



WELCOME TO OUR

Project Newsletter



A Project Update

The "Digital Ageing" project aims to bridge the digital divide for elderly individuals less confident with technology. It approaches to fosters inclusivity and improves mental well-being, enhancing quality of life and fostering a more connected society. The project therefore focuses on keeping older people's skills sharp by developing activities that train verbal and mathematical intelligence and now spatial intelligence as well.

Spatial-visual intelligence is the sensitivity that a person can have to color, lines, shapes, space, and relationships between these elements. It encompasses the ability to accurately perceive the visual and spatial world, to transform those perceptions into concepts and to orient and interact in space both mentally and actually.



In this newsletter you will find:

Articles, activities for spatial intelligence and more. Keep Reading!



How to develop your skills?

THERE ARE 10 ACTIVITIES

Discover 10 engaging activities developed with insights from focus groups including experts, social workers, and elderly individuals. Along with an introductory video, these activities are useful for everyone, whether for personal use or working with elderly people. Choose the activities that best fit your learning style, setting, and goals. Explore and enhance your skills today!

SEE 10 ACTIVITIES



START from here

TEST YOUR LEVEL

How about testing your spatial intelligence before checking out the activities? Get to know yourself in just 15 questions.

GO TO TEST



Further reading

READ ON VISUAL-SPATIAL INT.

Would you like to learn more about spatial intelligence? Explore further by visiting these suggested websites:

- Amy Marshall: [Understanding and Developing Visual-Spatial Intelligence](#)
- Rahul Rao: [A popular mobile game is teaching scientists how we navigate our worlds](#)



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