

## GERONTOLOGICAL DAYS 2024

# WordPress for Seniors – 2 Case Studies

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Webex link: <https://unideb.webex.com/unideb-hu/j.php?MTID=m618bf748bf530d6a94803a4c96071d58>



I have been retired since 2007 and have been managing meetings for elderly in blended mode (F2F & [Lifelong Learning for All](#)).

Since 2021 I have been in a team behind [U3a Communities](#).

# Why WordPress (1)

## 1. Ease of Use and Accessibility:

- **Intuitive Interface:** WordPress offers a simple and intuitive interface, making it accessible for seniors who may not be tech-savvy. Its drag-and-drop features and visual editor simplify the process of creating and managing content.
- **Accessibility Features:** WordPress provides themes and plugins that enhance accessibility, catering to seniors with visual impairments or other disabilities. This includes screen reader support, high-contrast themes, and text resizing options.

# Why WordPress (2)

## 2. Community Building and Social Engagement:

**Blogs and Forums:** Many seniors use WordPress to create blogs and online forums, enabling them to share their experiences, hobbies, and interests. This fosters a sense of community and reduces feelings of isolation.

**Social Connections:** Through blogging and commenting, seniors can connect with like-minded individuals, maintaining social engagement and building new relationships.

# Why WordPress (3)

## 3. Lifelong Learning and Hobbies:

- **Educational Blogs:** Seniors often use WordPress to start educational blogs, sharing their expertise and life experiences. This not only keeps them mentally active but also allows them to contribute valuable knowledge to younger generations.
- **Hobby Projects:** WordPress supports various multimedia formats, enabling seniors to document and share their hobbies, such as photography, gardening, or travel, through dedicated websites.

# Why WordPress (4)

## 4. Business Ventures and Volunteering:

- **Small Businesses:** Some seniors use WordPress to launch and manage small business websites, leveraging their lifelong skills and interests. The platform's e-commerce plugins facilitate online sales, appointments, and customer engagement.
- **Non-Profit Initiatives:** Seniors involved in volunteering and non-profit work use WordPress to create awareness, raise funds, and organize community events. The CMS's versatility supports event management, donation forms, and volunteer sign-ups.

# Why WordPress (5)

## 5. Support and Training:

- **Workshops and Tutorials:** Many communities and senior centers offer workshops and tutorials to help seniors get started with WordPress. These sessions cover basics like setting up a website, content creation, and managing site security.
- **Online Resources:** There are numerous online resources, including video tutorials and forums, where seniors can find help and advice on using WordPress effectively.

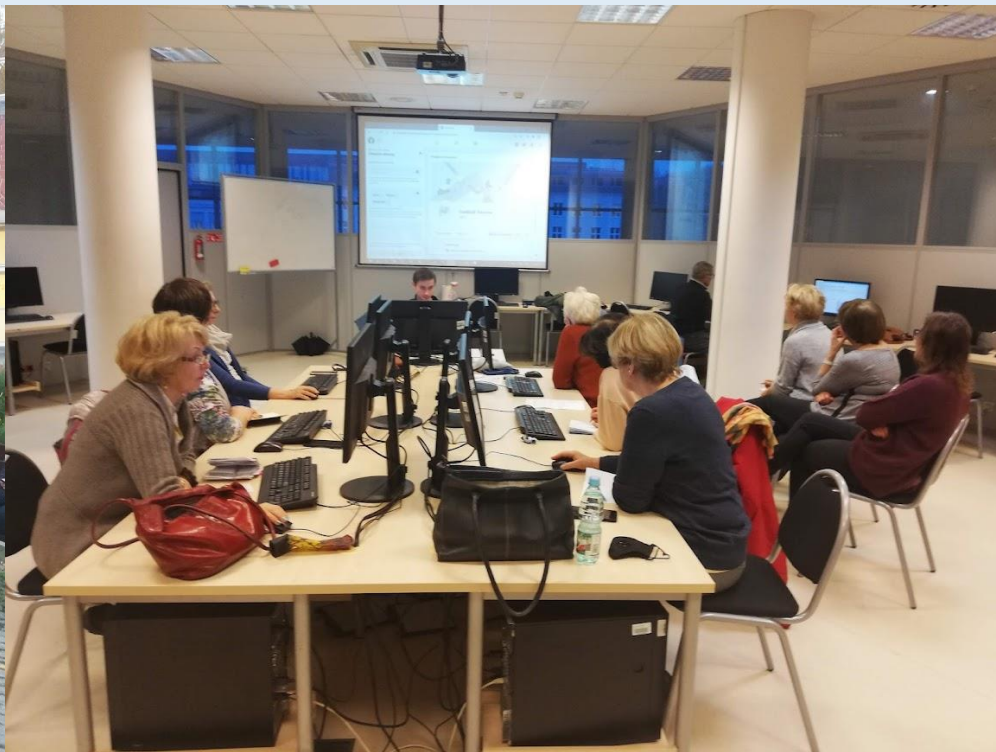
# Why WordPress – Summing up

**Taking into account that WordPress empowers seniors by providing them with a platform to stay connected, share their knowledge, pursue hobbies, and even start new business ventures let's have a look at 2 case studies:**

