DIGITALIS

Digital inclusion assessment scheme
Deliverable 1.1

Description

Deliverable: D 1.1 is a measuring tool (questionnaire) for assessing the basic digital competences of FICs - based on the Digital Competence Framework of EU (DigComp 2.1)

Project Result 1: Designing a common digital healthcare services and skills methodology to assess the informal caregivers digital needs

Leader: Democenter-Sipe Foundation

PR. Activity T 1.1: Elaboration of the digital needs and assessment scheme

Objective: to get a clear picture about the present level of basic digital skills of FICs in the target countries. The result will be a comparative study based on the results of the online survey allowing to establish the digital skills to be acquired by the Female Informal Caregivers.

Inviting text

The main objective of the **DIGITALIS** *project is to empower female informal caregivers with the essential digital skills and knowledge to fully exploit the potential of digital healthcare services and technologies to improve their own professional situation as well as the quality of life and safety of their relatives they care for. The project is implemented by 5 partner organisations from 3 European countries: Greece, Italy, Hungary. In order to assess what existing knowledge and skills can we rely on generally, we kindly ask for your help by filling in the questionnaire below in which no personal data is required. We highly appreciate your contribution to the successful implementation of the project*.

I General data

1. **Your country**

    □Greece
    □Hungary

2. **What's your age?**

    □18-30
    □31-45
    □46-60
    □61+

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3. What's your gender?

□M
□F
□Prefer not to answer

4. Who do you care for regularly?

□A neighbour or acquaintance
□Spouse/partner
□My parents
□My grandparents
□Family member or relative
□Other (please, specify**)**

5. Are you employed now?

□I work part-time
□I am fully employed
□I am a student
□I am on maternity leave
□I am a pensioner
□I am not employed actually
□Other, please specify:

6. Where do you live?

□City/suburb
□Town
□Village
□Rural place or remote area

7. What is your highest level of education for which you received a certificate? (You can mark more than 1)

□General Education normally passed by the age of 16 (e.g. EQF level 1 primary school)
□Certificates normally passed at the age of 18 (e.g. EGF level 2-3 secondary or vocational diploma)
□Higher education certificates (e.g. from a university, polytechnic, or other equivalent institution)

8. Have you taken part in a training for caring or are you qualified at any level concerning older adult care?

□Yes
□No

II. Your digital skills

9. How would you describe your digital skills as a user explain better the questions?

□No skills
□Foundation level
□Intermediate level,
□Advanced level
□Expert level

10. How do you appreciate your level of knowledge in using a computer / laptop / tablet / other digital device?

		Very low	Low	Well	Good	High	N/A
Devices	Desktop						
	Laptop						
	Smartphone						
	Tablet						
	Other devices						

11. Do you use any of the following technologies in your daily routine? If yes please also indicate how often you use it.

		Everyday	Often	At least once a week	At least once a month	Just once or sometimes	Never	N/A
Devices	Desktop							
	Laptop							
	Smartphone							
	Tablet							
	Other							

12. What is your proficiency level regarding the following activities? (Very low, Low, Average, Good, High)

13. Information and data literacy

	Very low	Low	Average	Good	High
I can use different browsers to find information (e.g. images, videos, maps on the Internet).					
I know that not all online information is reliable. I can check their validity.					
I can save or download files or content (e.g. text, pictures, music, videos, web pages) in different formats and access them once saved.					

14.**Communication and collaboration**

	Very low	Low	Average	Good	High
I use several digital tools (e-mail, chat, SMS, instant messaging, blogs, micro-blogs, social networks) for online communication.					
I am aware of the rules of behavior in online communication ("netiquette").					
I can edit digital contents online (like texts, spreadsheets, etc.) in collaboration with others					
I can use online services (e.g. public services, e-banking, online shopping).					

15.**Digital content creation**

	Very low	Low	Average	Good	High
I can create digital content in different formats (e.g. text, tables, images, audio files). I can edit contents produced by others.					

I can share information on web pages or blogs.					
I can edit contents produced by others.					
I know copyright rules and I apply them.					

16. Safety

	Very low	Low	Average	Good	High
I can use special software (e.g. antivirus, firewall) for protecting my devices.					
I can protect personal data and privacy in the Internet.					
I am able to avoid health-risks in terms of physical and psychological well-being when using digital technology.					
I am able to protect myself and others from possible dangers on the Internet (e.g. cyber bullying).					

17. Problem Solving

	Very low	Low	Average	Good	High
I am able to identify technical problems when using digital devices and ask for help.					
I am able to support others in developing their digital competence.					

III. e-Health solutions

18. Mark what do you use the national e-health system of your country for

□I do not know it

□I know but I don't use it
□I use it for making appointments for medical visits
□I use it for getting or triggering a prescription
□I use it for accessing results or diagnoses
□Other, please specify

19. How do you keep contact with your care recipients? (more than one can be selected)

□By personal visits
□By phone
□Via e-mail
□On social media
□Cohabitation
□With communication applications (Skype, WhatsApp, Viber etc.)

20. Please, mark the functions below for which you use digital technologies (devices/applications) in your caring work! (Select all that apply)

□Personal emergency alarm
□Fall detector
□Activity monitoring
□Sleep monitoring
□Blood pressure monitoring
□Food intake tracking
□Glucose monitoring
□Applications for wellbeing and relaxation
□Online games for brain training, to improve mental activity
□Social media (Facebook, WhatsApp, etc.) for extending social network and inclusion of your caring recipient
□Other, please specify
□N/A

21. What do you regard as the most difficult about your informal caring job?

□Keeping contact with the GP/health care
□Share experiences with other carers
□Balancing between daily work, family and the caring job
□Finding full time employment
□Finding help
□Socializing
□Other, please specify