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[www.appsforcarers.eu](http://www.appsforcarers.eu)

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# IO2 Training methodologies and tools: reflections and results



Kalmar, 04/09/2018

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# A4C TRAINING:



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- **5 partners involved:** Linnaeus University (Sweden); Anziani e non solo (Italy), INRCA (Italy), Virtual Campus (Portugal), CUT (Cyprus).
- **50 Caregiver:** 11 (Sweden), 25 (Italy), 9 (Cyprus) and 5 (Portugal)
- **Average age: 53** (the oldest in Sweden – 58, the youngest in Cyprus – 49)
- **ICT knowledge** (scale from 1 to 4): **2.5** (Sweden 3.09; Italy-INRCA 2.57; Cyprus 2.78; Portugal 1.8; Italy-ANS 1.77)
- The pilot was structured in 4 different modules. Project partners made some changes (duration of each session, materials used..) in order to respond to the specific needs of their target group.



Was focused on learning how to search, download and install apps.

COUNTRY	DURATION	CHANGES	RATING
Italy – INRCA	2 hours	-	4
Italy - ANS	2 hours	No Step 5 (lack of time)	4
Cyprus	40 minutes	-	3
Sweden	30 minutes	Less time spent on step 1 and 5	4
Portugal	2.5 hours	Presentation of the first 2 modules together. Mostly focused on the use of A4C App, answering questions	3



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- **Materials used:** all the groups used PPT presentations; in some cases participants used devices provided by the organizations while other used their personal devices.
- **Suggestions:** - creating a positive mood;
  - encouraging exchanges among participants;
  - spending enough time to icebreaking activities;
  - Revising the amount of learning objectives and exercises;
  - Getting to know participants characteristics (to anticipate potential difficulties related to digital skills)
  - Start with coffee and biscuits: a good icebreaker!!!



Was focused on learning how to use Apps4Carers App.

COUNTRY	DURATION	CHANGES	RATING
Italy – INRCA	1.5 hours	Provided additional explanations about the app features	4
Italy - ANS	2 hours	-	4
Cyprus	1 hour and 20 minutes	-	4
Sweden	1 hour	Step 1 was shortened	4
Portugal	2.5 hours	Presentation of the first 2 modules together	3



- **Materials used:** The materials used were those proposed in the module structure. Cyprus and Italy (ANS) used also video tutorials.
- **Suggestions:** No suggestions have been provided.



Was focused on learning how to use a selection of country-specific apps included in Apps4Carers App.

COUNTRY	DURATION	CHANGES	RATING
Italy – INRCA	2 hours	-	4
Italy - ANS	2 hours	Presentation of 4 apps instead of 2	4
Cyprus	40 minutes	Integration of modules 3A and 3B. No Step 1 and 6	4
Sweden	Module not included in the training		
Portugal	-	Module divided in 2 parts	4



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- **Materials used:** The materials used were those presented in the module structure and similar to previous modules. Italy (ANS) used 4 step guides.
  
- **Suggestions:**
  - letting participants time for practice and for an autonomous exploration of resources;
  - Combining Module 3a and 3b with 4 in one session of maximum 2 hours;
  - Choosing to present apps related to participants' needs and interests.





Was focused on answering any emerging questions/doubts and collecting feedbacks about Apps4carers App and the resources included.

COUNTRY	DURATION	CHANGES	RATING
Italy – INRCA	2.5 hours	Step 5 (asking directly participants about their knowledge and experiences with local networks and support groups)	5
Italy - ANS	1.5 hours	No Step 1; Autonomous exploration of resources before using Step 2.	4
Cyprus	30 minutes	-	2
Sweden	30 minutes	Step 3 (no post-it but discussion)	4
Portugal	2 hours	-	4



## ■ Suggestions:

- encouraging discussion among participants, in particular for what concerns networking activities;
- planning this module after at least 2 or 3 weeks from the previous one to give participants time to use Apps4Carers App;
- combining step 2 and 3 and omitting step 1 and 4;
- gathering participants' feedbacks digitally (maybe using a tool like google forms).



