting to the call, and adjusting the sound seemed difficult at first, but after a few weeks of patient practice, Mrs. Ayşe gained confidence.

After: Now they video call every day. This simple technology has brought great joy and energy into Mrs. Ayşe's life. She follows her grandson's education closely, and they share memories together. The feeling of loneliness has been replaced by a warm bond.



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Independence with E-Government



Mehmet Bey – Retired Engineer, 68 Years Old

Before: Mehmet Bey, who had to go to government offices constantly for official procedures, found waiting in crowded places both exhausting and time-consuming. Although he was aware of the E-Government system, he had serious concerns about using it.

Process: With his daughter's guidance, he first got an E-Government password from PTT, then they logged into the E-Government portal together at home. He learned basic tasks such as bill inquiries, SGK procedures, and address changes step by step.

After: He can now handle official procedures on his own. He easily takes care of bank transactions, bill payments, and SGK inquiries through E-Government. For Mehmet Bey, who says "**I am no longer dependent on anyone**", this independence represents true freedom.

- ✔ With E-Government, people save time and become more independent in social life.



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Social Communication and Health Tracking

Social Communication with a WhatsApp Group

Fatma Hanım — 75 Years Old, Retired Nurse

Fatma Hanım, who lives in a nursing home, had very limited social interaction. Thanks to the WhatsApp training organized by the nursing home manager, she learned how to download the app, create group chats, send messages, and share photos. Now she chats with her friends every day and shares her daily life. Her social isolation has significantly decreased, and her relationships with friends have strengthened.

Digital Health Tracking

Ahmet Bey — 70 Years Old, Retired Teacher

Struggling to remember his appointments and track his health records, Ahmet Bey completely transformed his health management with the E-Nabız system introduced by his daughter. He learned how to make appointments, view lab results, and stay in touch with his doctor. **"Now I can track my health better"**, says Ahmet Bey, who feels much safer.



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Photo Archive and Security Awareness



Digitizing the Photo Archive

Zeynep Hanım — 72 Years Old, Retired Homemaker

Wanting to save family photos that had been damaged over time and were close to being lost, Zeynep Hanım scanned them into digital format with the help of her grandson. She created digital albums and shared them with her children. This process was both a nostalgic experience and a strong first step into the digital world.



Security Awareness Training

Ali Bey — 76 Years Old, Retired Worker

Avoiding online transactions because of fear of internet scams, Ali Bey joined digital security training. He became aware of creating strong passwords, recognizing fake messages, and using the internet safely. He now manages his social media accounts securely and can shop online.



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Finding New Life on Social Media and Mobile Banking

Finding New Life on Social Media

Elif Hanım — 65 Years Old, Retired Teacher

Having stayed away from social media and lost touch with old friends, Elif Hanım opened a Facebook account on her daughter's suggestion. She found her old friends, reconnected with them, and shared memories together. The feeling of loneliness gave way to stronger social bonds. Posts made on Facebook became a great source of joy for her.

Convenience with Mobile Banking

Halil Bey — 69 Years Old, Retired Worker

Halil Bey, who had to go to the branch for every banking transaction, started using a mobile banking app with guidance from his son. He learned how to transfer money, pay bills, and check his account. Now he can easily do all of these tasks from home. This has both saved time and increased his financial independence.

✔ Thanks to mobile banking, physical limitations are no longer an obstacle.



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Digital Hobbies and a Journey to Confidence

Gaining a Digital Hobby – Meryem Hanım, 71 Years Old

Looking for a hobby to fill her free time, Meryem Hanım began designing cards with the Canva app introduced by her grandson. The special-occasion cards she created for family members brought great joy to both her and her loved ones. Expressing her creativity in a digital environment added a whole new color to her life. This hobby also offered a valuable opportunity for social interaction.

From Fear to Confidence – Fatih Bey, 74 Years Old

Unable to act because of the thought, "I can't do it," Fatih Bey attended a digital literacy training organized by a local association. He learned basic computer use, internet browsing, and social media. With the support of his instructors, he progressed step by step and began to carry out basic tasks independently. By the end of the training, the thought "I can do it" had become a permanent part of his life. This transformation became a great source of motivation for him.



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E-Book Reading and Online Education



E-Book Reading Experience

Emine Hanım — 73 Years Old, Retired Teacher

Emine Hanım, who loves reading but struggles to carry books, opened a new door with the e-book reader gifted by her daughter. Together with her daughter, she learned how to download, read, and adjust e-books. Now she can easily access her favorite books anywhere. This convenience increased her love of reading even more and enriched her daily routine.



Gaining New Skills Through Online Education

Hasan Bey — 76 Years Old, Retired Teacher

Hasan Bey, who had been far from lifelong learning opportunities, became a student again through online learning platforms introduced by his grandchild. He enrolled in courses in areas of interest, watched video lessons, and completed hands-on projects. By sharing what he learned with his social circle, he helped both himself and his friends grow. Online education opened a new door for him.



