

## Digital Buddy Self Directed Learning Package

(Expected time of completion: 5 hours)

### Learning Outcomes

After the training, you would be able to:

1. describe the purpose of the Digital Buddy programme and programme structure;
2. describe the functions in the Digital Buddy App and its role in enhancing older people's digital literacy and mental health;
3. demonstrate the skills in effective interaction and communication with older people;
4. demonstrate awareness of prejudicial language against older people in everyday language.
5. understand the common learning barriers affecting older people living with sensory impairments.

### Digital Buddy App

You are requested to familiarize with the Digital Buddy App and study the contents before meeting the older people in your group.

### Videos for training Digital Buddy

Recommended videos are uploaded to the Digital Buddy App under “數碼友伴特選影片”.

You are requested to watch all the videos in the “數碼友伴特選影片” to learn the communication and interaction skills with older people.

### Articles

You are requested to read the following articles to gain relevant knowledge and skills that are required in this project.

1. 長者健康服務網站. (2016). 與長者溝通的技巧. 衛生署  
[https://www.elderly.gov.hk/tc\\_chi/carers\\_corner/communication\\_skills/comm\\_skilful.html](https://www.elderly.gov.hk/tc_chi/carers_corner/communication_skills/comm_skilful.html)
2. 賽馬會流金頌護老有 e 道. (2021). 第四章: 有效的溝通技巧 - 流金頌.  
[https://www.cadenza.hk/e-tools/zh/pro/communication/handouts/Handout\\_MOOC\\_9\\_Chapter\\_4.pdf](https://www.cadenza.hk/e-tools/zh/pro/communication/handouts/Handout_MOOC_9_Chapter_4.pdf)
3. 賽馬會耆智園. 認識腦退化症系列一 如何與腦退化症人士溝通.  
<https://www.jccpa.org.hk/wp-content/uploads/2021/05/4.pdf>
4. 香港中文大學那打素護理學院. (2021). 運用溝通方法與科技，強化代際之間的交流 2.  
[https://www.cadenza.hk/training/pdf/ws/CTP001\\_cur1\\_ws2\\_s2.pdf](https://www.cadenza.hk/training/pdf/ws/CTP001_cur1_ws2_s2.pdf)

5. 香港中文大學那打素護理學院. (2021). 運用溝通方法與科技，強化代際之間的交流 3. [https://www.cadenza.hk/training/pdf/ws/CTP001\\_cur3\\_ws1\\_s3.pdf](https://www.cadenza.hk/training/pdf/ws/CTP001_cur3_ws1_s3.pdf)
6. 香港中文大學那打素護理學院. (2021). 運用溝通方法與科技，強化代際之間的交流 4. [https://www.cadenza.hk/training/pdf/ws/CTP001\\_cur1\\_ws2\\_s4.pdf](https://www.cadenza.hk/training/pdf/ws/CTP001_cur1_ws2_s4.pdf)
7. Angels on Call Homecare. (2019). Barriers to Communicating with the Elderly. <https://angelsoncallinc.com/2019/11/14/5-barriers-to-communicating-with-the-elderly/>
8. CUHK Jockey Club Institute of Ageing. (2022). Thematic Reports on Age-friendly City Domains – Communication and Information. The Hong Kong Jockey Club. Retrieved from <https://www.jcafc.hk/uploads/docs/Thematic-report-on-Communication-and-Information.pdf>
9. Dave Johnson. (2022). 7 ways to make using a smartphone easier for elderly users. Insider Reviews. <https://www.businessinsider.com/guides/tech/how-to-make-smartphone-easier-for-elderly>
10. Jaul, E., & Barron, J. (2017). Age-Related Diseases and Clinical and Public Health Implications for the 85 Years Old and Over Population. *Frontiers in public health*, 5, 335. <https://doi.org/10.3389/fpubh.2017.00335>
11. National Institute of Aging. (2017). Talking with Your Older Patient: Tips for Improving Communication with Older Patients. <https://www.nia.nih.gov/health/tips-improving-communication-older-patients>
12. NHS. (2020). Communicating with someone with dementia. <https://www.nhs.uk/conditions/dementia/communication-and-dementia/>
13. UCSF Health. (2021). Communicating with People with Hearing Loss. <https://www.ucsfhealth.org/education/communicating-with-people-with-hearing-loss>
14. NHS. (2020). Communicating with someone with dementia. <https://www.nhs.uk/conditions/dementia/communication-and-dementia/>
15. Mohadis, Hazwani & Mohamad Ali, Nazlena. (2014). A Study of Smartphone Usage and Barriers Among the Elderly. 10.13140/2.1.1732.8321. [https://www.researchgate.net/publication/268221646\\_A\\_Study\\_of\\_Smartphone\\_Usage\\_and\\_Barriers\\_Among\\_the\\_Elderly/references](https://www.researchgate.net/publication/268221646_A_Study_of_Smartphone_Usage_and_Barriers_Among_the_Elderly/references)

### **Digital Buddy self-administered mini quiz:**

How well do you understand this project, physiological changes of aging and communication with older people? Please attempt the mini quiz after completing the learning package.

The scores you receive from the mini quiz will provide you with feedback on your learning. You can repeat the mini quiz for unlimited times. The scores you gain will not affect your participation in this project. It is a demonstration of what you've learned and area(s) for improvement!

Digital Buddies must complete the mini quiz before delivering the first training:

<https://docs.google.com/forms/d/1vVCOg6rzrSLy37GLrWNRH3suLkpCxhLew7cbrKfjd0c/edit>