

Aging safely and healthily

The project “**Provide digital autonomy to 50 seniors in Brazil**”, carried out by Rede Cidadã, has promoted actions since 2025 aimed at socio-emotional development, digital inclusion, strengthening bonds, and valuing the autonomy and protagonism of elderly people in situations of social vulnerability.

The initiative reached **60 participants**, exceeding the initially established goal of graduates. The results showed improvements in self-esteem, self-confidence, autonomy, community living, and appreciation of life trajectories. Discussion circles, group activities, hands-on practice with cell phones, and reflection exercises contributed to an environment of belonging, listening, and active participation.

In addition to training, the project developed complementary actions, such as **the Family Network, Qualification, Community Networks and Building Networks**, expanding opportunities for welcoming, socio-emotional development, articulation with families, partners and companies, and strengthening support networks.

Among the challenges identified were the initial mobilization of participants, barriers to accessing job opportunities, and the misalignment between job requirements and user profiles. In response, strategies were proposed to intensify mobilization, diversify opportunities, and raise awareness among partner companies.

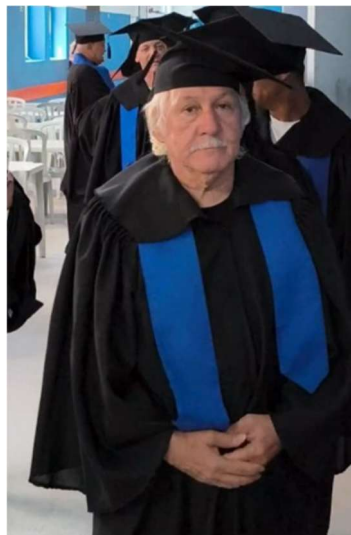
The results achieved reinforce the importance of initiatives that combine **training, inclusion, support, and strengthening of bonds**, demonstrating the potential of Rede Cidadã to promote autonomy, citizenship, and social participation. The experience with the elderly population also strengthened the organization's commitment to the continuity and expansion of this area of activity in Fortaleza.

Testimonials from participants

"I'd like to thank you for offering this project. We completed the training and it was very good, with everyone supporting each other."

"The project is very good: it makes us happy and healthy."

"I really liked what I learned here about keyboards and cell phones, because I didn't understand much before, but now I understand better."



We are now organizing the next group of elderly people who, with your support, will overcome social and economic difficulties and achieve a healthier, safer, and happier aging process.