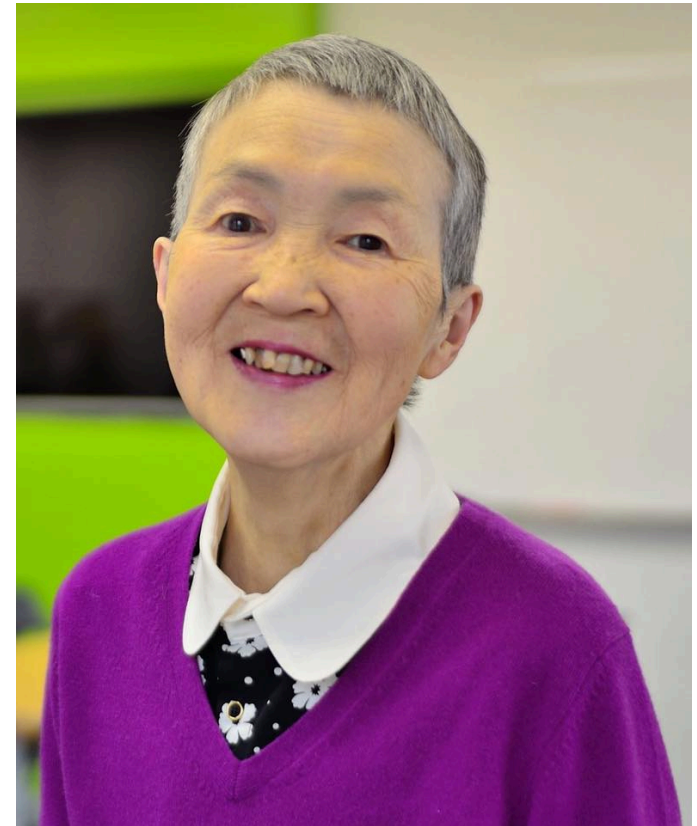


Why are
digital skills critical
for older persons?

Masako Wakamiya

- 82 Years old
- Live alone
- Relatively well





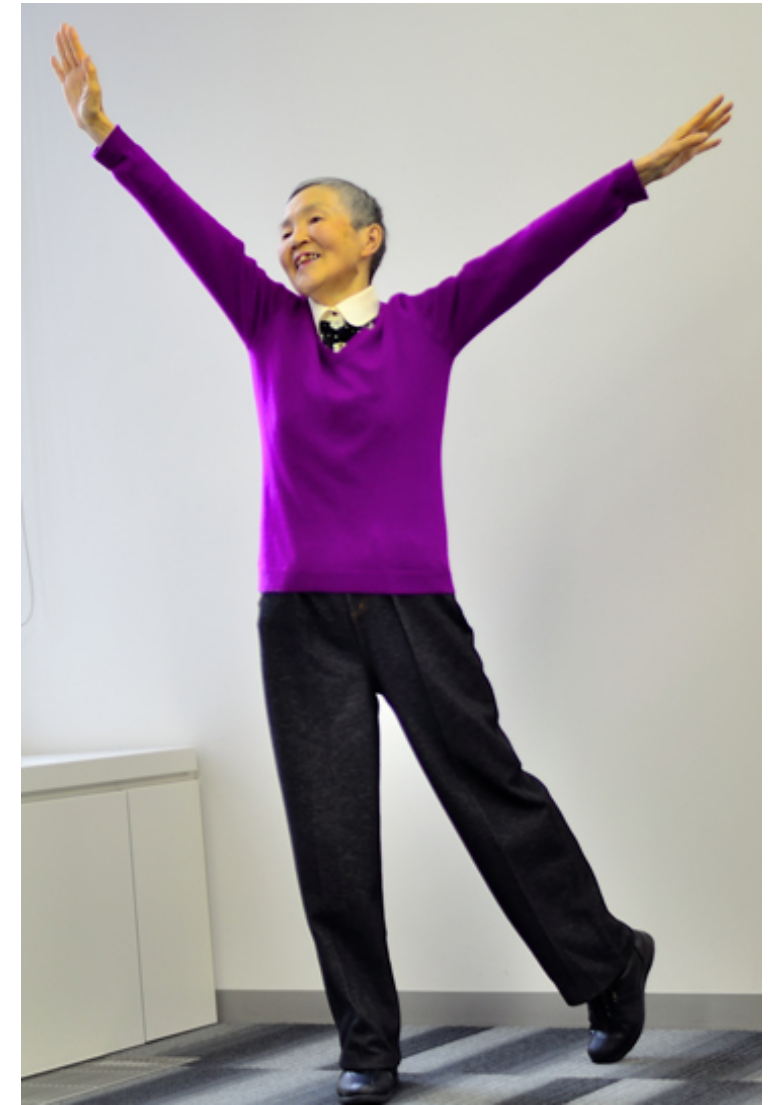
iPhone app “Hinadan”
was released
in 2017 February

