SMART   HEALTHY   BUILT   BUSINESS   GENERAL

How to use the Hands-on SHAFE eLearning Platform

hands-on-shafe.eu made easy!

Start tutorial   >

eLearning Platform | **Made easy**

You can learn to implement SHAFE!

The Hands-on SHAFE eLearning platform delivers, in an easy-to-use way, informal learning experiences and hands-on tools to implement SMART and HEALTHY BUILT environments. Moreover, you can learn how to develop a BUSINESS in this area. Let's have a look at what the Hands-on SHAFE eLearning platform offers you!

What will you learn in this tutorial

1 To access the Hands-on SHAFE eLearning platform and navigate through it.

2 To use the **MEET** section of the eLearning platform and meet different personas facilitating the learning process.

3 To use the **LEARN** section on the eLearning platform and access a wide range of learning material.

4 To use the **CERTIFICATE** section of the eLearning platform to get a certificate of completion.

5 To use the **NEWS AND EVENTS** section of the eLearning platform and get the latest news about the project.

6 To use the **CONTACT** section on the eLearning platform and get the opportunity to get in touch with the creators of Hands-on SHAFE!

Chapters in this tutorial
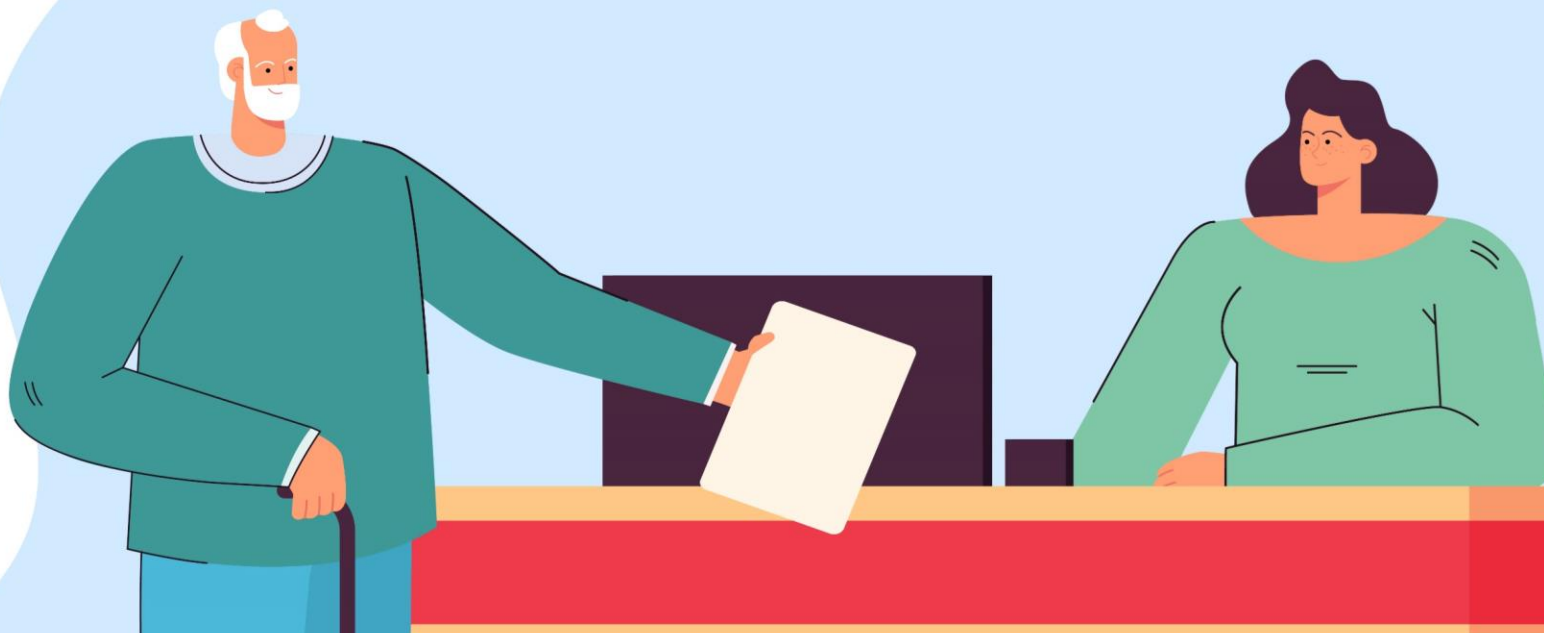
The Hands-on SHAFE eLearning platform

On the eLearning platform, you can learn to implement SMART, HEALTHY and BUILT environments or to develop an age-friendly BUSINESS in these areas.

The platform is accessible for free and in 6 languages via the following link: https://hands-on-shafe.eu/

Let's follow the tutorial and have a closer look at it!

Notes: *In this tutorial, each of the numbers in square brackets in the text corresponds to a numbered blue pin ([1] corresponds to ①) on the picture of the website:*

- For the English version type the following address https://hands-on-shafe.eu/en in the **address bar [1]** of your browser, as shown in the image below.

