



Co-funded by the
Erasmus+ Programme
of the European Union



Tablet-Based Cognitive Gaming Platform for seniors

2018-1-TR01-KA204-058258

Start date: January 1st 2019

End date: June 30th 2019

I01 Cognitive skills based training scheme for seniors

National report Bulgaria

June, 2019

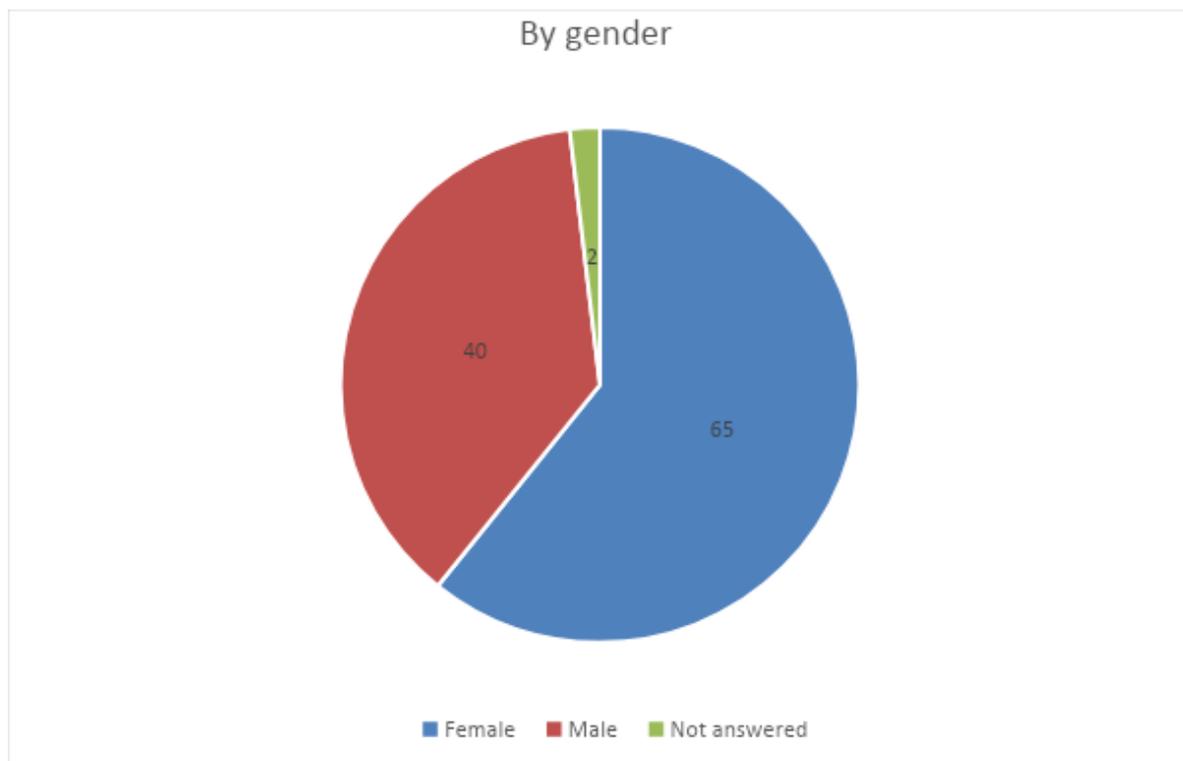
Author: Marie Curie Association – MCA, Plovdiv, Bulgaria

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Analysis

In the period January – June 2019, the Bulgarian team of Marie Curie Association - MSA has elaborated the survey with adult respondents on the territory of Plovdiv, Pazardzhik, Sliven, Smolyan, Zlatograd and Burgas.

In total 102 respondents have completed the provided questionnaire. Majority of the respondents have completed the survey on paper, which was the most convenient way for them to respond. A support by project team was also provided during completion of the survey. Overall, 65 female and 40 male have participated in the survey.



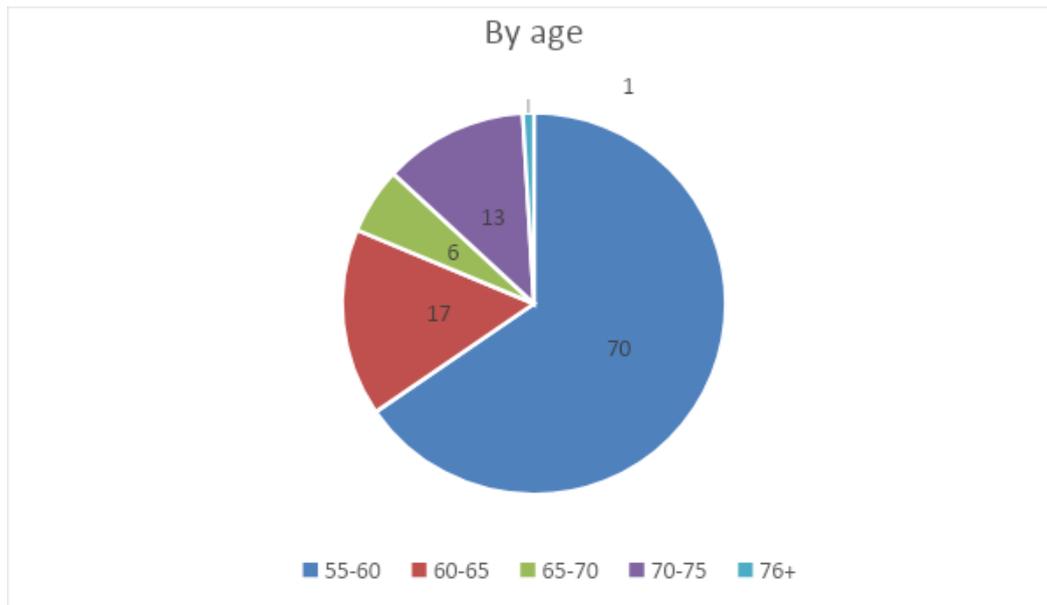
As you may see from the figure below, 70% of the respondents are in the range of 55-60 years old. This is important, because those people are still on the labour market and