Have been helping
other senior citizens



I only started
to use a PC
when I was over
60 years of age

How digital skills is effective for senior citizens





**1. Digital skills
helps seniors
be independent**

short memories



schedule function
on PC and Smartphone



cannot remember
a certain idiom...




*Illustrations by Masayoshi Kotani

search function!



*Illustrations by Masayoshi Kotani

The background features a repeating pattern of pink and white geometric shapes, including squares and diamonds, arranged in a grid-like fashion. The patterns are intricate, with some shapes having internal cross-hatch or lattice designs. The overall aesthetic is clean and modern, with a focus on geometric symmetry and color contrast.

**2. Digital skills help
our relationships
with our families,
our communities
and even beyond**

3. Digital skills help seniors to socialize and ease the pain of being alone

Mellow club

- Internet club for seniors
- Established in 1999
- Support senior's active participation in society through support of digital skills
- Not receive any support from the government nor corporations
- 300 members

Life and aging room

- share their feelings of difficulties
- from the soul - true feeling



4. Digital skills help seniors mix with various new types of people


**5. Digital skills
also help me
make new friends
from overseas**

Software Edu Fest in Korea



Programmer's event in Xi'an City of China



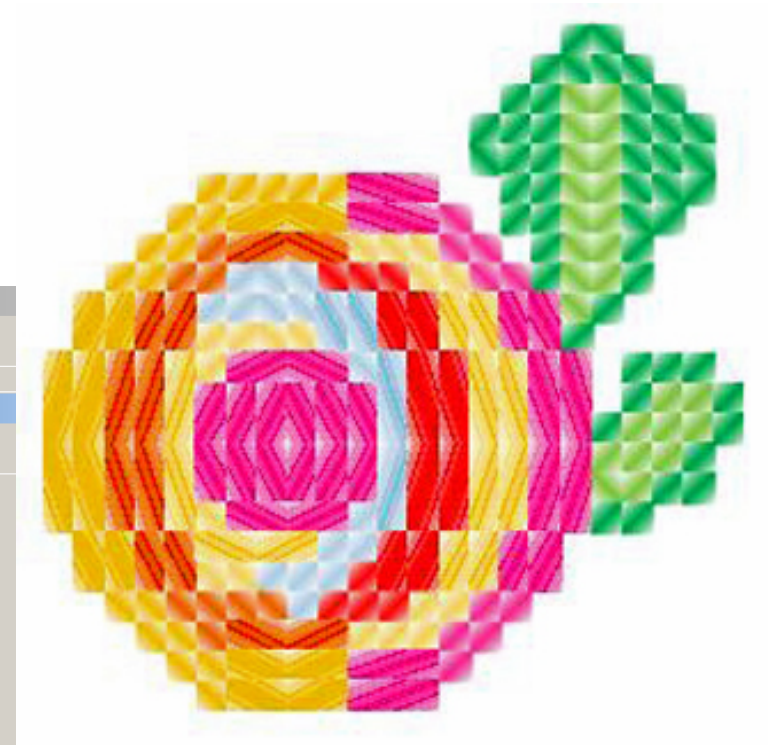


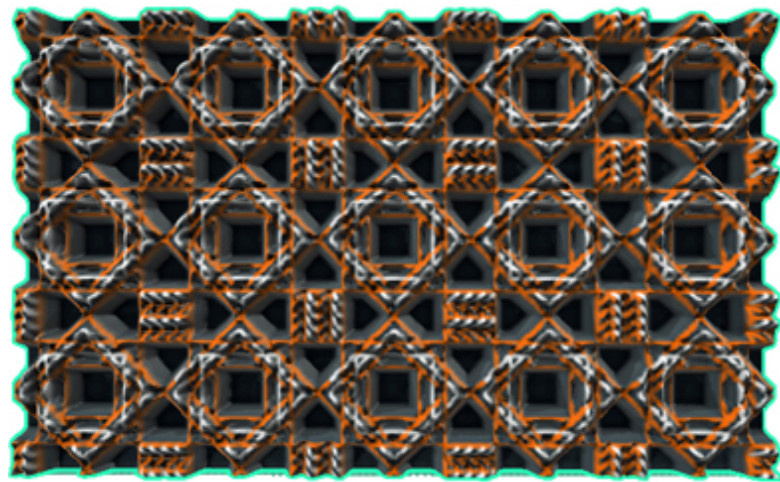
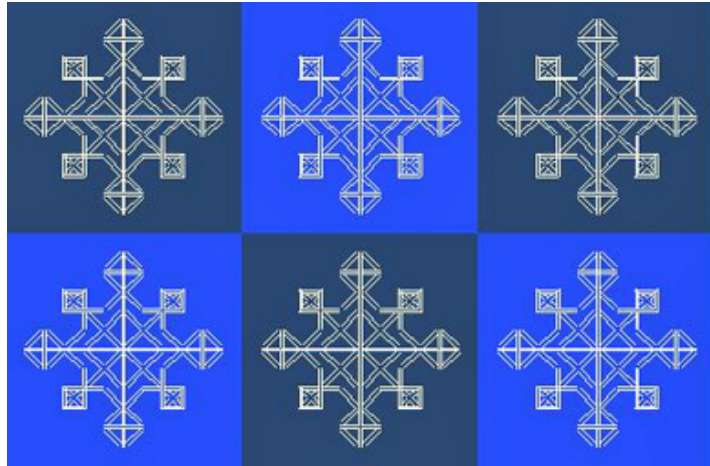
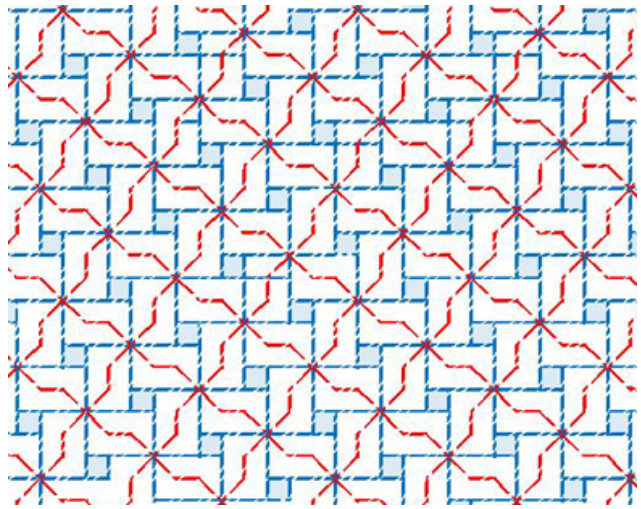
**6. Digital
devices help
citizens
be creative**