- To scroll up and down the page, you can use the wheel on the mouse or click the left mouse button on the **scrollbar [2]** to move it.
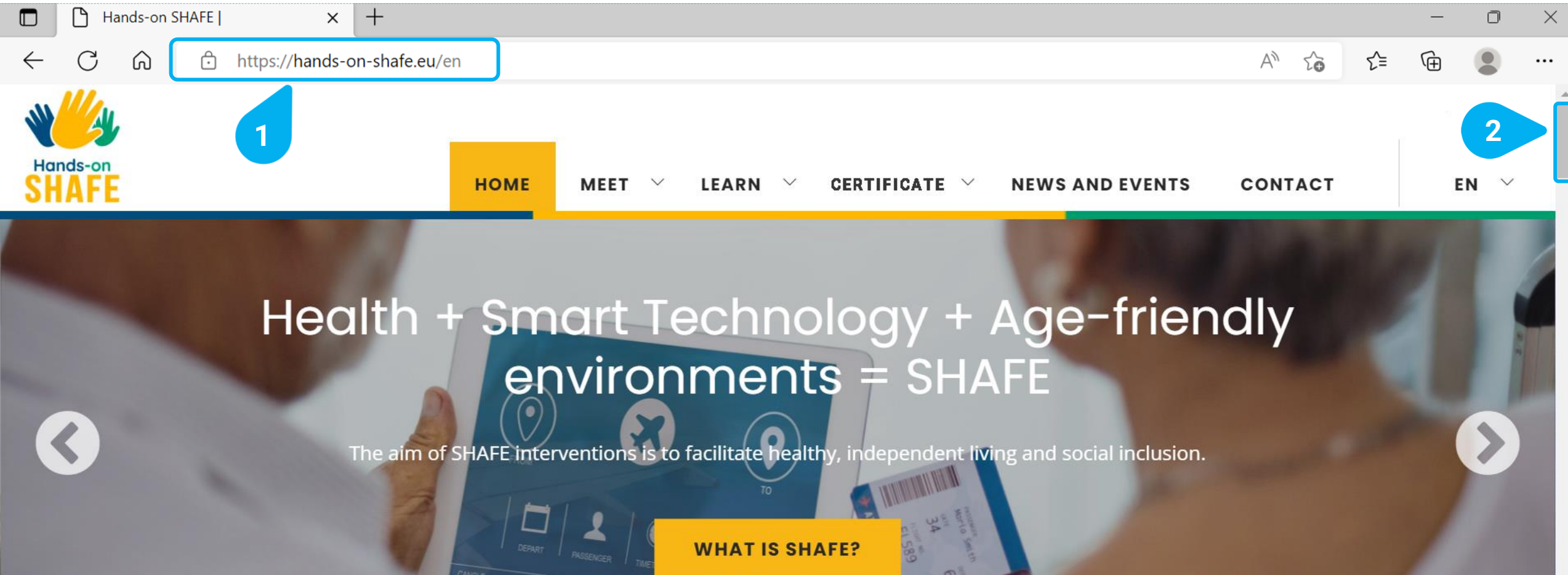
Let's now have a look at the **menu [1]** that will provide you access to the different sections offered by the eLearning platform:
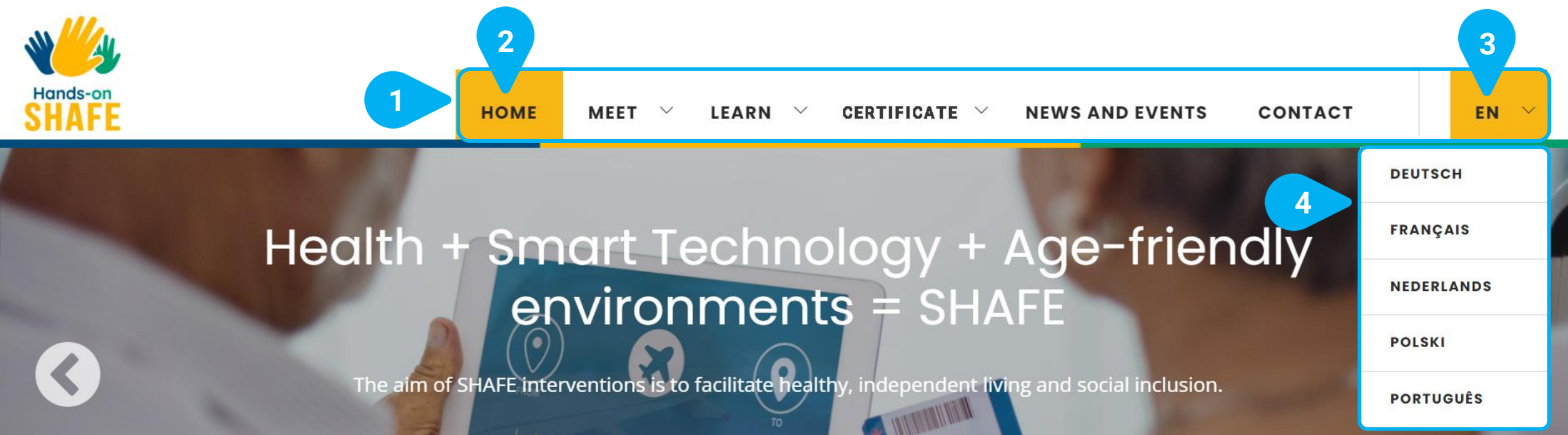
- The **menu [1]** is always available at the top of the screen. It has the following sections: **HOME, MEET**, **LEARN**, **CERTIFICATE**, **NEWS AND EVENTS**, **CONTACT** and the selected language, in the example **EN** for English.

- The section that you are currently viewing on your browser is indicated with a **yellow background [2]**.

- The Hands-on SHAFE platform is available in 6 languages: English, Dutch, French, German, Polish and Portuguese. You can change the language by clicking first on the currently selected language, in the example **EN [3]**, which is the default language.

- Once clicked on the selected language, the eLearning platform shows a **list of all the available languages [4]**. To select another language, just click on it, and the eLearning Platform will be automatically shown in the selected language.

3

2

4

6

LEGAL AND CONTACT

Privacy Policy →
Terms and conditions →
Cookie policy →
Contact →

PROJECT

Project at a glance →
Partners →
Public deliverables →

5

1

There is another menu at the bottom of the section, which can be accessed through the **scrollbar [1]**. It provides you with access to:

- Information about the **PROJECT [2]**, with direct links to information about the Hands-on SHAFE project itself, its partners and the public research deliverables

- Information about the **LEGAL AND CONTACT [3]** aspects of the eLearning platform.

- **Links to social media [4]**.

- A ⬆ **scroll to the top button [5]** is shown as soon as you scroll down a page. It will bring you back to the top of the page with a single click.

- An ⬇ **accessibility tool [6]**. This tool can be seen on every page and will help you make the page more accessible by changing the size or colour of the text. You can open it with a click. You will find more information about the accessibility tool in the last chapter **Overview of available tools** on page 30!

HOME MEET LEARN CERTIFICATE NEWS AND EVENTS CONTACT EN

Health + Smart Technology + Age-friendly environments = SHAFE

The aim of SHAFE interventions is to facilitate healthy, independent living and social inclusion.

WHAT IS SHAFE?

eLearning Platform **Made easy**

The HOME section https://hands-on-shafe.eu/en

In the **HOME [1]** section you will find a resume of all the resources that the eLearning platform offers you, from the project itself to its outcomes, the informal learning experiences and the latest news.

