Perspectives
Digital technology, older age and caring

Scottish Older People's Assembly
A voice for older people

Welcome to SOPA

SOPA exists to give a strong voice to older people about their concerns and experience of life in Scotland, and also raises issues about inequalities of age.

SOPA identifies issues that worry the older population and conveys messages from the grassroots direct to Scottish and Westminster Governments.

SOPA contributes to and supports policy that has a positive impact on later life and challenges when implementation falls short.

SOPA highlights successful volunteering where the voice and experience of older adults are making a difference across generations.

Click here to download the 2016 SOPA flyer update.

www.scotopa.org.uk
Who are the older people in SOPA?

- Community groups, national campaigning groups, humanitarian groups, equality and minority groups, and lifelong learning groups

SOPA – an umbrella organisation

Equality and social justice
Influencing policy
Using people’s experience and skills
Opportunities for active citizenship
Raise awareness of rights
Better access to resources and services
A SOPA action point from the 2015 Assembly

- Funded access to the internet and digital technologies through relevant supported services

Digital participation links to people’s belief that being able to contribute, participate and engage is an important factor in the wellbeing of the older population.

Proviso: technology should be presented as the means to an end, not the end in itself.
Communication through the website
Joining an email list or downloading from www.scotopa.org.uk/2016newsletters.asp
No Laughing Matter - Come and find out why at the Strathclyde Ageing Network

On 3 May from 2.30 - 5.30 Strathclyde University are hosting an afternoon in the brand new Technology and Information Centre at 90 George Street, Glasgow (just a 6 minute walk from Queen Street Station or 3 minutes from High St.)

The event comprises Interactive demonstrations, a drinks reception and short talks. Come and find out about some of the work that’s going on and how you could get involved. Register at http://www.engage.strath.ac.uk/event/280/

Cross Party Group on Older People, Age and Ageing

SOPA is now the secretariat for this longstanding group. At the meeting on 9 March there were four main topics.

The Citizens Advice Scotland Report ‘Fuel Poverty in Scotland: A review for the Scottish Government’. CAS’s previous work evidenced the increasing number of Scots struggling to pay for basic funerals and the unacceptable situations many families find themselves in when bereaved. This echoes what SOPA had found on its Campaign Trail and SOPA added its voice to the plea for intervention. The Scottish Government’s new 'Arranging a Funeral' leaflet can be found at: http://www.mygov.scot/arrange-funeral/
Scottish Older People's Assembly

Community

Write something...

Scottish Older People's Assembly shared MindMate's post.

Living is thirsty work. Drink plenty!
Can technology help us age better?
We are exploring how technology might influence health and well-being. You can help!

Are you 65–75 years old? Want to learn how to use a tablet PC? You’ll be provided with a tablet PC and any level of computing experience is welcome.

To find out more about participating contact Ria:
healthyageing@hw.ac.uk
0131 451 8009

A Tablet for Healthy Ageing
A supported intervention programme utilising tablet PCs and other technologies to improve the health and well-being of older adults.

www.healthyageing.hw.ac.uk
@Tab4HealthyAge

www.facebook.com/scotopa/
Neil Primrose talks about the value of various gadgets installed in his grandmother’s house which allow her to continue to live at home.
Digital technology, older age and caring

Not all older people are dependent. Being able to use technology for a purpose can lead to fuller, engaged lives as vibrant members of families and society.

Technology can keep older, frailer people learning and using their brains to maintain a level of independence that keeps them going as members of a family or community.

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