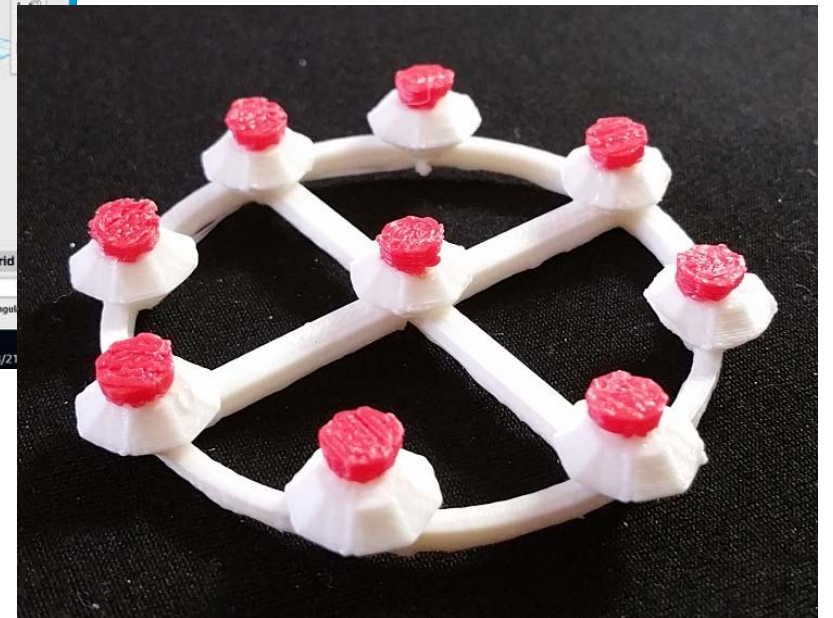
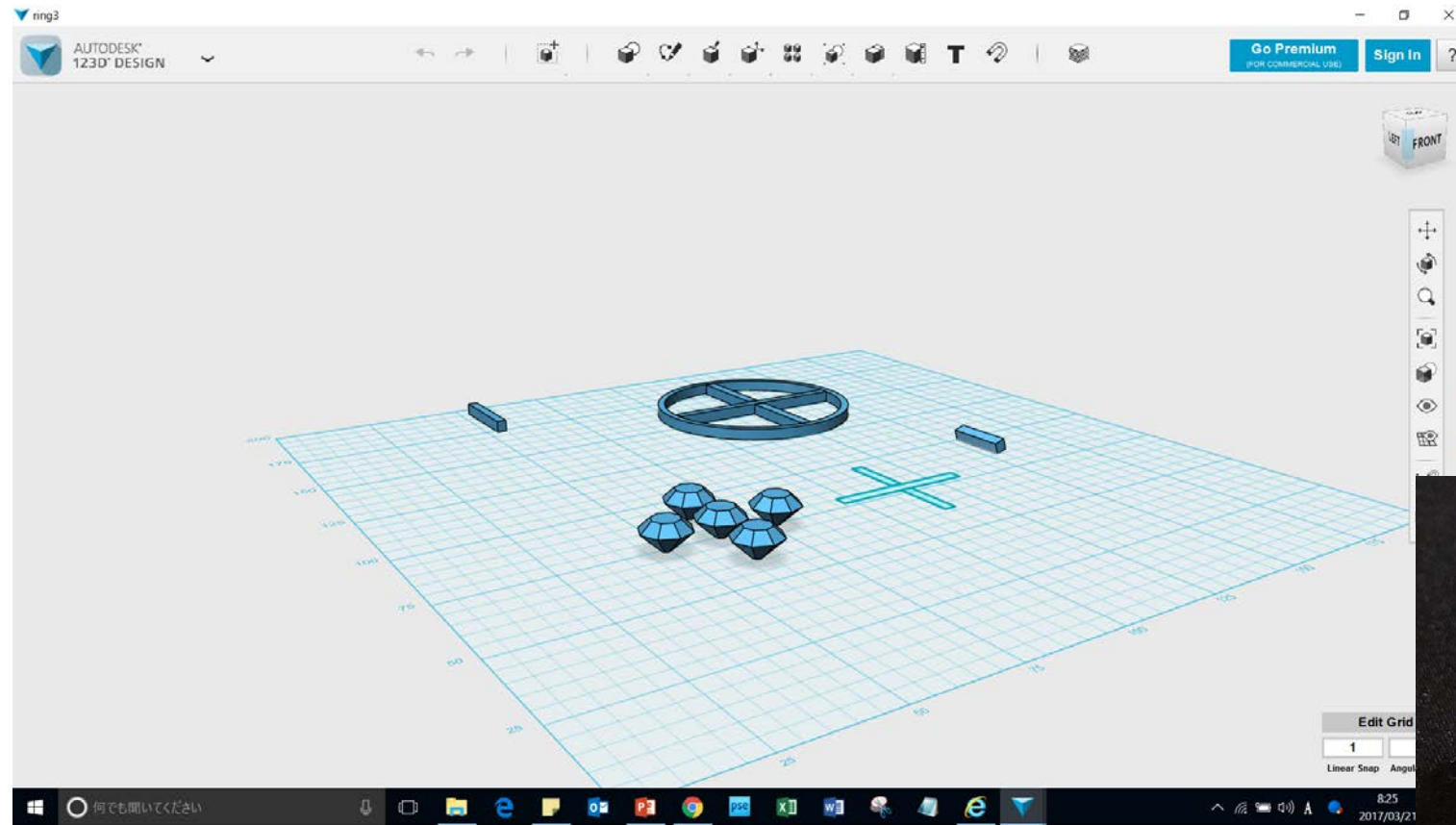
Excel Art