Co-funded by the
Erasmus+ Programme
of the European Union



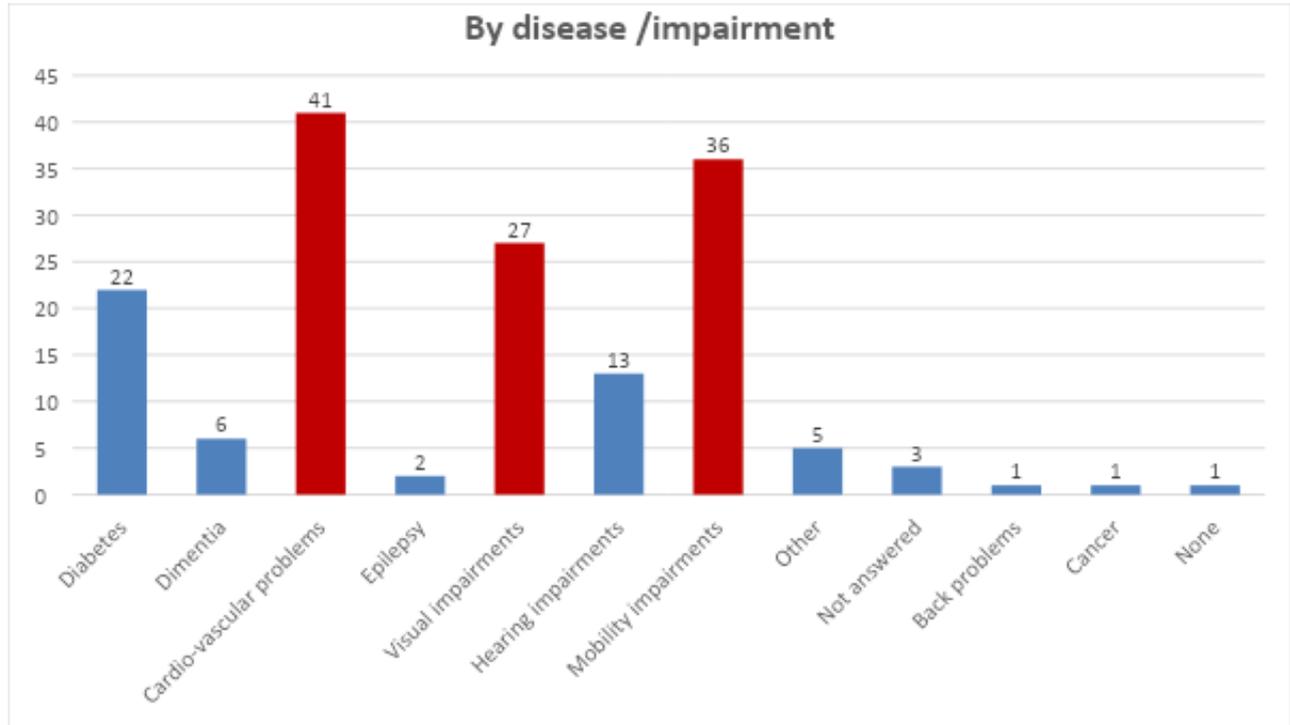
some of them need to complete prequalification courses in order to be back at work till reaching the years to become pensioner.



The most frequent diseases/impairments that the respondents experienced are related to cardio-vascular problems, visual and mobility impairments. 5% of the respondents had Dementia.



Co-funded by the Erasmus+ Programme of the European Union

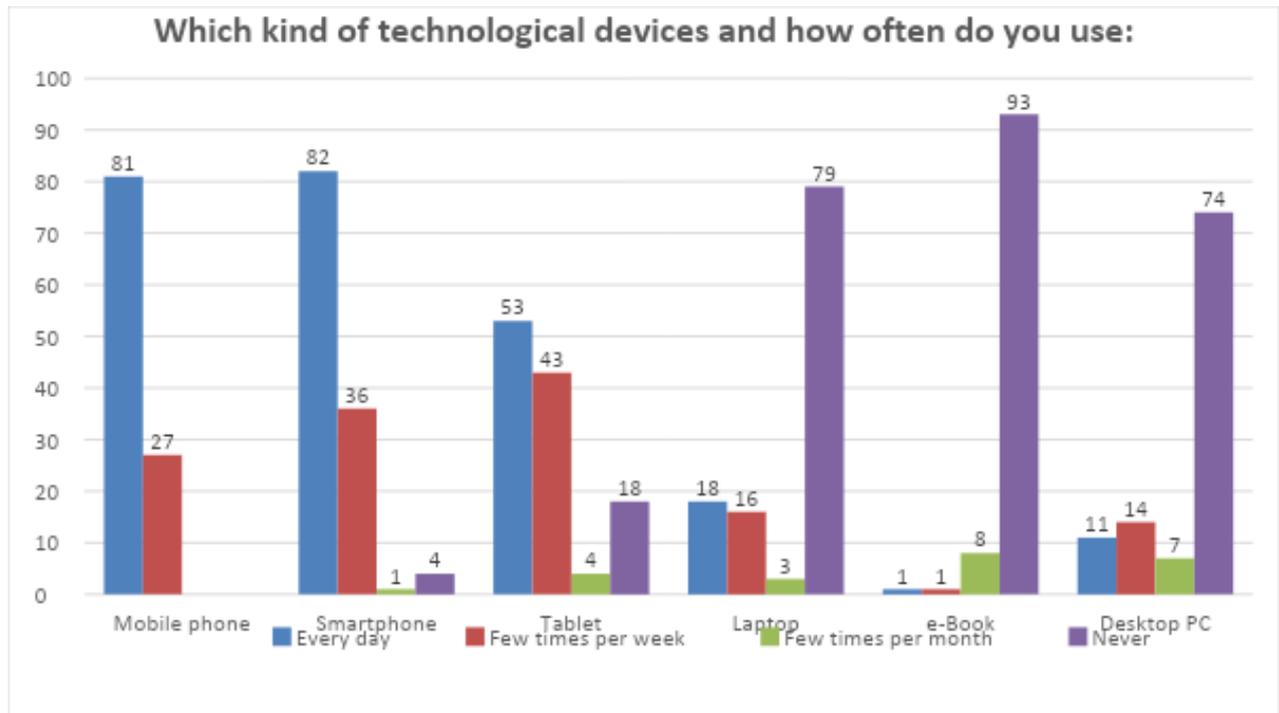


With regards to the technological devices, which are used by the respondents, an important outcome is that more than 80% of the respondents have never used laptop, e-book and desktop PC. However, the interviewees are using almost mobile phone/smartphone, while half of the respondents are using also a tablet.