1

Hands-on SHAFE
facilitators ...

support individuals
or communities ...

to participate in society and to
continue independent living

eLearning Platform   Made easy

The MEET section   https://hands-on-shafe.eu/en/meet

To facilitate the learning of SHAFE, the eLearning platform uses six characters (personas) that demonstrate the potential needs and challenges of the end-users. The characters can be found under the **MEET [1]** section. They face challenges such as needing a wheelchair, aiming to follow a healthy lifestyle, or suffering from dementia or chronic diseases.

- The **MEET [1]** section of the eLearning platform gives you the opportunity to meet different virtual characters. These fictional personas always have real limitations and everyday problems, and the learning materials can help to provide examples of possible solutions.

- If you move the mouse cursor over the menu item, you will get to see the **list of different characters [2]** and have the possibility to meet them by clicking on their name.

- Let's go deeper into one example and meet **MARIA [3]** together!
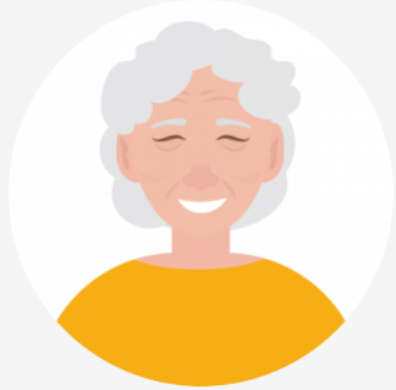
Maria 84

Maria lives with her daughter and grandson in a flat on the 3rd floor with no central heating and no lift in a rural area.

Her home is small, and her family is having serious financial difficulties.

She has multiple chronic conditions and is prescribed many different medications.

HOW COULD YOU HELP MARIA IMPROVE HER LIFESTYLE?

➕ What is important to Maria?

- To cook
- To feel useful
- To knit
- To watch soap operas on TV
- To stay in her own home
- To feed the pigeons dry breadcrumbs in the park

⛔ What are the obstacles in her daily life?

- She has no interest in digital technology
- She spends a lot of time alone at home
- She is having trouble managing her hygiene and appearance
- She is having some difficulties adhering to treatment

Here you can see the page for the character **MARIA.**

- You will always find central background **information on the characters [1]** at the beginning. Here you can read about their personal situation and the issues or impairments they have to face.

- Below, under **HOW COULD YOU HELP MARIA IMPROVE HER LIFESTYLE? [2]**, you will find a list of the information needed to improve Maria's situation. On the one hand, you can see what is important for Maria and on the other hand what obstacles she has in her everyday life. This information will sometimes be referred to in the learning materials.

Let's now **scroll [3]** further down the page!

TAKE A PICK BETWEEN THE FOLLOWING MODULES!

Safe Use Of Medication

Maria needs help with better adhering to her prescription and avoiding undesired adverse effects.
Want to know more? Go over to the modules **Lifestyle and Therapy (HEALTHY 02)** and **Chronic Diseases (HEALTHY 03)**!

Maria's daughter can set a repeating reminder to take her medication using her mobile device. Have a look at the module **Calendars Maps and Alarms (SMART_05)** to learn about this.

HEALTHY 02   HEALTHY 03   SMART 05

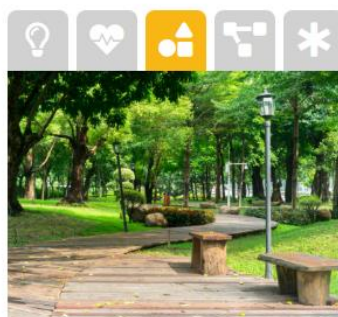**Personal Health-related Decisions And Actions**

Maria feels isolated. She needs help in managing her own health, but she rejects outside support.
Go to the modules **Basic Information on Health and Well-being (HEALTHY 01)** and **Lifestyle and Therapy (HEALTHY 02)**!

HEALTHY 01   HEALTHY 02

Mobility Outside

Maria does not go out as much as she would like to. Do you have any idea on why that has happened? What are the main barriers? What could be her main reasons for not going out? Head over to the module **Mobility Outside (BUILT 07)** to learn more about this topic!

BUILT 07

- When pulling the **scrollbar [1]** further down, you will find the heading: **TAKE A PICK BETWEEN THE FOLLOWING MODULES! [2]**. Here you can see examples of the difficulties the respective character faces.

- For each of the **topics [3]**, the eLearning platform proposes a set of learning modules that directly deal with those. In this way, you can always adapt your learning path and at the same time experience realistic approaches to solving problems.

- By clicking on a learning module, in the example **HEALTHY 02 [4]**, you will directly be sent to the respective learning material.

Try it out yourself and learn how to cope with the different obstacles that the characters face in their everyday lives!

Let's now go to the **LEARN** section!
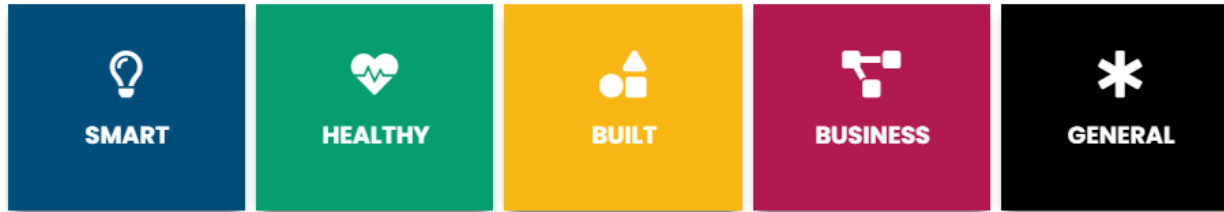
Hands-on SHAFE

Hands-on SHAFE is a project that aims to deliver informal learning experiences and hands-on tools for facilitators, such as volunteers, caregivers and relatives, to implement SMART and HEALTHY BUILT environments in their own communities or to develop BUSINESS on SHAFE products and services.

The state of the art in SHAFE products and services in the project partner countries form the basis on which the research-based training packages are built.

SMART

HEALTHY

BUILT

BUSINESS

GENERAL

WHAT IS SHAFE?

