



PR3 – PILOT EVALUATION REPORT

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REPORT OF SENIORS

Description of participant's profile

Considering the total number of participants of the 3 pilots (34 Bulgaria, 25 Italy and 28 Poland), the number of older people reached 89. All participants were over 60 years of age and were generally female pensioners. In addition, most of the participants were institutionalized and resided in nursing homes.

Evaluation of the activity

In the pilot evaluation three dimensions were monitored: functionality, impact, satisfaction. Each one was evaluated with a Likert scale from 1 to 5.

o **Functionality**

In the area of the e-tool functionality, it was monitored how easy was to use the e-tool; to find the activities and the friendliness of both language and e-tool environment. As the results shown responses regarding the feasibility of using e-tool for seniors have been predominantly positive with 29% and 32% of the participants marking "3" and "4" respectively." Navigating the e-tool and finding activities received similar rate, as 37,5% claimed it to be "very easy" and 32% considered it "fairly easy." The language friendliness of the e-tool was well-received, with 60,2% relating it as "very friendly" and 22,7% as "fairly friendly." With respect to the e-tool environment, 58% perceived it as "very friendly," while 26,1% rated it as "fairly friendly." It should be noted that 11 (12.5%) participants answered N/A to all questions regarding the functionality of the e-tool.

How easy was to use the e-tool?	1	2	3	4	5	N/A	TOTAL
	0	2	15	29	32	11	89
	0%	2,2%	16,8%	32,6%	34%	12,3%	100%

How easy was to find the activities?	1	2	3	4	5	N/A	TOTAL
	0	2	14	28	33	11	88
	0%	2,3%	16%	32%	37,5%	12,5%	100%

How friendly was the language?	1	2	3	4	5	N/A	TOTAL
	0	0	4	20	53	11	88
	0%	0%	4,5%	22,7%	60,2%	12,5%	100%

How friendly was the e-tool environment?	1	2	3	4	5	N/A	TOTAL
	0	0	3	23	51	11	88
	0%	0%	3,4%	26,1%	58%	12,5%	100%

- **Impact**

In the area of the e-tool impact, they were asked how much activities helped to their physical condition, socialize, and being more mental active and healthier as well as their digital skills and civic participation.

As the results shown, participants' comments on various aspects pointed to positive effects of the face-to-face activities and the electronic tool. A significant contribution to improved physical condition was recognized by 40.4%, while 60% of respondents recognized positive effects on socialization. 57.3% perceived a positive impact on mental activity and furthermore with 43.8% and 49.4 responses for option "5" and "4" participants believe that both the activities and the e-tool contribute to a more active and healthier lifestyle. The role of the e-tool in fostering digital skills was very important, with 63.6% recognizing its substantial impact. About the positive influence of the e-tool on civic participation the responses are more varied, and some respondents disagree or have doubts about the effectiveness of the e-tool in fostering civic participation. Moreover, almost all respondents recognized a positive influence of the e-tool on civic participation. More than 70% believe that the e-tool could substantially improve their overall quality of life, highlighting its potential to improve the well-being of participants in general.

How much do you think that the activities have helped your physical condition?	1	2	3	4	5	N/A	TOTAL
	2	0	1	23	36	27	89
	2,2%	0%	1,1%	25,8%	40,4%	30,3%	100%

How much do you think that the activities have helped you to socialize?	1	2	3	4	5	N/A	TOTAL
	0	0	4	27	52	4	87
	0%	0%	4,6%	31%	60%	4,6%	100%

How much do you think that the activities have helped you to be mentally active?	1	2	3	4	5	N/A	TOTAL
	0	0	5	29	51	4	89
	0%	0%	5,6%	32,6%	57,3%	4,5%	100%

How much do you think that the activities and the e-tool have helped you to be more active and healthier?	1	2	3	4	5	N/A	TOTAL
	0	0	4	44	39	2	89
	0%	0%	4,5%	49,4%	43,8%	2,2%	100%

How much do you think that the e-tool have helped you to improve your digital skills?	1	2	3	4	5	N/A	TOTAL
	5	6	14	25	31	8	88
	5,7%	6,8%	16%	28,4%	35,2%	9%	100%

How much do you think that the e-tool have helped you to improve your civic participation?	1	2	3	4	5	N/A	TOTAL
	6	8	16	16	26	17	89
	6,7%	9%	18%	18%	29,2%	19%	100%

How much do you think that the e-tool can help you to improve your quality of life?	1	2	3	4	5	N/A	TOTAL
	0	2	12	31	36	7	88
	0%	2,3%	13,6%	35,2%	40,9%	8%	100%

▪ Satisfaction

Finally, with respect to satisfaction, the total of 83 participants were satisfied with both in terms activities and the use of the e-tool and most of them rated the e-tool with 5.

Moreover, 78 out 89 participants will use the e-tool in the future and 48 out of 52 participants will recommend the e-tool.

Face to face physical activities	1	2	3	4	5	N/C	TOTAL
	0	0	0	11	35	37	83
	0%	0%	0%	13,2%	42,2%	44,6%	100%

Face to face brain stimulating training activities	1	2	3	4	5	N/C	TOTAL
	0	0	1	8	29	45	83
	0%	0%	1,2%	9,6%	35%	54%	100%

Face to face social participation activities	1	2	3	4	5	N/C	TOTAL
	0	0	0	12	28	43	83
	0%	0%	0%	14,4%	33,7%	52%	100%

Rate the e-tool	1	2	3	4	5	N/C	TOTAL
	0	0	2	23	55	9	89
	0%	0%	2,2%	25,8%	61,8%	10,1%	100%

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REPORT OF PROFESSIONALS

Description of participant´s profile

A total of 27 professionals took part in the pilot actions. The different professionals who coordinated the workshops in the three pilot sites stand out for their great experience and knowledge in working with the older, specifically among the different profiles are researchers, educators, caregivers and physiotherapists working in homes for the older and trainers with

extensive pedagogical experience in the implementation of training activities with older people who have previously worked in projects funded by the Erasmus + program.