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the Erasmus+ Programme of the European Union

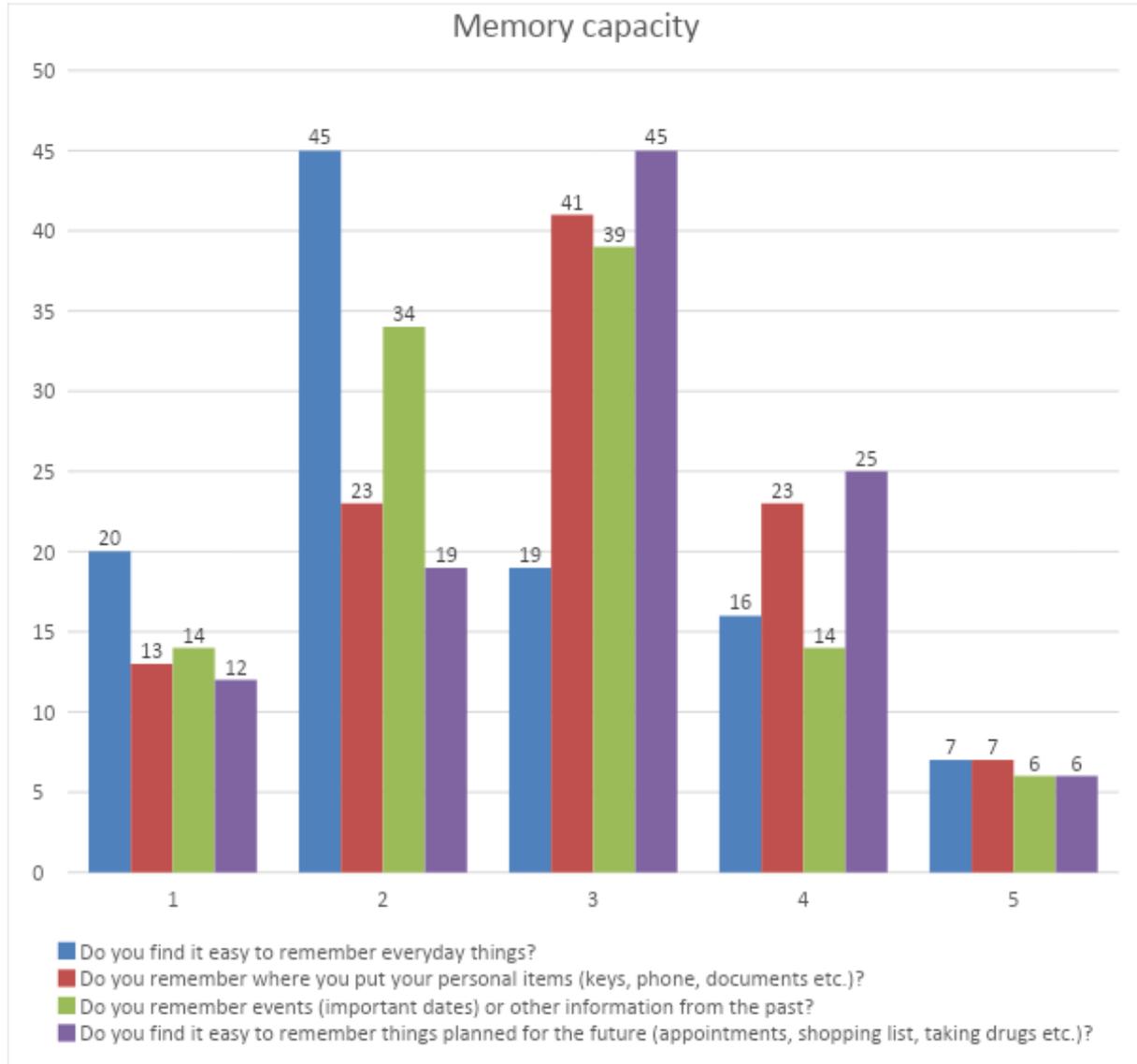


With regards to the memory capacity, majority of the respondents experienced difficulties with remembering everyday tasks as well as they have problems remembering where they have stored their personal belongings. Some of them also experienced problems related to preparing a shopping list and following the time schedule to take pills. Especially this is problematic for people who are living alone. Only 8% of the respondents have experienced problems to recall their memory in terms of future appointments and important dates in their life (birthdays of relatives, name days etc.)

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the Erasmus+ Programme of the European Union