VIEW THE HANDS-ON SHAFE POSTER

VIEW THE HANDS-ON SHAFE FLYER

eLearning Platform | Made easy

The LEARN section   https://hands-on-shafe.eu/en/learn

The main components of the Hands-on SHAFE eLearning platform are the learning modules that are designed to support the implementation of SMART, HEALTHY and BUILT environments or to develop an age-friendly BUSINESS in these areas. All learning modules can be found in the **LEARN [1]** section.

Let's have a look at how to use them!

.

- The **LEARN [1]** section of the eLearning platform offers you access to all Hands-on SHAFE learning content and gives you the opportunity to specifically develop your knowledge.

- If you move the mouse cursor over the menu item, you will see below it the **list of available learning areas [2]**.

- To select one, just click on it, in the example **SMART [3]**, and the eLearning Platform will be automatically shown you the learning content of that concrete area.

- Let's go deeper into one example and learn more about **SMART** environments and the use of technology together!

1

SMART

As citizens of the developed world in the 21st century, we are almost permanently surrounded by technology, whether we are at home, travelling or participating in the community.

Broadly speaking this pervasive ICT support for citizens takes two main forms:

Mobile technology for when we are "out and about"
"Smart home" technology: fixed or wireless technology that can assist us in domestic spaces, community settings and public spaces.

The training package SMART mainly focuses on delivering ICT for HEALTHY and ICT for BUILT training content for facilitators who would like to engage in the SHAFE economy either as volunteers or as entrepreneurs. The SMART training package will help to demonstrate for those facilitators how to use Internet of Things (IoT) and mobile technology to enable them to support smart healthy ageing at home and in the community.

2

MODULES

3

SMART 01: Mobile technology

This module presents an introduction to mobile technology that can help to support active and healthy lifestyles to facilitate independent living. It covers some of the things to consider about buying and setting up mobile devices.

💡 SMART 01   **4**

SMART 02: Making And Receiving Calls With A Smartphone

This module describes how to make and receive calls with a smartphone. It adopts a practical hands-on approach and is intended to be a resource for those who work with mobile technology themselves. It can also be used as a reference to help less confident users to make calls on a smartphone.

💡 SMART 02

Here you can see the page of the **SMART** learning area. Independently from the area you choose, the structure remains the same.

- You will always get first a short **introduction to the learning area [1]** and the integrated knowledge you can achieve.

- Below, under **MODULES [2],** you will find all the learning modules of the respective area.

- For each of the modules, the eLearning platform presents **the title and an explanation of the module content [3]**.

- After the explanation there is a button, in the example **SMART 01 [4],** that brings you directly to the learning module.

Let's visit together the module by clicking on it!

Here you can see the page with the content of the module **SMART 01: Mobile technology.**

- The **big screen [1]** shows you the slides with the learning content in an online format with included interactive quizzes.

- To start the course, click on **Start course > [2]**.

- At the bottom of the screen you can find a **bar [3]**, that will help you to navigate through the learning module's content. There you will find buttons to go to the **NEXT > [4]** and **< PREVI [5]**, which stands for previous, slides and to **change to full-screen mode [6]**.

- Further down below you can also **download the learning module in PDF format [7]** so that you can also access it in offline environments or print it.

On the next slide, you can see an overview of all learning modules of Hands-on SHAFE.

Pick your favourite and try it out!

SMART	HEALTHY	BUILT	BUSINESS	GENERAL

SMART 01:
Mobile technology

SMART 02:
Making And Receiving Calls With A Smartphone

SMART 03:
How To Communicate By Text With A Smartphone

SMART 04:
Personal mobile security

SMART 05:
Calendars, Alarms and Maps

SMART 06:
Wearable technology

SMART 07:
Introduction To Home Security Locks

SMART 08:
Introduction to Remote Controlled Switch Sockets

HEALTHY 01:
Basic Information On Health And Well-being

HEALTHY 02:
Lifestyle And Therapy

HEALTHY 03:
Chronic Diseases

HEALTHY 04:
Physical and sensory impairment

HEALTHY 05:
Cognitive impairment and dementia

BUILT 01:
Basic

BUILT 02:
Age-friendly home

BUILT 03:
Dementia-Friendly Home

BUILT 04:
Age-friendly services

BUILT 05:
Nature and the built environment

BUILT 06:
Mobility At Home

BUILT 07:
Mobility Outside

BUSINESS 01:
The Stages Of Business Creation

BUSINESS 02:
Human-Business Coherence

BUSINESS 03:
Clarification Of The Idea

BUSINESS 04:
Market study

BUSINESS 05:
Business model and strategy

BUSINESS 06:
Financial forecasts

BUSINESS 07:
Business plan

GENERAL 01:
SHAFE And Me. An Introduction To Smart Healthy Age-Friendly Environments

GENERAL 02:
Communication And Presentation Techniques

The "LEARN" section

Here you can see an overview of all learning areas and their learning modules.

Hands-on
SHAFE

Click on the topic you like best and start your learning process or get to know about the Hands-on SHAFE certificates in the next slides!

HOME   MEET ⌄   LEARN ⌄   CERTIFICATE ⌄   NEWS AND EVENTS   CONTACT   EN ⌄

eLearning Platform **Made easy**

The CERTIFICATE section
https://hands-on-shafe.eu/en/certificate

In order to provide an incentive to use and complete the various learning modules of Hands-on SHAFE, a C system is offered on the **CERTIFICATE [1]** section o the eLearning platform to test your different levels of knowledge. Learn how to get your certificate on the following slides!

CERTIFICATE

Once you already visited the personas and modules under MEET and LEARN, respectively you have the possibility to confirm your learned knowledge and get a Hands-on SHAFE certificate on different levels. Depending on your use of Hands-on SHAFE, you now have two options to generate a certificate, please select the one you are interested in by clicking on the corresponding image below:

Learner certificate

This process is designed for learners who independently want to test their Hands-on SHAFE knowledge. You can take many different tests on several levels! Give it a try and take up the challenge!

Trainer certificate

This process is designed for trainers and facilitators who offer targeted learning opportunities using the Hands-on SHAFE materials. By clicking on the image, you will get access to a template of participation certificates that you can hand out to attendees in a workshop situation.