Evaluation of the activity

In the pilot evaluation, three dimensions were monitored by professionals: functionality, impact, satisfaction. Each one was evaluated with a Likert scale from 1 to 5.

○ **Functionality**

The professionals who participated in the pilot activities were satisfied with the functionality of the tool as more than 85% marked the answer "5" confirming that they strongly agreed that the e-tool was easy to use, the activities could be easily found by the participants, the language was clear and simple and the overall environment in terms of structure and content was suitable for seniors.

How easy was to use the e-tool?	1	2	3	4	5	N/A	TOTAL
	0	0	0	3	24	0	27
	0%	0%	0%	11,1%	89%	0%	100%

How easy was to find the activities?	1	2	3	4	5	N/A	TOTAL
	0	0	0	1	26	0	27
	0%	0%	0%	3,7%	96,3%	0%	100%

How friendly was the language?	1	2	3	4	5	N/A	TOTAL
	0	0	0	2	25	0	27
	0%	0%	0%	7,4%	92,6%	0%	100%

How friendly was the e-tool environment?	1	2	3	4	5	N/A	TOTAL
	0	0	0	3	24	0	27
	0%	0%	0%	11,1%	89%	0%	100%

▪ **Impact**

When evaluating the impact of the electronic tool among professionals, the responses are more varied. With respect to the effectiveness of the tool in improving physical condition, although 59.3% agree on its effectiveness, 30% of the participants disagreed, having selected option "1". With respect to the e-tool's ability to promote socialization, mental activity and a more active and healthier lifestyle, more than 60% of the professionals agreed and none disagreed. The same is not true for the ability of e-tool to promote digital skills as more than 50% disagreed with this statement or were unclear about its effectiveness for this purpose. Finally, with respect to the capacity of e-tool to promote civic participation, the professionals are mostly in disagreement or doubt with this statement as well as with the capacity of e-tool to improve the quality of life and quality of life in the older people.

How much do you think that the e-tool and its activities have helped seniors' physical condition?	1	2	3	4	5	N/A	TOTAL
	8	0	1	9	7	2	27
	29,6%	0%	3,7%	33,3%	26%	7,4%	100%

How much do you think that the e-tool and its activities have helped seniors to socialize?	1	2	3	4	5	N/A	TOTAL
	0	0	4	16	7	0	27
	0%	0%	14,8%	59,3%	26%	0%	100%

How much do you think that the e-tool and its activities have helped seniors to be more mental active?	1	2	3	4	5	N/A	TOTAL
	0	0	9	14	4	0	27
	0%	0%	33,3%	52%	14,8%	0%	100%

How much do you think that the e-tool have helped seniors to be more active and healthier?	1	2	3	4	5	N/A	TOTAL
	0	0	6	13	6	2	27
	0%	0%	22,2%	48,1%	22,2%	7,4%	100%

How much do you think that the e-tool have promote seniors 'digital skills?	1	2	3	4	5	N/A	TOTAL
	9	3	3	4	6	2	27
	33,3%	11,1%	11,1%	14,8%	22,2%	7,4%	100%

How much do you think that the e-tool have promote seniors' civic participation?	1	2	3	4	5	N/A	TOTAL
	1	5	7	2	4	8	27
	3,7%	18,5%	26%	7,4%	14,8%	29,6%	100%

How much do you think that the e-tool can help you to improve senior's quality of life?	1	2	3	4	5	N/A	TOTAL
	2	3	8	10	4	0	27
	7,40%	11,1%	29,6%	37%	14,8%	0%	100%

▪ **Satisfaction**

All professionals express their satisfaction with the varied range of activities in this series of workshops offered to the elderly, which combine physical exercise, brain-stimulating challenges, and social interactions. The positive comments are related to the intersectional approach which promotes overall wellbeing, fosters community building through social engagement ensures inclusion and fills the digital gap with the use of the e-tool. Practitioners highlight the possibility of having the physical exercises available online through the e-tool so that they can view them at the time and place of their choice. Overall, 63% of professionals

rated the e-tool with a 4 out 5. Moreover, 70% of professionals will continue using the e-tool and all of them will recommend it.

Face to face physical activities	1	2	3	4	5	N/C	TOTAL
	0	0	0	6	8	5	19
	0%	0%	0%	31,6%	42%	26,3%	100%

Online physical activities	1	2	3	4	5	N/C	TOTAL
	0	0	0	0	6	13	19
	0%	0%	0%	0%	31,6%	68,4%	100%

Face to face memory training activities	1	2	3	4	5	N/C	TOTAL
	0	0	0	2	7	10	19
	0%	0%	0%	10,5%	36,8%	52,6%	100%

Online memory training activities	1	2	3	4	5	N/C	TOTAL
	0	0	0	1	5	13	19
	0%	0%	0%	5,3%	26,3%	68,4%	100%

Face to face social participation activities	1	2	3	4	5	N/C	TOTAL
	0	0	1	2	6	10	19
	0%	0%	5,3%	10,5%	31,6%	52,6%	100%

Online social participation activities	1	2	3	4	5	N/C	TOTAL
	0	0	0	2	6	11	19
	0%	0%	0%	10,5%	31,6%	58%	100%

Rate the e-tool	1	2	3	4	5	N/C	TOTAL
	0	0	0	2	15	2	19
	0%	0%	0%	11%	78%	11%	100%



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