The screenshot shows the Microsoft Excel interface. The ribbon includes FILE, HOME, INSERT, PAGE LAYOUT, FORMULAS, DATA, REVIEW, and VIEW. The HOME ribbon is active, showing options for Cut, Copy, Paste, Format Painter, Font (Calibri, 11), and Alignment (Wrap Text, Merge & Center). The grid shows a 2x2 checkerboard pattern of red and white cells in the range R16C22 to R17C25.

The 'Format Cells' dialog box is open, showing the 'Fill Effects' tab. The 'Gradient' section is selected, with 'Two colors' chosen. The 'Color 1' is set to red and 'Color 2' is set to white. The 'Shading styles' section has 'Diagonal down' selected. The 'Variants' section shows a preview of the red-to-white diagonal gradient. The 'Sample' section shows a larger preview of the same gradient.

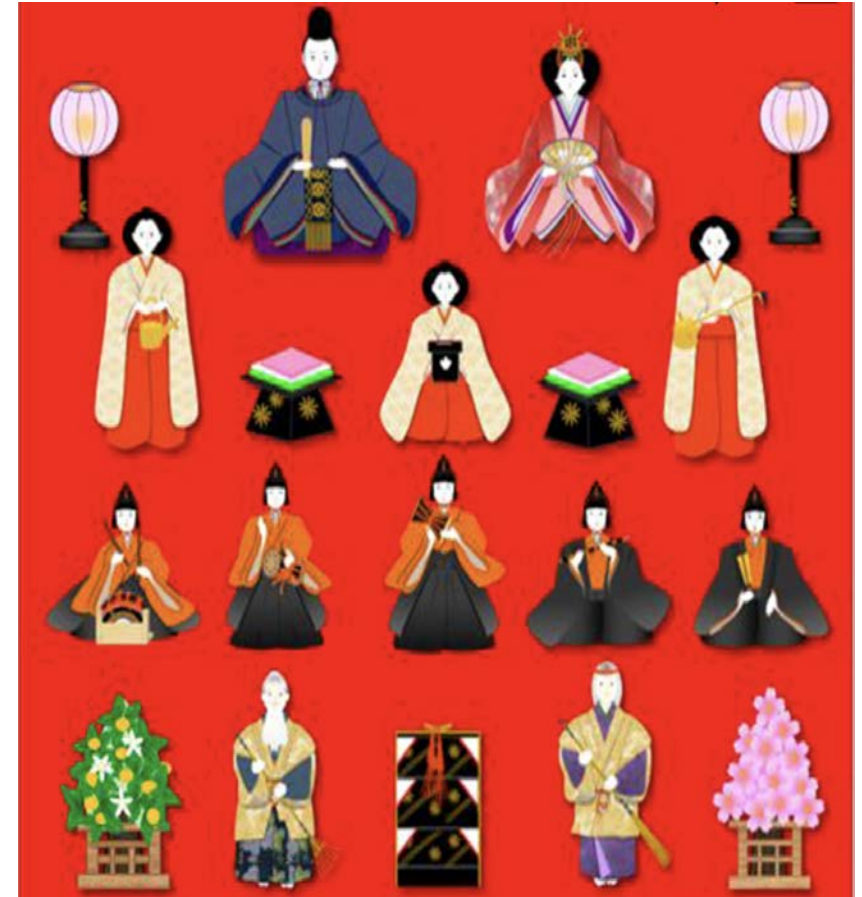






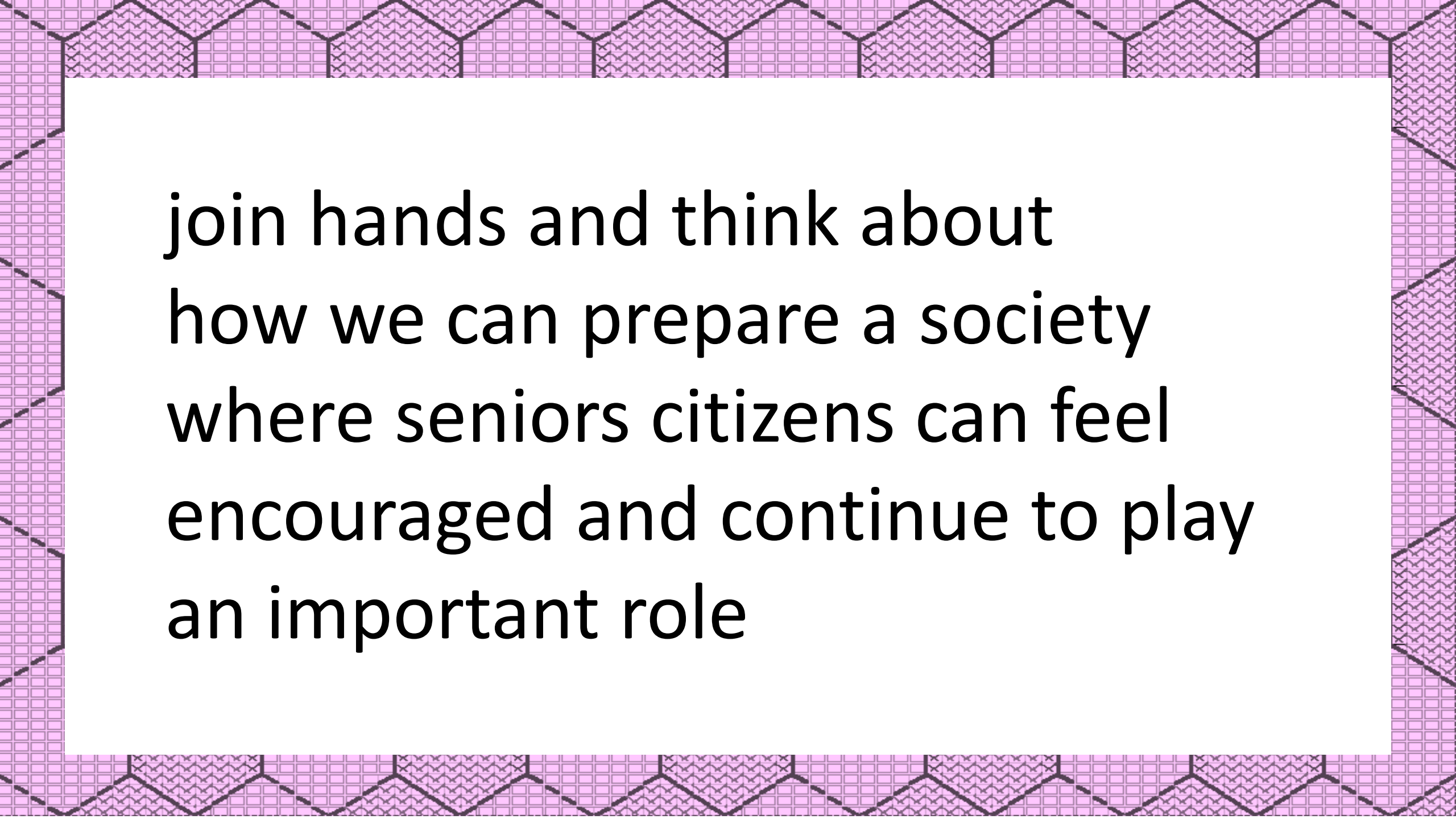
7. Digital devices help us “enjoy” more.

I wanted to create a game app which seniors can enjoy



Japanese traditional instrument – Okoto –
traditional song called ‘Sakura’





join hands and think about
how we can prepare a society
where seniors citizens can feel
encouraged and continue to play
an important role

Thank you.



Graphics by Masayoshi Kotani,
Translation by Lena Ryuji