Here you can see the **CERTIFICATE** page.

- At the beginning of the **CERTIFICATE [1]** page, you will find a short introduction about the different options you have to generate a certificate.

- Either, as a **learner [2]** that wants to test the level of knowledge acquired…

- or as a **trainer [3]** that wants to provide certificates to the attendees of a training activity.

- In case you use Hands-on SHAFE on your own, then always choose the **Learner certificate [4]** option or click on the **picture [5]** above it, as with this option you can test your knowledge on your own.

Let's now have a look at the possible certification options that are available to a learner. After clicking on the **Learner certificate**, you will be redirected to the corresponding section of the **CERTIFICATE** page further below.

LEARNER CERTIFICATE

Once you have completed the learning modules of the various SHAFE areas, you can put your knowledge to the test!

You will find three different levels of quizzes depending on your level of knowledge and the certificate you plan to achieve.

For each of the 4 Hands-on SHAFE areas, you can accomplish a BASIC level and a more advanced PROFESSIONAL level certificate, which are addressed to casual learners and professional learners, respectively.

Additionally, there is the level of FACILITATOR, which compiles the knowledge achieved in all 4 areas. The successful completion of this final level indicates a good overall knowledge of SHAFE.

The certification serves to reflect and consolidate the contents learned. In addition, the possibility of receiving a certificate can contribute to increased motivation in the execution of the modules in different learning environments. Be aware that the Hands-on SHAFE certificates are not official documents, but rather personal proofs of competence to independently check your knowledge.

Now take up the challenge and receive your Hands-on SHAFE certificate!

The process is very simple and can be started below this introduction:

- First select the level. Either casual learner, professional learner, or facilitator.
- Then select the type of certificate. There is one certificate for each of the SHAFE learning areas in the case of the casual and professional learner profiles. When choosing facilitator as level, there is only one certificate, that combines the knowledge of all the areas of Hands-on SHAFE.
- Finally, upon successful completion you can get your **Hands-on SHAFE Learner Certificate** and save it.

CHOOSE YOUR LEARNER PROFILE AND CERTIFICATION LEVEL

Based on your learner profile, you can have access to different certificates! Please, select below which is your profile and the certificate option that you want to take:
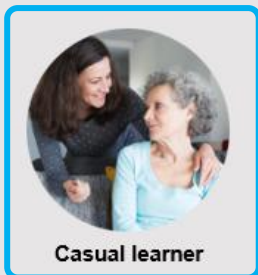
Casual learner   **Professional learner**   **Facilitator**

Here you can see the **LEARNER CERTIFICATE** section of the **CERTIFICATE** page:

- At the beginning of the **LEARNER CERTIFICATE [1]** section, you will find a short introduction and explanation about the process and the different types of Hands-on SHAFE learner certificates that are available.

- First, please **CHOOSE YOUR PROFILE AND CERTIFICATION LEVEL [2].** There are 3 different learner profiles available, that represent different levels of difficulty. After clicking on your preferred learner profile, you will see the corresponding certificate options for this level.

- Let's now have a look at the possible certificate options available for a **Casual learner [3]**!

1

Casual learner

You haven't yet got a comprehensive overview of one of the SHAFE areas and want to test your knowledge at a less difficult level?

Try to get your **BASIC** certificate!

You can get it in each of the different SHAFE areas by clicking on one of the certificates below. Pick your area and test your knowledge!

2

Hands-on SHAFE BASIC SMART

Hands-on SHAFE BASIC HEALTHY

Hands-on SHAFE BASIC BUILT

Hands-on SHAFE BASIC BUSINESS

3

Professional learner

You are already familiar with the Hands-on SHAFE learning content and would like to check your knowledge in a more difficult test?

Try to get your **PROFESSIONAL** certificate!

You can get it in each of the different SHAFE areas by clicking on one of the certificates below. Pick your area and test your knowledge!

Hands-on SHAFE PROFESSIONAL SMART

Hands-on SHAFE PROFESSIONAL HEALTHY

Hands-on SHAFE PROFESSIONAL BUILT

Hands-on SHAFE PROFESSIONAL BUSINESS

After you click on your type of leaner you will be redirected further below on the **CERTIFICATE** page to the corresponding profile section:

- In the **Casual Learner [1]** section you will first find a description of the typology of the learner.

- In this case, you will also get access to **4 types of Hands-on SHAFE BASIC Certificates [2]**, one for each of the 4 main areas: **SMART**, **HEALTHY**, **BUILT** and **BASIC**.

- You can then choose the certificate of your preferred SHAFE area, in the example **BASIC SMART [3],** to start the basic certification process.

After successfully completing the test, you will be awarded your personal Hands-on SHAFE Learner Certificate for the chosen profile and area. Follow the steps indicated at the end of the process and on the website to download it and keep it for your records!

Continue learning about the other SHAFE areas and try to get all the learner certificates. You are also invited to continue learning about the other sections of the eLearning platform in the next chapters of this tutorial

1

Hands-on SHAFE

HOME   MEET ⌄   LEARN ⌄   CERTIFICATE ⌄   **NEWS AND EVENTS**   CONTACT   EN ⌄

🕐 Hands-on SHAFE project outcomes presentation: A highlight at the International Conference LEARNING AND IMPLEMENTING SOCIAL INNOVATION

🕐 01/12/2022

With more than 150 international participants the Conference took place in Coimbra, Portugal, from the 8th to the 9th of November 2022. In this frame, the International Multiplier Event of the project Hands-on SHAFE took place with two dedicated sessions on the very first day of the conference.

READ MORE

BY DATE

11/2022 (1)
10/2022 (1)
06/2022 (2)
01/2022 (1)
10/2021 (1)
09/2021 (1)

eLearning Platform **Made easy**

The NEWS AND EVENTS section   https://hands-on-shafe.eu/en/news-and-events

The **NEWS AND EVENTS [1]** section will keep you up to date with the latest news on Hands-on SHAFE!
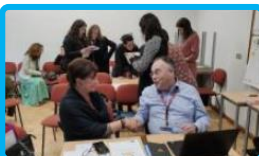
🕐 Hands-on SHAFE Newsletter #4

🕐 05/12/2022

Welcome to the fourth and final Newsletter of the Hands-on SHAFE Erasmus+ project. The project that started in 2019 already ends, and we are happy to inform you about the concrete results we developed together.

