



eSeniors 55+ Network in Slovenia

By Jože Gričar, University of Maribor, Slovenia, Joze.Gricar@UM.si, February 2021

This invitation may be of interest to a person who understands the benefits of using the Internet and the eServices that the Internet provides.

For several years, we have been working to encourage organizations that provide eServices to people over the age of 55 to speed up Internet use. Achievements can be seen on *the eServices for Seniors 55+. Issue 2020. E-Inclusion in Active Aging. For adult children 55+ caring for parents 75+*, <http://eregion.eu/seniors-55-eservices-guide-edition-2020>. These are those organizations that want to provide access to the necessary data about the eServices available to find the required information when needed. In the simplest and most transparent way possible.

Is now the right time to ask ourselves, what can we, seniors, do for ourselves, for relatives and friends, to make it easier and enrich everything we do, or want to do, by using the Internet? How can we help ourselves as individuals to engage in active aging in the environment in which we live? How can adult children help their parents, and grandchildren their grandparents to know how to use eServices?

With such a network, we can probably do a lot of good for all those seniors who are lonely and whose e-contacts would make their lives better. The feeling of loneliness is a big problem brought about by a long-lived society. We can imagine what all the solutions for eMeetings can bring them!

If you are interested, I kindly invite you to initiate a creation of the eSeniors 55+ Network. You will then help to expand the number of network members in your area. We will then be able to share experiences about how the networks work and how we can improve them. We will then be able to talk about what we have learned together.

In the environment where my wife and I live in Ljubljana, we talked about this with a refreshing drink with neighbours and friends one pleasant summer afternoon. The idea gave the idea and we made the eSeniors 55+ Network, <http://eregion.eu/eseniors-55-rose-valley-ljubljana-network/>. Based on our experience, we can suggest that you make your own.