

# Internet and seniors wellbeing



Internet use is here to stay. Nowadays everything is just a click away, a simple gesture for many young people and adults who are familiar with all kinds of electronic devices in their daily lives, but not so easy for older people who are not used to being involved in this digital world.

According to the Statistical Office of the European Union ([Eurostat](#)), the population of people over 65 will increase significantly in the following years, from 90.5 million at the beginning of 2019 to 129.8 million in 2050. This highlights the necessity to focus attention on elders, seeking a path towards active ageing that promotes their well-being. To this end, it is essential that elders learn to use new technologies, so that they can continue to participate in society online.

The study conducted by [Heo et al. \(2015\)](#) establishes how elderly people's use of the internet is related to higher psychological well-being and life satisfaction. The internet enables elders to interact more often with their sources of social support, mainly their family and friends, which increases their opportunities to express thoughts, feelings and worries with those close to them, and reduces their feelings of loneliness; feelings that have unfortunately increased in the current pandemic situation.



The Digital Generations project works in this area with the aim of encouraging elders in the use of the internet. To do this... Who better than the youth to teach them how this digital world works! This intergenerational project aims to introduce older people to the digital world in order to improve their quality of life and well-being.



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