NEWSLETTER #4 | DECEMBER 2022

READ MORE

1

🕐 Hands-on SHAFE project outcomes presentation: A highlight at the International Conference LEARNING AND IMPLEMENTING SOCIAL INNOVATION

🕐 01/12/2022

With more than 150 international participants the Conference took place in Coimbra, Portugal, from the 8th to the 9th of November 2022. In this frame, the International Multiplier Event of the project Hands-on SHAFE took place with two dedicated sessions on the very first day of the conference.

READ MORE

3

2

🕐 International Conference: Learning and Implementing Social Innovation

🕐 12/10/2022

SHINE, AFEdemy and the Nursing School of Coimbra are organising a conference on November 8th and 9th. During those days, we will talk about Smart Healthy Age-friendly Environments and Social Innovation!

International Conference LEARNING AND IMPLEMENTING SOCIAL INNOVATION

READ MORE

BY DATE

12/2022 (1)
11/2022 (1)
10/2022 (1)
06/2022 (2)
01/2022 (1)
10/2021 (1)

4

Here you can see the **NEWS AND EVENTS** page:

- On this page you will find a selection of different **news posts [1]**.

- By clicking on **READ MORE [2]** or the **picture of the post [3]** you will get more information about it.

- By clicking on a concrete month of the sorted list **BY DATE [4]** in the top-right corner, you will get a selection of the post published on that concrete month.

Let's now have a look at one of the posts!

📅 **Hands-on SHAFE project outcomes presentation: A highlight at the International Conference LEARNING AND IMPLEMENTING SOCIAL INNOVATION**

📅 01/12/2022

By Javier Ganzarain, AFEdemy

With more than 150 international participants the Conference took place in Coimbra, Portugal, from the 8th to the 9th of November 2022. In this frame, the International Multiplier Event of the project Hands-on SHAFE took place with two dedicated sessions on the very first day of the conference.

Right after the Keynote Speaker Roger von Boxtel and his inspiring speech about "Social innovation of organisations: a practical case", Willeke Van Staalduinen presented to the plenary the project Hands-on SHAFE. She explained the whole way from the SHAFE Network, back in 2018, to the creation of the COST Action NET4Age-friendly, which currently brings together more than 500 researchers until the recent creation of the SHAFE Foundation.

Then, as a concrete example of the outcomes under the SHAFE umbrella, Willeke concentrated her presentation on the Hands-on SHAFE project and presented the project, its partners, the main deliverable, like the National Reports and the Compendium of Good Practices and the e-Learning Platform, which is embedded into the EU website. She also presented the usage of the personas and their day-to-day challenges, which then a facilitator can identify to propose concrete learning modules to the person they offer support to. All the learning modules have been grouped into 5 areas: SMART, HEALTHY, BUILT, BUSINESS and GENERAL. She then presented more in detail the learning module SHAFE and me (GENERAL 01).

This was a very informative presentation that gave the floor to the Practical session Hands-on SHAFE which took place in the afternoon and was chaired by Javier Ganzarain and Jonas Bernitt from AFEdemy (The Netherlands). In this hands-on session, the partners of the project presented the results of the National Multiplier Events that have already taken place in France, Ireland, The Netherlands, Poland, and Portugal. The German National Multiplier Event took place afterwards, on the 29th of November, and was held by ISIS (Germany).

1

12/2022 (1)
11/2022 (1)
10/2022 (1)
06/2022 (2)
01/2022 (1)
10/2021 (1)

2

LAST NEWS

Hands-on SHAFE Newsletter #4
05/12/2022
Hands-on SHAFE project outcomes presentation: A highlight at the International Conference LEARNING AND IMPLEMENTING SOCIAL INNOVATION
01/12/2022
International Conference: Learning and Implementing Social Innovation
12/10/2022
Dutch Inspirational Tool Living Environments for Older Adults
23/06/2022
Hands-on SHAFE Newsletter #3
02/06/2022
Multiplier webinar Hands-on SHAFE well visited

Here you can see a concrete post.

- Below the **title and the publication date of the post [1]** you will find the whole article.

- On the right-hand side you will also find an area called **LAST NEWS [2]** which shows you the latest posts in chronological order.

Let's now have a look at the last section of the eLearning platform, **CONTACT**!

The CONTACT section

The last section of the eLearning platform is the **CONTACT [1]** section. Here you can get in touch with the creators of the Hands-on SHAFE eLearning platform and have the possibility to become an associated partner by writing us a message.
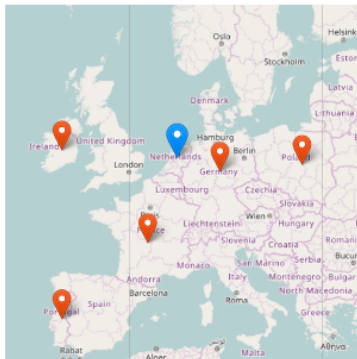
1 GET IN TOUCH!

Project coordinator, for issues related to project management and finances.

Technical coordinator, for issues related to data and privacy, as for technical and usage of the tools.

Country specific contact:

○ France
○ Germany
○ Ireland
○ Poland
○ Portugal
○ The Netherlands

2 Your name *

YOUR NAME

Email address *

EMAIL ADDRESS

Comments *

3 SUBMIT

- On the left side of the **CONTACT** page, you have the opportunity to directly **GET IN TOUCH! [1]** with the partners of Hands-on SHAFE.

- On the right side of the page, you can also send a **comment [2]**, after providing your name and email address and clicking on **SUBMIT [3]**.

SMART   HEALTHY   BUILT   BUSINESS   GENERAL

eLearning Platform | **Made easy**

Overview of available learning materials and tools

In the final section of the tutorial, you will find an overview of all available learning content and reports that have been created by Hands-on SHAFE. Moreover, you get an explanation of the Accessibility tool on the website, which can help you to facilitate navigating!