Digital Security Training

Leyla Hanım — 75 Years Old, Retired Nurse

Concerned about internet security, Leyla Hanım attended a digital security training session organized by a local association. She gained comprehensive knowledge about protecting personal data, creating strong passwords, and recognizing fraud. Now she moves much more confidently online. This training gave her the courage to navigate the digital world freely.



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Convenience of Online Shopping

Orhan Bey – 72 Years Old, Retired Worker

Before: Orhan Bey, who had difficulty going out to shop, was making great effort to meet his needs and had to depend on others. Physical limitations made his daily life difficult.

Process: With his daughter's guidance, he learned how to use online shopping apps. Although he was hesitant at first because of security concerns, his daughter showed him step by step how to use the app. By learning how to search for products, add them to the cart, and make payments, he began shopping on his own.

After: Now Orhan Bey can easily do all his shopping from home. This has both saved him time and completely removed physical challenges. This convenience becomes especially valuable on days when the weather is difficult. He experiences this new experience with great satisfaction, saying, **“Shopping is so easy now.”**

- ✔ Online shopping has become a symbol of independence for older adults with physical limitations.



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In Control with Health Apps: Ziya Bey's Story

74-Year-Old Retired Factory Worker

After spending many years working in a factory, Ziya Bey wanted to enjoy retirement, but he was dealing with chronic conditions such as hypertension and diabetes. Keeping track of doctor appointments, checking test results, and taking medications on time had become increasingly difficult.

1

Challenge

Appointments could not be tracked, medication times were forgotten, and accessing test results was difficult.

2

Solution

His daughter introduced the E-Nabız app step by step. Medication reminders were set up, and appointment and test tracking were taught.

3

Transformation

Health management became easier, and online communication with the doctor was established. Digital confidence grew; social life also began to improve.

Ziya Bey can now record his health history, read doctor's notes, and quickly access the information he needs in emergencies thanks to E-Nabız. Saying, **"The digital world has made my life easier"**, Ziya Bey is inspired by this experience and hopes to take steps into other digital applications as well.



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Travel Experience with Virtual Reality

Aysel Hanım – 78 Years Old, Retired Nurse

After dreaming of traveling the world for many years, Aysel Hanım had not been able to travel because of health issues. Physical limitations had become a major obstacle to making that dream come true.

Freedom in the Virtual World

With the virtual reality (VR) headset her grandson gave her, she visited the Eiffel Tower in Paris. The app provided a realistic 360-degree experience. Then, every day, she began discovering a new place; experiencing different cultures, landscapes, and historical sites.

This experience revitalized Aysel Hanım's social life and greatly increased her sense of connection to life. **"I can't go outside, but I am free in the virtual world"** she says, celebrating this new experience with enthusiasm.

 Virtual reality technology opens a unique door to freedom and exploration for older adults with physical limitations.



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Creating a Digital Memory Book



Hasan Bey – 76 Years Old, Retired Worker

Before: Hasan Bey, who wanted to record the important moments of his life, struggled both with the physical difficulty of writing by hand and with a lack of confidence in using a computer.

Process: The digital memory book app introduced by his daughter caught Hasan Bey's attention with its user-friendly interface. He learned to use the app step by step. As he began writing his memories, recollections of the past came alive. Thanks to the app, he was able to add photos and organize his memories.

After: Now he can preserve the important moments and precious memories of his life in digital form. Sharing these moments with his family has become a deep source of joy for both him and his loved ones. He says, **"Now I can record my memories, and that is very valuable to me."**



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Joining Online Social Clubs

Mr. Emre – 73 Years Old, Retired Engineer

With a very limited social life and struggling with feelings of loneliness, Mr. Emre joined online social clubs on his daughter's recommendation. Overcoming his initial hesitation, he first joined a book club, then a photography hobby club.

Book Club

Each month, members read selected books and hold online discussion meetings. Mr. Emre meets different perspectives and enriches his intellectual background.

Photography Club

After learning about photography, Mr. Emre gained a new hobby and formed new friendships in this field. He attends regular online meetings every week.

Social Transformation

The feeling of loneliness has decreased significantly. **"My social life has come alive again, and that is very valuable to me"** he says, celebrating the change he has experienced.



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Creativity with an Online Painting Course

Leyla Hanım – 75 Years Old, Retired Teacher

Leyla Hanım, who has always loved painting, had set aside this hobby during her busy working years. With her grandson's encouragement, she enrolled in an online painting course and began relearning basic painting techniques.

In online lessons, the instructor guided her step by step. Leyla Hanım discovered new techniques and developed her creativity. She shared the works she completed with her social circle and enjoyed pleasant conversations.

"This course gave me both a new hobby and added color to my life."



 Online education platforms are a powerful tool that enable older adults to gain new skills without leaving home.



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Digital Legacy Project

Aysel Hanım – 79 Years Old, Retired Nurse

Aysel Hanım, who had accumulated decades of stories and memories about her family history, was afraid that this valuable legacy might be lost. With the digital legacy project introduced by her grandson, she decided to preserve these memories permanently.

1

Video Recordings

She recorded the life stories and precious memories of family elders on video. Each image built a bridge between generations.

2

Audio Recordings

Memories, traditions, and wisdom passed down orally were documented with digital audio recordings.

