

**ANNEX C****DIGITALLY READY SENIORS PILOT PROGRAMME**

Facebook partnered TOUCH Cyber Wellness to introduce a community programme for seniors, aged 50 and above, who would like to learn more about using digital services. The Digitally Ready Seniors pilot is a six-month programme that was launched in June 2019 for seniors at TOUCHpoint@AMK 433 and TOUCH's Senior Activity Centres in Yishun and Wellington.

The course is conducted in English, Mandarin and local dialects, and will guide seniors on the functions of essential digital services such as transport apps, e-payment modes, as well as cyber-related knowledge to manage false information and scams.

This programme includes three modules:

**Module 1: Let's Get Digital!**

This is an awareness-building module which aims at getting participants familiarised with the features and functions of their smart devices. Participants will be taught how to navigate the SingPass website with the SingPass training app.

**Module 2: Let's be hAPPy!**

Participants can choose to attend any of the following three sessions below:

Session A: Get Moving!

Participants are taught how to plan their daily travels by using popular transport apps for buses and rides.

Session B: Go Shopping!

Participants will better understand the concept of e-payment, such as topping up and transfer of funds. The session will employ for example the PayLah! training app to build the confidence of participants in using other e-payment apps.

### Session C: Get Healthy!

Participants will be taught how to do their grocery shopping or book medical appointments through supermarket and the Health Buddy apps.

### **Module 3: Let's be Cyber Wellness Champs!**

As seniors venture more into the digital space, they will be taught essential cybersecurity skills to protect themselves and avoid getting themselves into unnecessary risks.

Approximately 50 seniors will be graduating from the pilot programme and a graduation ceremony for these seniors will be held on the morning of 26 July at the Lifelong Learning Institute, in conjunction with the Digital Inclusion Festival.

### **About TOUCH Cyber Wellness**

TOUCH Cyber Wellness (TCW) is a trailblazer in the field of cyber wellness education and counselling programmes, supported by the Ministry of Social and Family Development, Media Development Authority and Media Literacy Council. Since 2001, TCW has worked to promote cyber wellness, healthy gaming and online safety, reaching out to 360 schools and more than 1.6 million youths, parents, educators and counsellors. TCW is also the key agency providing counselling on cyber wellness issues.

At its PlanetCRUSH (Cyberspace Risks and where U Seek Help) Cyber Wellness Centre at Kallang, TCW provides a healthy gaming environment, engaging workshops and access to counsellors. Through TCW's education programmes and research-validated intervention model, it works closely with youths, educators and parents to cultivate respect, a balanced lifestyle and responsible use of digital technologies to effect a positive and healthy cyber culture at home, in school and community. TCW's materials are developed in-house through the TCW's R&D team and in partnership with local and overseas researchers.

In 2011, TCW was awarded the Singapore Youth Award, the nation's highest youth accolade under the Community & Youth Services Team Category, in recognition of its commitment in encouraging holistic youth development through promoting cyber wellness, healthy gaming and online safety.

**For media enquiries, please contact:**

Jasmine Xu

Infocomm Media Development Authority

+65 6202 4425

[Jasmine\\_xu@imda.gov.sg](mailto:Jasmine_xu@imda.gov.sg)