SMART	HEALTHY	BUILT	BUSINESS	GENERAL

SMART 01:
Mobile technology

SMART 02:
Making And Receiving Calls With A Smartphone

SMART 03:
How To Communicate By Text With A Smartphone

SMART 04:
Personal mobile security

SMART 05:
Calendars, Alarms and Maps

SMART 06:
Wearable technology

SMART 07:
Introduction To Home Security Locks

SMART 08:
Introduction to Remote Controlled Switch Sockets

HEALTHY 01:
Basic Information On Health And Well-being

HEALTHY 02:
Lifestyle And Therapy

HEALTHY 03:
Chronic Diseases

HEALTHY 04:
Physical and sensory impairment

HEALTHY 05:
Cognitive impairment and dementia

BUILT 01:
Basic

BUILT 02:
Age-friendly home

BUILT 03:
Dementia-Friendly Home

BUILT 04:
Age-friendly services

BUILT 05:
Nature and the built environment

BUILT 06:
Mobility At Home

BUILT 07:
Mobility Outside

BUSINESS 01:
The Stages Of Business Creation

BUSINESS 02:
Human-Business Coherence

BUSINESS 03:
Clarification Of The Idea

BUSINESS 04:
Market study

BUSINESS 05:
Business model and strategy

BUSINESS 06:
Financial forecasts

BUSINESS 07:
Business plan

GENERAL 01:
SHAFE And Me. An Introduction To Smart Healthy Age-Friendly Environments

GENERAL 02:
Communication And Presentation Techniques

The "LEARN" section

Here you can see an overview of all learning areas and their learning modules.

Hands-on SHAFE

Click on the topic you like best and start your learning process!

Below you can see an overview of the **Hands-on SHAFE project outcomes**. Click on the yellow button below the report explanation and access it!

The European Synthesis Report

The first phase of the project included an exploration of how to include people with lower qualification and their points of attention for learning. For example, by focusing on short sentences, illustrations, or interactive quizzes. You can also read more about the results of this exploration in the Hands-on SHAFE European Synthesis Report.

The Hands-on SHAFE European Synthesis Report (2020)
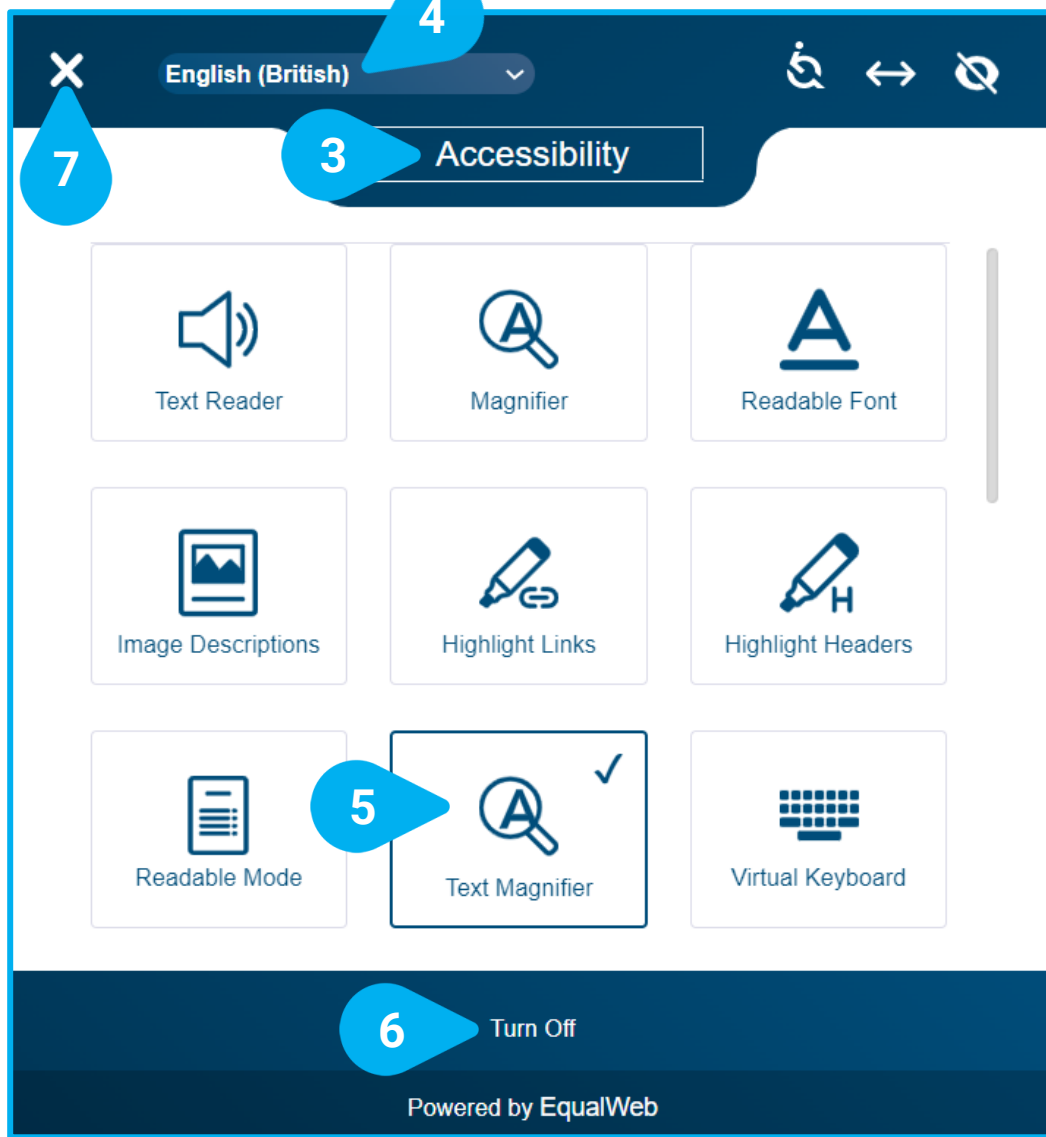
The Compendium of good practices

To highlight different existing services and support the implementation of Smart, Healthy and Age-Friendly Environments and to compile them on a European level, the Hands-on SHAFE project brought together services from all countries in a compendium. The aim is to provide an overview of such good practices. Each of the practices is described in detail in a table indicating in which area of Hands-on SHAFE and in which country the good practice is applied.