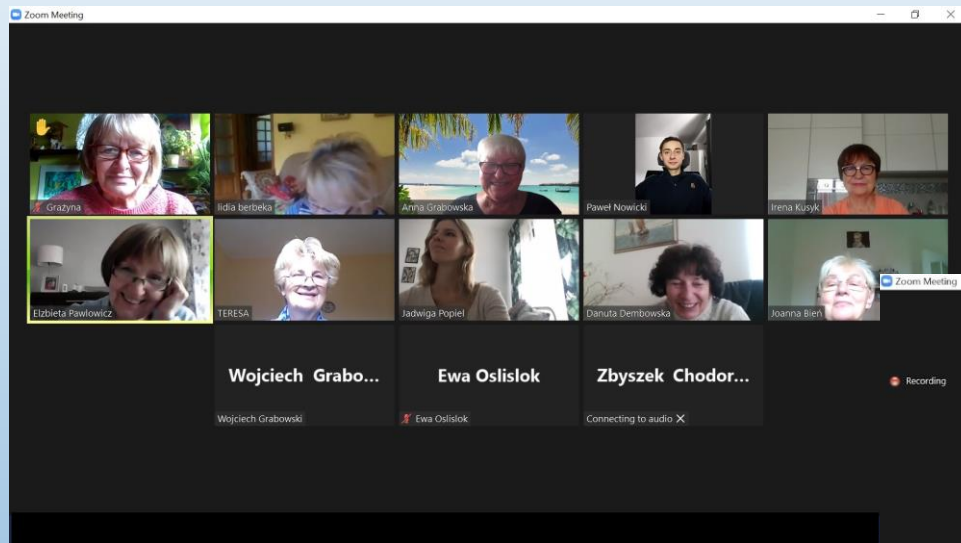
1. <https://u3acommunities.org/>
2. <https://zpasjami.net/>



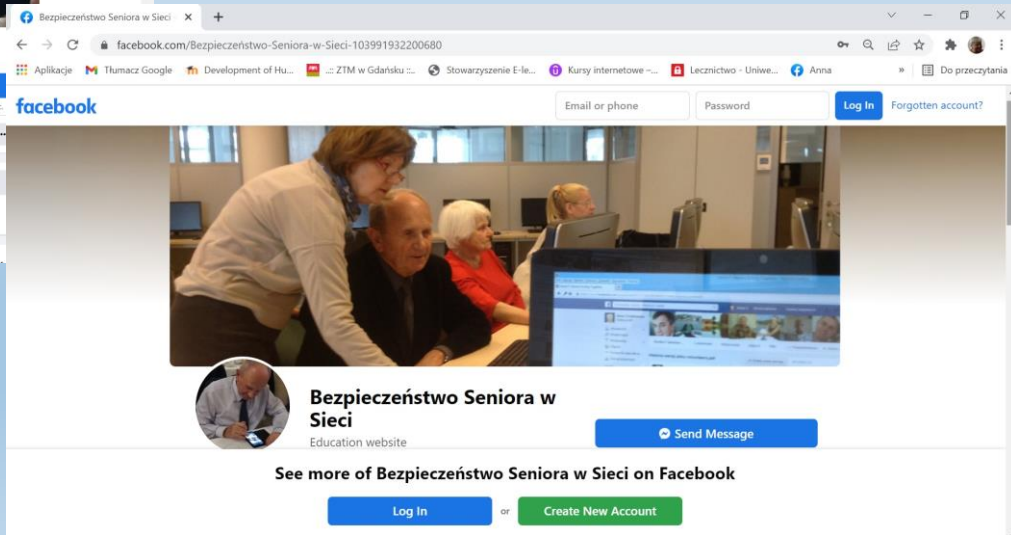
# Prepare & Implement



# Online & F2F

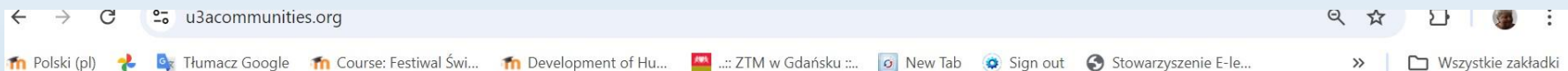


# WordPress & Facebook





# U3A Communities

[Art History](#)[Books & Literature](#)[Climate Crisis](#)[Computing](#)[Current Affairs](#)[History](#)[Leading Edge](#)[Science & Technology](#)

A free online platform which offers all U3A members with inquiring minds the opportunity to take part in regular, lively meetings on a range of different topics

[HOME](#)[ABOUT US](#)[LATEST POSTS](#)[CONTACT US](#)[RECORDED MEETINGS](#)[FORUMS](#)[EVENT DIARY](#)[WELLBEING](#)[SEARCH](#)[LOGIN](#)

America at the Crossroads: The Battle for the White House, and Why it Matters so Much More This Time Around

19 September 2024 ⌚ 10:30 am - 11:30 am

By popular demand, the Current Affairs Discussion Group is up and running again, so we're looking forward to welcoming back some of our old friends, and hopefully many new ones[...]

