Good practices from older people’s associations in enhancing digital literacy

Intergenerational Self-Help Club – A community-based initiatives for enhancing digital literacy of older persons in Viet Nam

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Regional Meeting on Enhancing digital literacy among older persons in Asia and the Pacific: Developing tools to increase digital literacy of older persons

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What is ISHC?

- A voluntary social organization of 50-70 members, established at village level under the overall management of Association of the Elderly (AE), with a purpose to improve the well-being of their members, majority of whom are older people (OP), women and other vulnerable groups, using intergenerational and mutual support approach.

- **ISHC is the national model of Government of Vietnam to respond to rapid ageing:** National Program on Older people for 2021-2030: which target by 2030, at least 80% of the communes and wards will have at least one ISHC or the like.
8 core components of the ISHC

1) Social/Cultural
2) Food & Income Security
3) Healthy Ageing
4) Community-based Care

5) Self-help & CD.
6) Life-long Learning
7) Rights & Entitlement
8) Resource Mobilization
Digital literacy in ISHCs

TOT Training on how to use smartphone for ISHC’s leaders.
Training on how to make and upload videos on YouTube, Facebook, Zalo and share information using smartphone.
Train OPs how to make video
Organize a contest for the club's management board to take beautiful photos with their phones.
Re-training for ISHC members by trained leaders.
Training on how to use laptop and LCD projector for ISHC monthly meeting and communication session.
Using digital technical by ISHCs in their communication session
Computer trainings for OP by ISHCs
Training on usage of Skype and Zoom
ISHC’ COVID 19 Flash mob

Flashmob Ghen Cô Vy - Cầu lắc bộ Liên thể hệ Tự giúp nhau Cỡ Chế
Communication and Dissemination

1. Provide update and stay connected with members through regular phone calls.

2. Raise awareness to community through community loudspeakers.

3. Set up online chat group to share information.

4. Provide door to door IEC materials and encourage good practices.
Hướng Dẫn Cài Đặt Và Sử Dụng Phần Mềm “S-Health”
Sức Khỏe Người Cao Tuổi

01
- **Bước 1**
  - iOS: Nhập tên “S-Health” hoặc “Sức khỏe người cao tuổi” vào 1 ảnh kiến của App Store và cài đặt.

02
- **Bước 2**
  - Đọc ứng dụng cài đặt song. Bấm “Mới để früh” cài ứng dụng.

03
- **Bước 3**
  - Gỡ phần ứng dụng trong các thiết kế khác nhau;
  - Định hướng; Các vấn đề sức khỏe thường gặp;
  - Dùng; Cập cấp dữ liệu không đăng;
  - Tệp tệp; Cập cấp lưu trữ; y tế; nhận một;
  - Thông tin: Đọc chi tiết cơ thể, thể dục, thể dục, thể lực, thể lực.

Mobile health app for OP
COVID-19 Videos for Older People

Frequently asked questions by the elderly about the COVID-19 vaccine

Things the elderly need to pay attention to after getting vaccinated...

Things the elderly need to know before and during the COVID-19...

General information about the COVID-19 vaccine for the elderly

Things to do to protect the elderly in care centers before the pandemic

Guiding the elderly to self-isolate at home in the context of COVID-19

COVID-19 and Seniors: Information for loved ones and carers

10 things elderly people need to keep in mind during the COVID-19...
Rapid growth in ISHCs: potential for digital inclusion

By end of 2023, more than 6,521 ISHCs have been established in all 63 provinces and cities in the country. With more than 350,000 members. Directly benefiting millions of people annually. Targets: 80% of the commune/wards to have ISHC by the end of 2030.

Note: Prime Minister’s (PM) Decision on Advanced OPA (ISHC) National Scale-up
SUCCESS FACTORS:

• First, believe that OP can master ITs – remove age stereotype
• Focus on raising OP’s awareness on benefits of ITs - build their interest and confidence.
• Use intergenerational (younger teach older) and mutual support approach (OP can teach each other)
• Design age friendly training materials and guideline, use age friendly training methods (theory and practice, re-training…)
• OPAs such as ISHCs can play a big role in closing the digital skills gap for OPs in communities
If you have any further questions, please contact

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THANK YOU!

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