The Hands-on SHAFE Compendium of good practices (2020)

The Hands-on SHAFE Manual

The Hands-on SHAFE Manual has been developed as a guide and explanation about the Hands-on SHAFE project. In the manual, you will get all the framework and background information about the project and more detailed information about the different project outcomes. In addition, you will learn how to become an Associated Partner to translate the developed learning materials into other languages or to network with other users or facilitators.

The Hands-on SHAFE Manual (2022)

eLearning Platform | Made easy — Overview of available learning materials and tools

English (British) [4]

[7] ✕

[3] **Accessibility**

[5] **Text Reader** | **Magnifier** | **Readable Font**

Image Descriptions | **Highlight Links** | **Highlight Headers**

Readable Mode | **Text Magnifier** ✓ | **Virtual Keyboard**

[6] **Turn Off**

Powered by EqualWeb

The Hands-on SHAFE eLearning platform and Forum offer a full set of functionalities that you can set through its ⮟ **Accessibility tool [1]** available initially at the bottom-left of the screen.

You can move the icon to a different position, by clicking first on the ✛ **[2]** icon and then moving it to the desired position.

⮟ **[2]** | **Explore your accessibility options**

Clicking on the ⮟ **Accessibility tool [1]** with the left mouse button will show all the available **Accessibility [3]** options. Before exploring what best fits your preferences, you can select your language. The default language is **English (British) [4]**.

As you select your accessibility options by clicking on them, they will be marked with a ✓ and a blue frame line, in the example the **Text Magnifier [5]**. The visualisation of the eLearning platform will change accordingly to your selected options. If you want to change back your selections, you can always **Turn Off [6]** all accessibility options selected. They will go back to their initial state.

Once you have finished selecting your options, click on the **X [7]** in the top left corner to close the tool and go back to the Hands-on SHAFE eLearning platform.
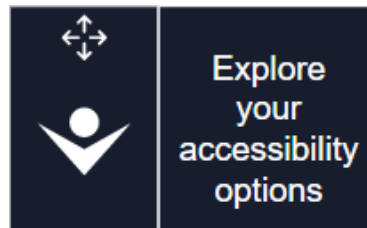
Tutorial completed

Congratulations! You have successfully completed this tutorial and are ready to start your Hands-on SHAFE learning journey!

Summary of acquired skills

1 You know how to access the hands-on SHAFE eLearning platform on an internet-enabled device in your language.

2 You know how to navigate through the different sections of the Hands-on SHAFE eLearning platform and what content to expect in them.

3 You know which learning materials are available, how to access them, test the level of knowledge acquired and get the corresponding certificate.
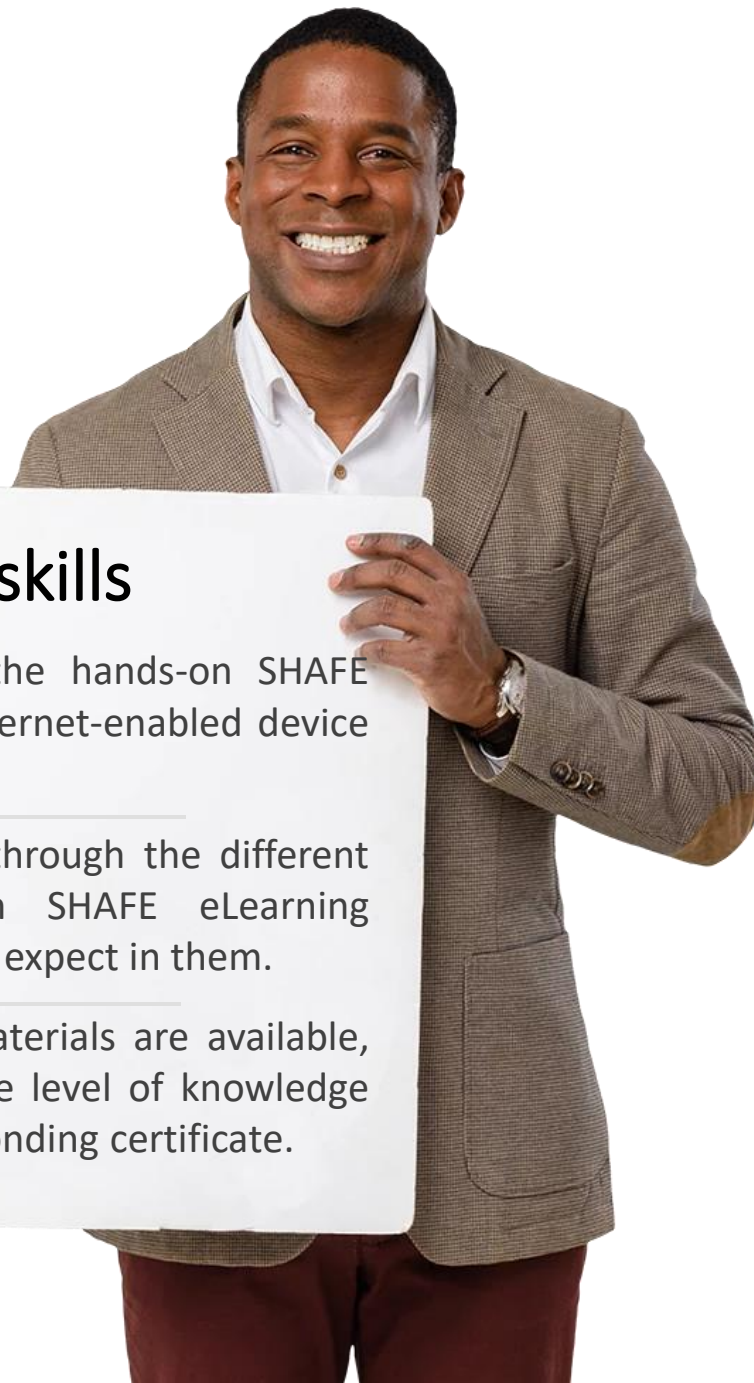
What is next?

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Now you can either repeat the tutorial or start your Hands-on SHAFE learning process on the eLearning platform to support Smart-Healthy and Age-friendly urban development!

Restart

Hands-on SHAFE eLearning platform