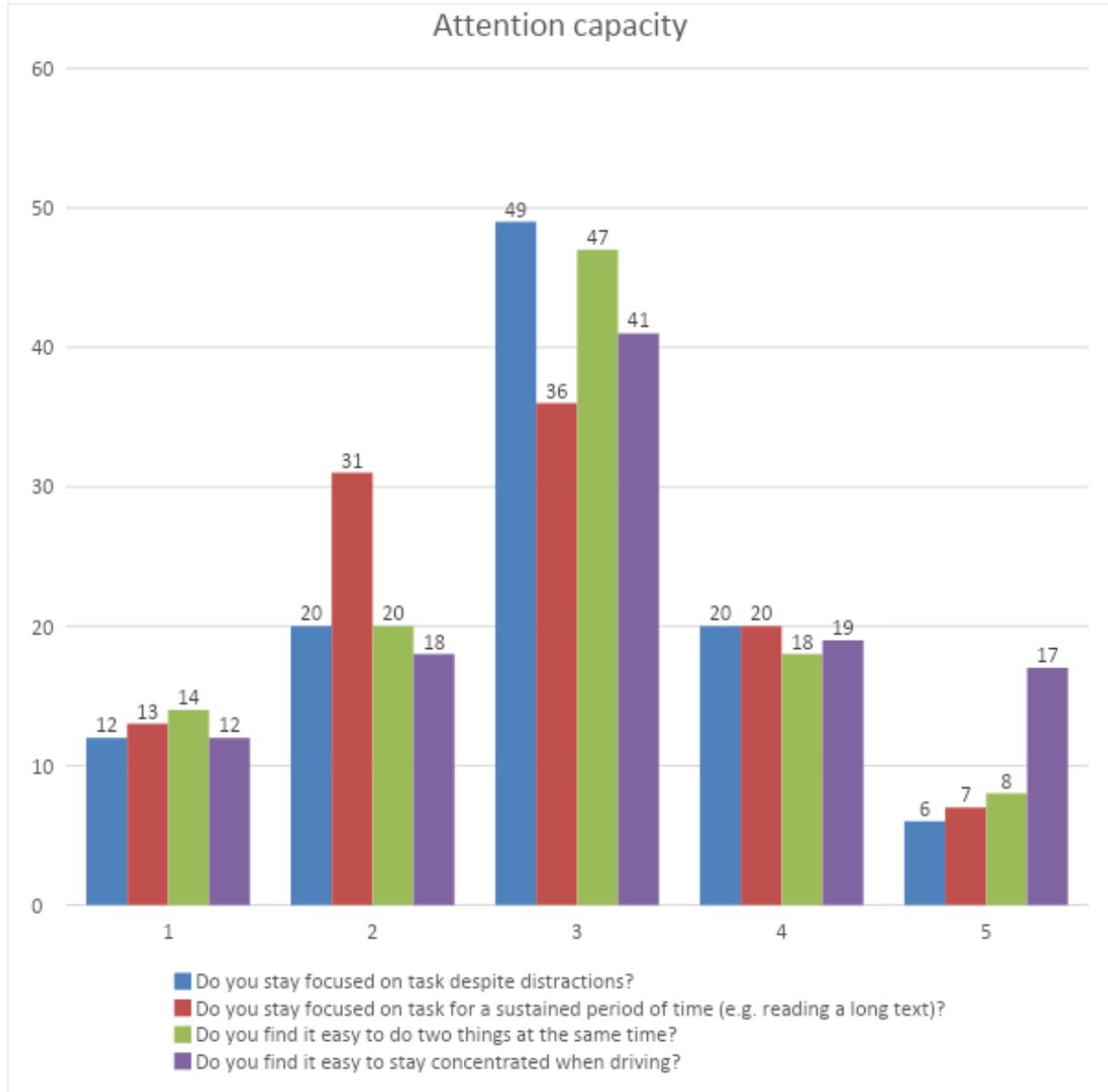


With regards to the attention capacities, almost 50% of the respondents have experienced problems with the implementation of more than one task at the same time as well as some difficulties with the focus on task despite the distractions, which they faced. It is important, that around half of the respondents also experienced problems with concentration while driving and they have problems to maintain attention especially if they need to do more than one task at once.

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the Erasmus+ Programme of the European Union

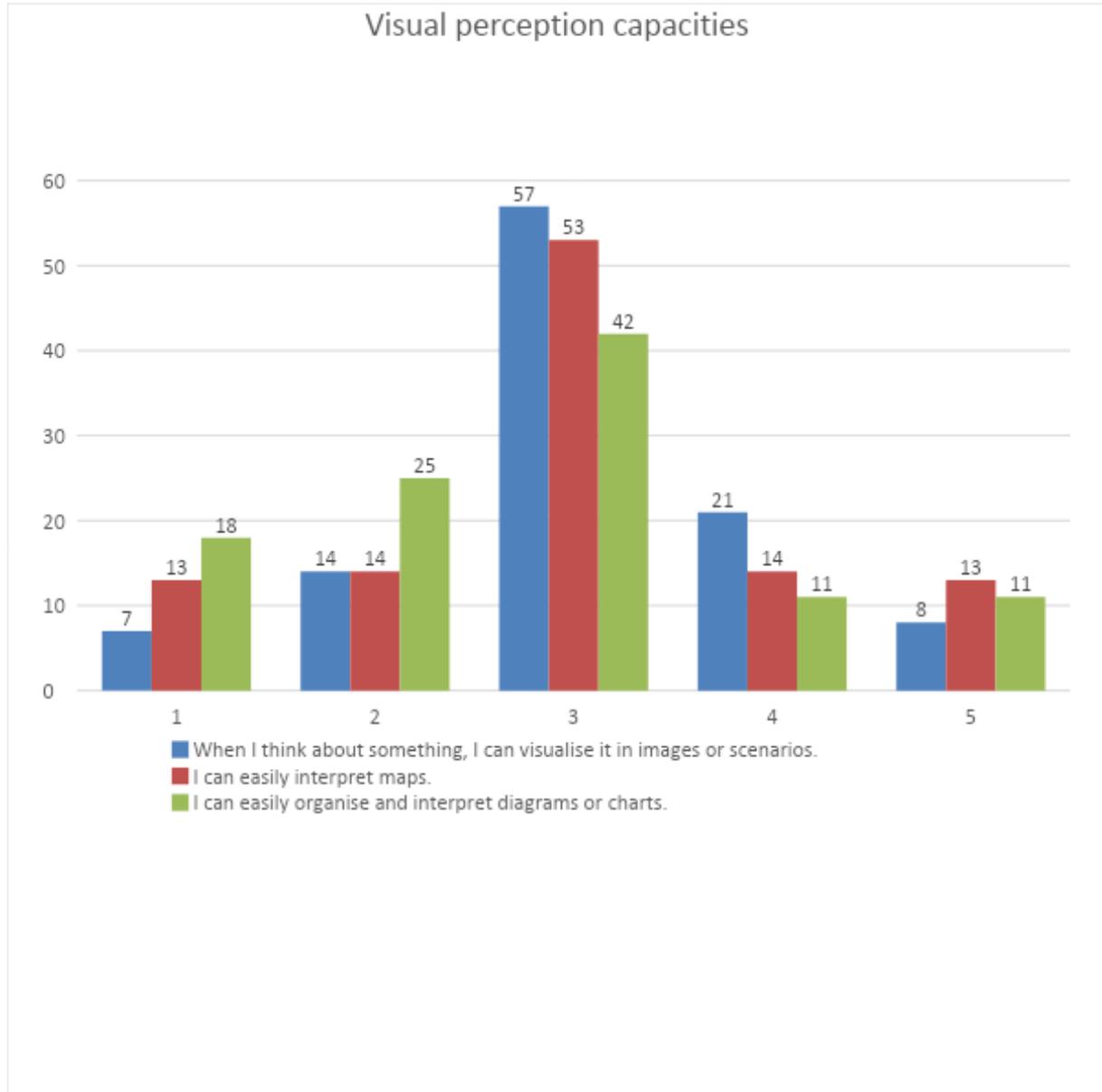


In terms of the visual perception capacities, it is evident that more than 60% of the respondents have an average ability to visualise images and to associate scenarios to accomplish particular task. More than 50% of the interviewees experienced some problems with the interpretation of maps, diagrams and chart.

