

SmartAgeing

Smart Ageing uses digital innovation to complement healthy and active ageing by strengthening social connections, lifelong learning, and societal sustainability, supported by gerontechnology.

SmartAgeCare applies this through an IKIGAI-based model, building networks and digital tools to promote autonomy, resilience, and independent living for older adults.

Goals

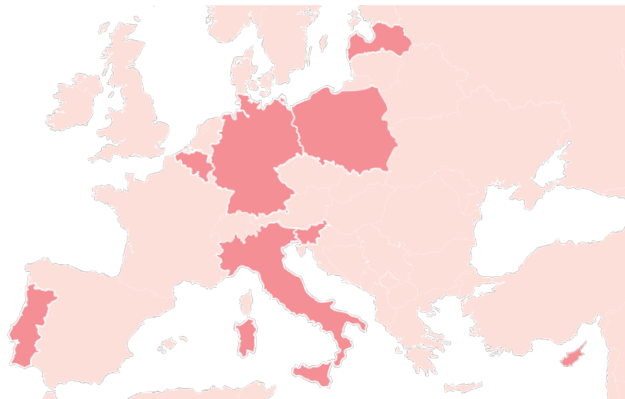
- Build a new **European paradigm** (Smart Ageing).
- Empower older adults to improve **quality of life**.
- Develop a **Smart Ageing Ecosystem** (Ambassadors' Network, Training Programme, Advisory Board, Strategic Plan).
- Create a **Smart Ageing Toolkit** (educational handbook/box and digital platform).
- Implement a **Pilot Campaign** (usability study, impact study, and recommendations).
- Foster collaboration through a multidisciplinary European **consortium** (9 partners, 8 countries).

Impact

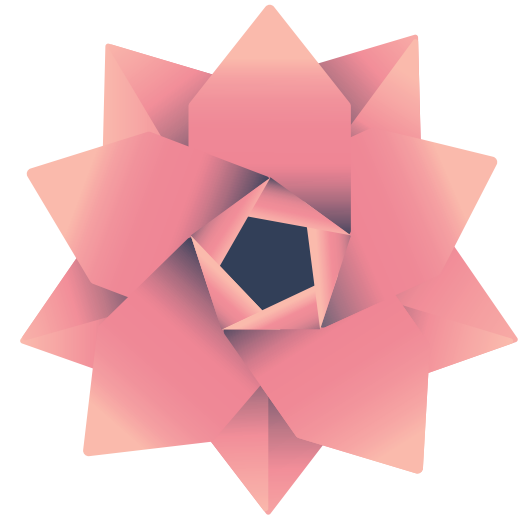
The SMARTageCARE project measures impact through participation data (90 older adults, 450 members, and partner engagement), development and validation of an educational toolkit, and scalability via distributed resources and testimonials. It also assesses results through pilot studies, usability reports, and ongoing stakeholder communication.

Consortium

The SmartAgeCare project is led by a consortium of 9 partners across 8 European countries (**Belgium, Cyprus, Germany, Italy, Latvia, Poland, Portugal and Slovenia**), that was established based on multi-disciplinary backgrounds (i.e., design, education, gerontology, entrepreneurship) and solid previous experience in the areas of health&care, digital transition and citizenship.



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SMARTAGECARE

TOOLKIT FOR CARING AND EMPOWERING EUROPEAN OLDER ADULTS

ECOSYSTEM, HANDBOOK AND DIGITAL PLATFORM
IN DIGITAL TRANSITION, E-HEALTH AND CITIZENSHIP

01/09/2023

31/08/2026



Manifesto

Challenge

The global population will grow to 8.5 billion by 2030 and nearly 11 billion by 2100, while Europe rapidly ages. By 2050, the EU will have 150 million older adults, mainly aged 75–84, with a rising average age above 45–50 and increasing social and economic pressures from ageing populations.

Concept

The project promotes digital health and care integration through human-centred technology that empowers older adults. It also supports inclusive, sustainable ageing by encouraging autonomy, dignity, diversity, environmental responsibility, and lifelong learning in digital skills, active living, and social participation.

Vision

The project supports healthier, longer, and more active ageing, enabling full social and economic participation, strong wellbeing, cultural engagement, and a better understanding of later life.

SmartAgeCare Toolkit

A learning experience made up of an Educational Handbook, Game Box, and Digital Platform, based on IKIGAI, helping older adults explore e-health, digital skills, and citizenship in a personal, engaging, and empowering way.

The toolkit is designed for older adults and can be used in various settings, from family environments to day care centres. It includes activities across four key areas: IKIGAI, Digital Transition, E-Health & Wellbeing, and Citizenship; using diverse materials and interactive dynamics to support engagement, learning, and meaningful participation.



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Digital Transition



Painpoints

Digital access is limited by cost, poor design, weak connectivity, low digital skills, language barriers, and online safety risks.



Solutions

Inclusive digital education, simple tools, peer learning, affordable access, and ongoing support to build seniors' digital confidence.

E-Health



Painpoints

E-health is hindered by low digital literacy, complex systems, trust and privacy concerns, limited training, and poor usability for seniors.



Solutions

Co-designed tools, digital training, easy access services, privacy protection, and blended online-in-person healthcare support.

Citizenship



Painpoints

Citizens face inequality through high costs, isolation, weak services, bureaucracy, and lack of inclusion and representation.



Solutions

Accessible services, stronger communities, simpler administration, higher support systems, and intergenerational initiatives.