3

Written Content

Family history, memories, and advice were transferred into written digital formats, making them accessible for future generations.

4

Family Sharing

The project was shared with all family members, allowing everyone to contribute. A shared treasury of heritage was created.

"Recording my family history is very important to me; in this way, I am leaving a legacy for the future" she said, giving this experience great meaning and feeling proud to use her connection with the digital world for a purpose.

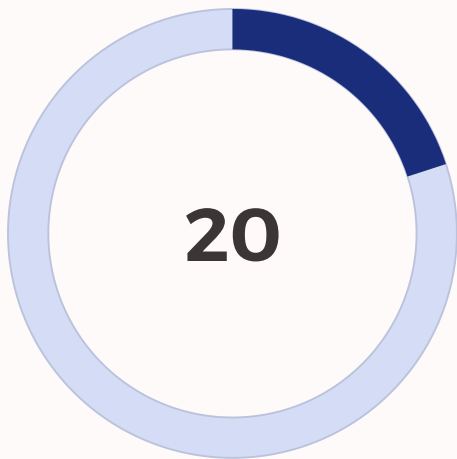


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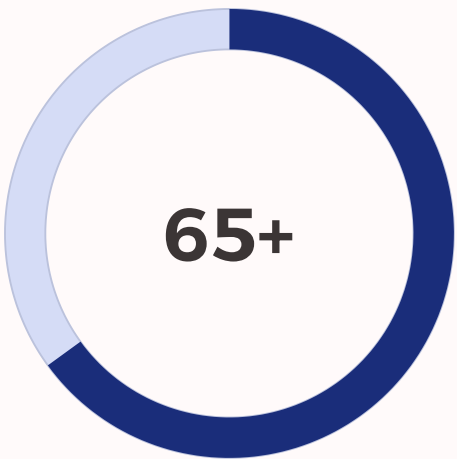
The Common Message of 20 Stories

Each story in this encyclopedia tells the digital transformation journey of a different older adult. Yet at the heart of them all lies the same truth: **There is no age limit to learning.**



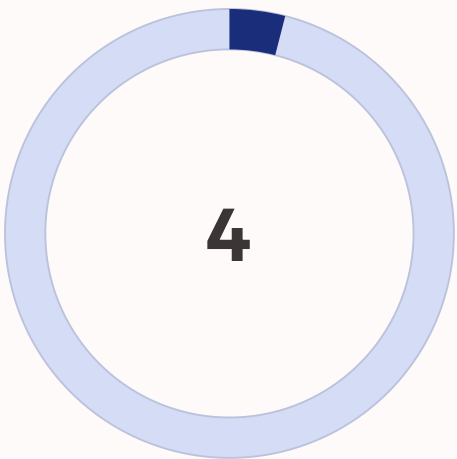
Digital Story

Success stories inspired by different life experiences



Age Range

Individuals between 65 and 79 years old stepped into the digital world



Common Country

Collaboration among partner organizations from Türkiye, Belgium, and Estonia



Social Bonds Strengthened

Video calls, WhatsApp groups, and social media reduced loneliness and deepened family and friendship ties.



Independence Gained

Tools such as e-government services, mobile banking, and online shopping reduced dependence on others and made daily life easier.



Trust Built

Digital security training enabled older adults to use the internet confidently and safely.



Creativity Expanded

Online courses, digital hobby tools, and virtual experiences helped older adults rediscover their creative potential.



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The Contribution of the Erasmus+ Program

This work is a tangible result of the knowledge and experience shared by partners from different European countries. Carried out within the framework of the Erasmus+ KA210-ADU program, this project reflects the power of international cooperation and the belief in lifelong learning.

International Cooperation

Four different organizations from Turkey, Belgium, and Estonia came together around a common vision. Each partner brought to the project their experience and expertise in increasing digital participation among older adults in their own country. The coming together of different perspectives strengthened the project's richness and universal relevance.

Cultural Heritage and Documentation

The E-Culture Encyclopedia is not only an educational resource; it is also a cultural heritage project that documents the experiences, memories, and digital journeys of older adults. This work is a valuable resource to be passed on to future generations.

Lifelong Learning

The project demonstrates with concrete stories that age is not a barrier to learning. Individuals between the ages of 65 and 79 successfully integrated into the digital world with the right support and motivation. These stories also offer important lessons for policymakers and social service professionals.



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Conclusion: We Are Building the Digital Future Together

Each story reveals that there is no age limit to learning, that technology strengthens individuals when used correctly, and that it increases participation in social life.

Key Takeaways

- Digital tools directly increase the independence and quality of life of older adults
- Family, caregiver, and social service support is the most critical element of digital integration
- Security awareness training removes the greatest psychological barrier to digital participation
- International cooperation enriches local solutions with a global perspective

Next Steps

The stories and lessons learned in this encyclopedia will be integrated into practices in their own countries by the Erasmus+ partners. Digital literacy programs will be expanded in care centers and social service institutions.

For anyone who wants to contribute to the digital transformation of older adults, these stories will continue to serve as both an inspiration and a practical guide.

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