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the Erasmus+ Programme of the European Union

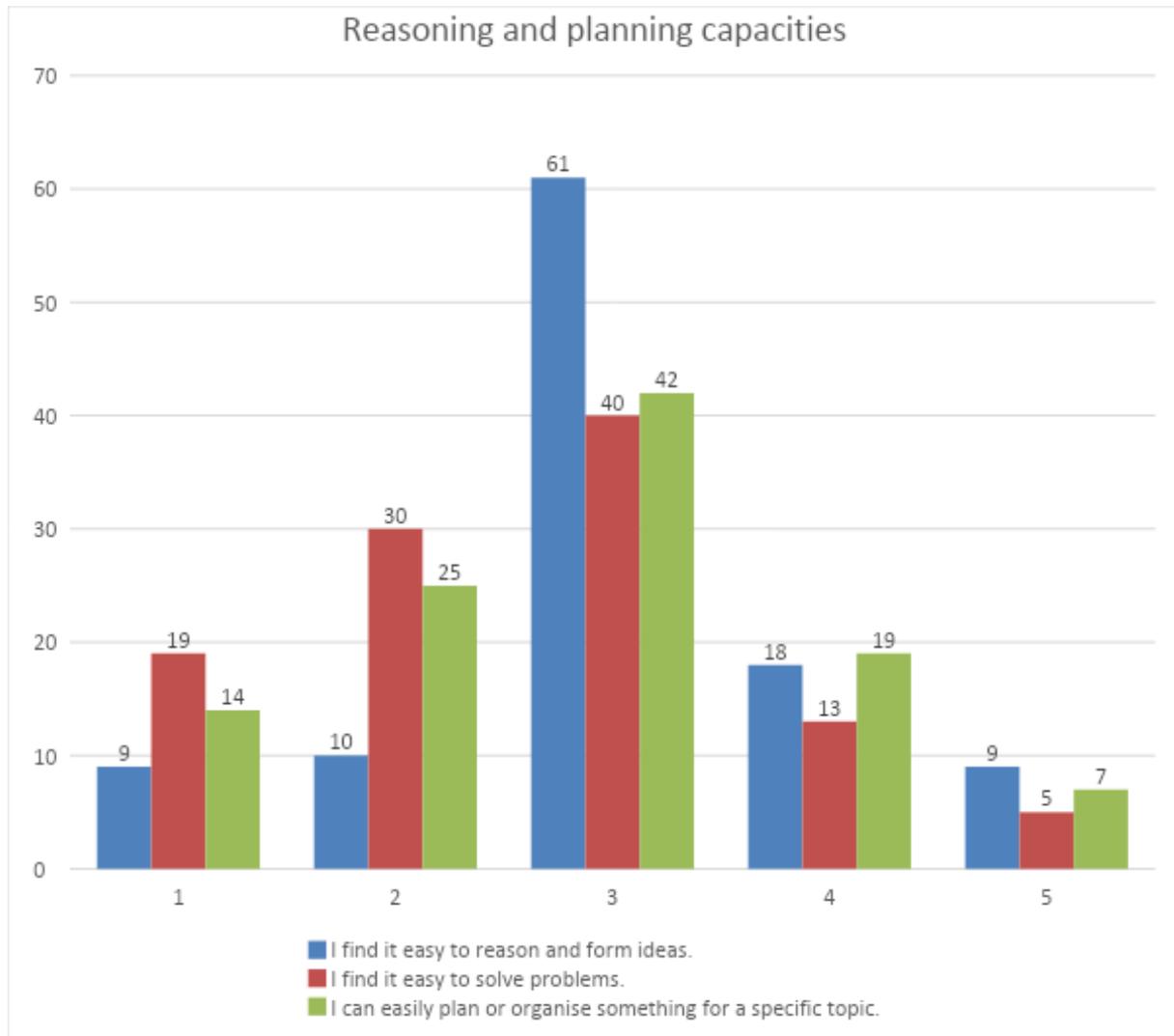


With regards to the reasoning and planning capacities, it is evident that around half of the respondents sometimes experienced problems in terms of forming ideas and organising something for a specific topic.

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the Erasmus+ Programme of the European Union

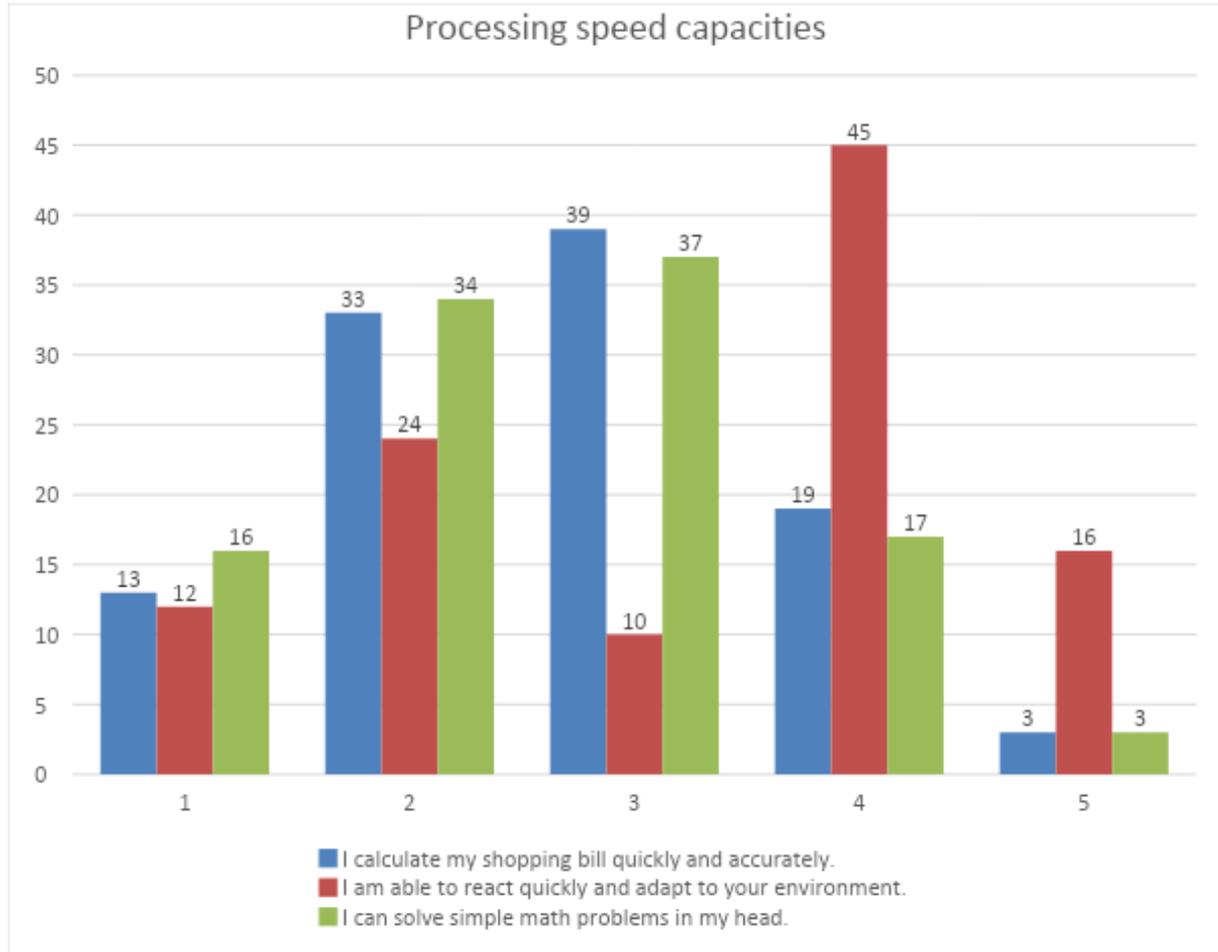


In terms of processing speed capacities, we may conclude that the Bulgarian respondents have experienced problems with accurate calculation while shopping and quite frequently are lost or disorientated while they are surrounded by a new environment. More than 60% of the respondents have problems to calculation and they need to use either their phone or a calculator in order to count how much they should pay for goods and services.

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the Erasmus+ Programme of the European Union

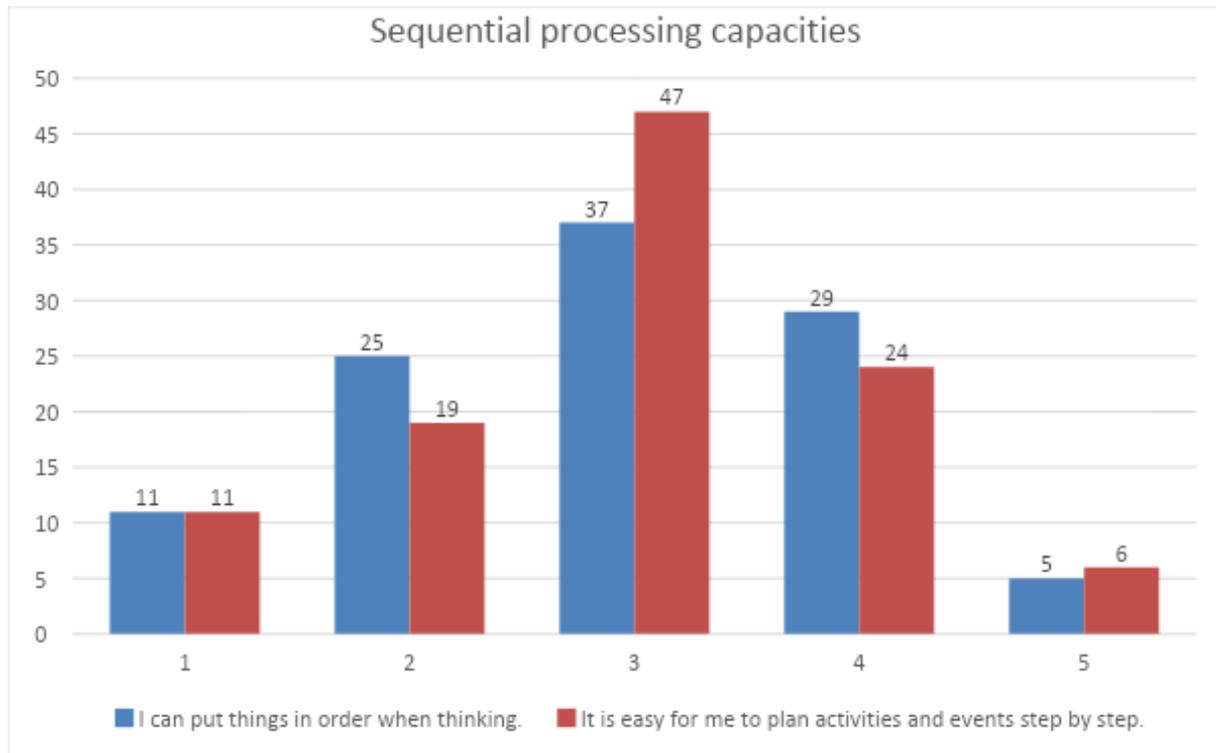


Similar trend is also related to the sequential processing capacity of the respondents. More than 50% of the respondents have difficulties to put things in order. About 1/3 of the respondents have problems when they need to plan activities and events in a logical sequence.

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the Erasmus+ Programme of the European Union



Major part of the findings in terms of this survey are the results related to the learning needs. Important results have been gathered with regards to the learning needs of the interviewed respondents. Around 60% of the respondents are not using internet for activities such as checking the status of their bank account through internet as well as are not entitled to use internet to submit their governmental and tax declarations. 62% of the respondents are reluctant to use internet for shopping purposes.

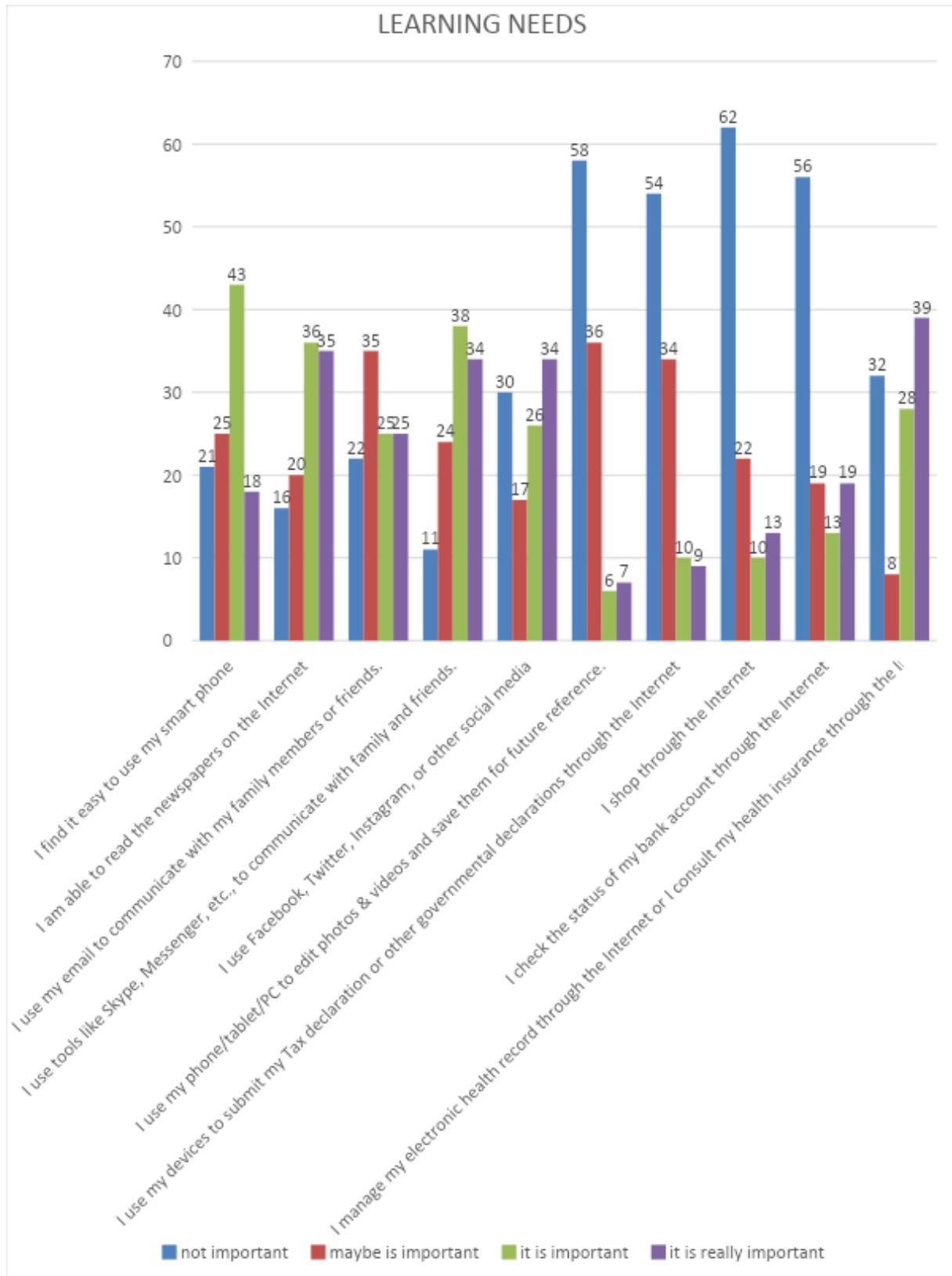
However, the respondents like the internet, because it is giving them opportunities to read newspapers for free of charge as well as to communicate via email or Skype with their family members and relatives, especially those relatives who are living abroad.

43% of the respondents are feeling comfortable to use a smart phone for such purposes, which actually is the reason why they have purchased such device. The pros and cons to use social media are equally distributed among the respondents. The electronic health dossier is still not developed in Bulgaria, that's why the interviewees are negative towards its usefulness. The seniors in Bulgaria are not trusting internet with regards to implement bank transactions and operations. They still believe that somebody could steal their money if they use internet.

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the
Erasmus+ Programme
of the European Union



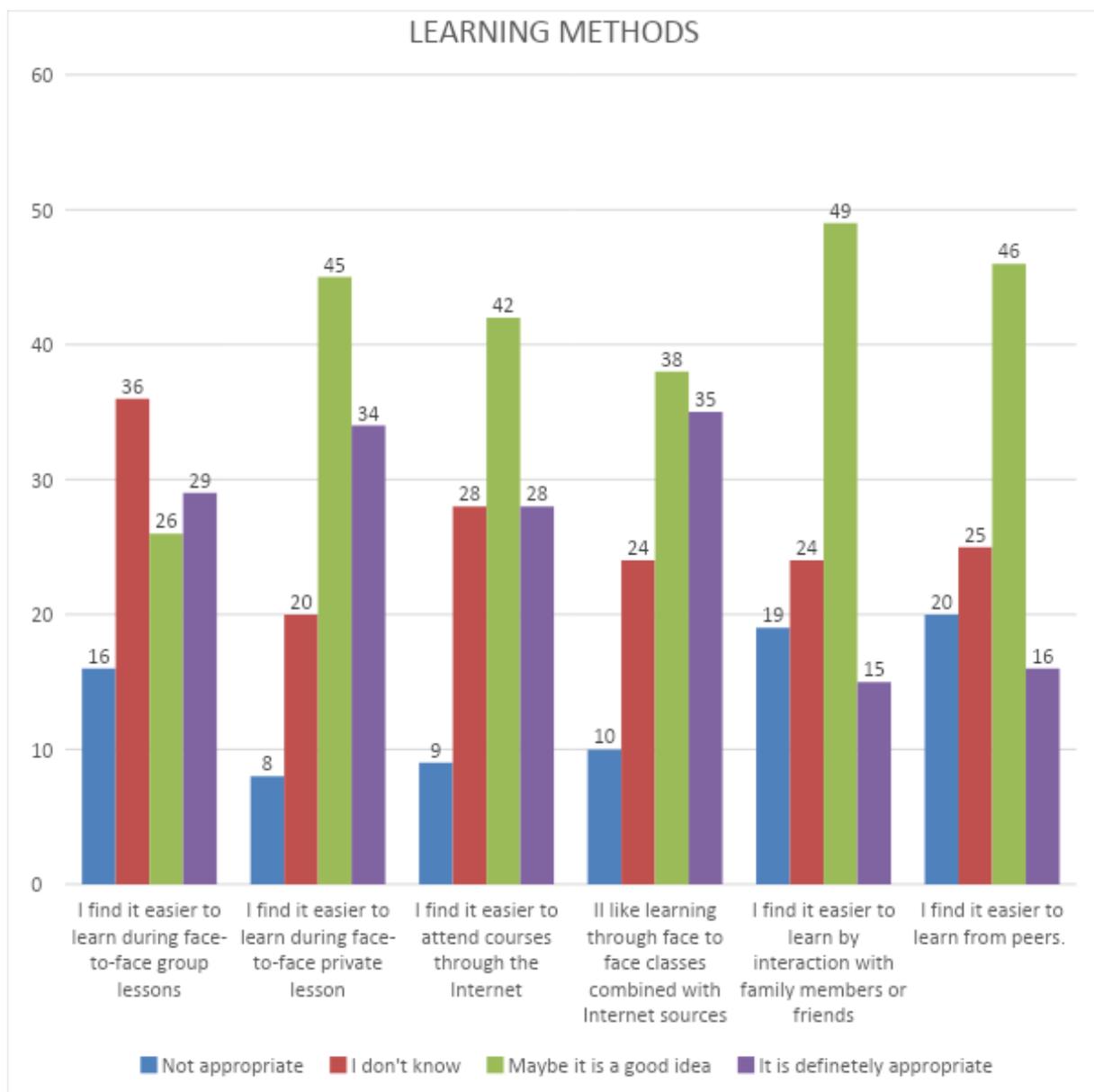
The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the Erasmus+ Programme of the European Union



In terms of the applicable learning methods to acquire knowledge as part of the lifelong learning process, the respondents agreed almost with all suggested methods. It is convenient for them to learn from and together with peers and they have already acquired new knowledge and skills from their family members and relatives – especially with regards how to use their smartphone or how to explore through internet. The respondents enjoy both ways of learning – via face to face private lessons and during group learning activities. One third of the respondents would like to learn new things via internet – they found this interesting and engaging.



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

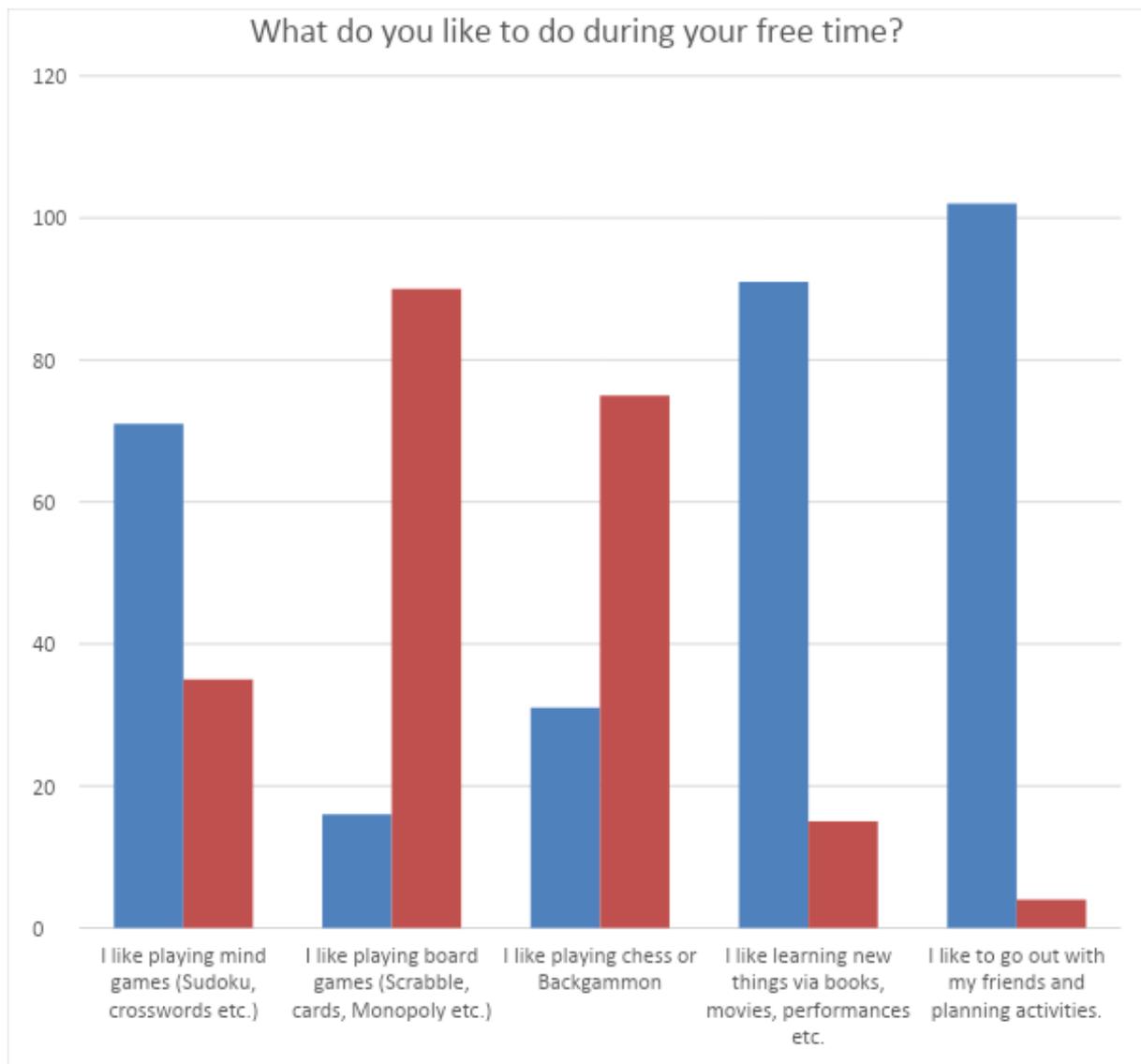


Co-funded by the
Erasmus+ Programme
of the European Union



The most enjoyable part of the survey was dedicated to the question with regards to the preferences of the respondents with regards to activities as part of their free time.

Almost all of them enjoy walking and traveling with their peers. They like to read books, to watch TV soaps and to visit different cultural performances. More than 60% of the respondents shared that they do like to play Sudoku, crosswords and to share the results with their friends and relatives. Definitely, the respondents are reluctant to play backgammon, scrabbles and monopoly games. Those that answered with the "Other" option have mentioned the following testimonials: "I love theatre and music"; "I love to dream because I live alone"; "I love privacy!".



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the
Erasmus+ Programme
of the European Union



Conclusions

We may conclude that overall the Bulgarian respondents have some challenges in terms of their independence during different daily life activities – communication, memory recall, shopping, driving, orientation at new environment etc. More than half of them are quite positive towards using internet for communication and entertainment, rather for business purposes. Still, there is a big number of people who are not using smartphones on a daily base because they cannot afford those devices with their pensions (average pension in Bulgaria is around 150 euro per month). Those, who have smartphone is either, because they have purchased it to communicate with the relatives and family members, who are living abroad or the phone have been provided as a present by their family members.

In Bulgaria, it is still not popular and not trustful for people above 55 years old to use internet for bank operations, neither for submission of declarations and documents.

As a whole, we may conclude that the Bulgarian respondents are open to further explore the possibilities, which the internet may offer, but they are still sceptic in terms of the security and privacy of the actions, that are conducted online.

A convenient form of learning for the Bulgarian interviewees is to learn together with peers especially with regards how to use their smartphone or how to explore through internet.

The respondents enjoy both ways of learning – via face to face private lessons and during group learning activities.

The additional adult training opportunities should be presented to them as a form of interesting and engaging activity. For those who are below 65 years old, we must present additional cognitive trainings via internet as a form for potential enhancement of overall digital competences, which may lead to better retention on the labour market.

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.