[Find out more](#)

Welcome to U3ACommunities, the free on-line platform for inquiring minds.

# U3A Communities – People

u3acommunities.org/about-us/

Tłumacz Google



Course: Festiwal Świ...



Development of Hu...



...: ZTM w Gdańsku ...



New Tab



Sign out



Stowarzyszenie E-le...

## About Us

This site is run by a group of volunteers who share an interest in the use of technology to widen the U3A experience. Changes and updates are made by our student volunteer **Chettukindhi Prasanna Laxmi** (below) as community support.



We work closely with World U3A who have pioneered the use of video technology through its regular International Forum and websites [www.worldu3a.org](http://www.worldu3a.org) and [www.myu3a.org](http://www.myu3a.org) and like them we are a free and open voluntary body with no fixed membership and no fees.



**Steve Carpenter** is a retired scientist and project manager specialising in electro-optical systems. Alongside Barry Zussman, he co-edits the Science & Technology page for U3ACommunities. Steve is S&T Group Leader at Yateley & District U3A, which is currently linking with Ash U3A for joint Zoom meetings on a wide variety of topics. He is also the newsletter editor for Yateley & District u3a, producing a bi-monthly A5 booklet for both print and web.



**Anna Grabowska:** I'm a retired academic teacher from Gdansk University of Technology, Poland – <https://pg.edu.pl/en/>, a manager of Autodesk Authorised Academic Partner, a co-founder and admin of <https://jatobym.moodle.pl/>, <https://dehure.moodlecloud.com/>, keen on implementing blended learning solutions for U3A, <https://zpasjami.net/category/szwarc-mydlo-i-powidlo/>.

# U3A Communities – People

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Stowarzyszenie E-le...



**Ray Hardisty:** I am a retired local newspaper journalist and charity volunteer manager. I facilitate Generate Linkers on Communities Online. Elsewhere in the U3A, I am the PR and Media Adviser in the Third Age Trust East of England region and Publicity Officer for Witham (Essex) District U3A where I am responsible for newsletter production and outreach.



**Rien van den Hondel:** I'm a retired Information Scientist with a degree in Chemical Engineering. I'm extremely concerned about climate change and follow technological and societal advances to reduce our carbon footprint with great interest and fascination. Another (not unrelated) interest of me is our money system and how it could be improved. I support Positive Money.



**Miall James** –Retired pharmacist, who, in his later working life, become interested in Lifelong Learning as a principle, as well as being involved. Former Newsletter Editor of, and past Secretary of, Witham & District (Essex) u3a; now leads the Creative Writing Group there. Other interests include History, especially Social and Family.

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Sign out



Stowarzyszenie E-le...



**Barry Zussman:** I'm a retired pharmaceutical research scientist, specialising in the analysis of clinical trial data, to determine the pharmacokinetic properties of new drugs. I'm now the 'Science & Technology' group leader for Torridge U3A in North Devon, and my particular interest is the history of science and medicine.



**Peter Lord:** I'm a retired software engineer where I worked commercially in diverse fields such as telecoms, finance and artificial intelligence. I participate in a number of U3A groups including climate crisis, technology, science, walking and recently leading the Computing forum here. Other interests include web administration, home automation and volunteering at festivals.



**Neill Allan** has a degree in Industrial Chemistry; was on UK, EU and International standards committees for Knowledge Management, Sustainable Development and Social Responsibility. His career spanned several industries, moving from Marketing to running a number of SMEs, and he was an Executive Coach. He convenes the Leading Edge Discussion Group and a Science Group in Wokingham U3A.

# U3A Communities – my page

<https://u3acommunities.org/interest-groups/science-technology/welcome-to-our-project-light-on-plants/>

W

U3A Communities

0

Author Views: 2 - Online: 1

New

Events

Howdy, Anka Grabowska

Screen Options

Help

Dashboard

Posts

Events

Media

Pages

All Pages

Add New Page

Comments

MailPoet

Profile

Tools

Statistics

Collapse menu

Pages

Add New Page

All (76) | Mine (1) | Published (63) | Drafts (6) | Private (7) | Trash (2) | Ticketed (0) | Unticketed (76) | Cornerstone content (0)

Bulk actions

Apply

All SEO Scores

All Readability Scores

1 item

| <input type="checkbox"/> | Title  | Author         | <div></div>  | Date                            | Clicks | Short Link   | Attendees | Visitors | <div></div> | <div></div> | <div></div> | <div></div> |
|--------------------------|--|----------------|--------------|---------------------------------|--------|--------------|-----------|----------|-------------|-------------|-------------|-------------|
| <input type="checkbox"/> | <div>— —</div> <div>Welcome to our project "Light on plants"   Parent Page: Science &amp; Technology</div> | Anka Grabowska | <div>3</div> | Published 2023/11/09 at 7:21 am |        | <div>+</div> | —         | 19       | <div></div> | <div></div> | 0           | 0           |

Bulk actions

Apply

1 item



# U3A Communities – my page

<https://u3acommunities.org/interest-groups/science-technology/welcome-to-our-project-light-on-plants/>

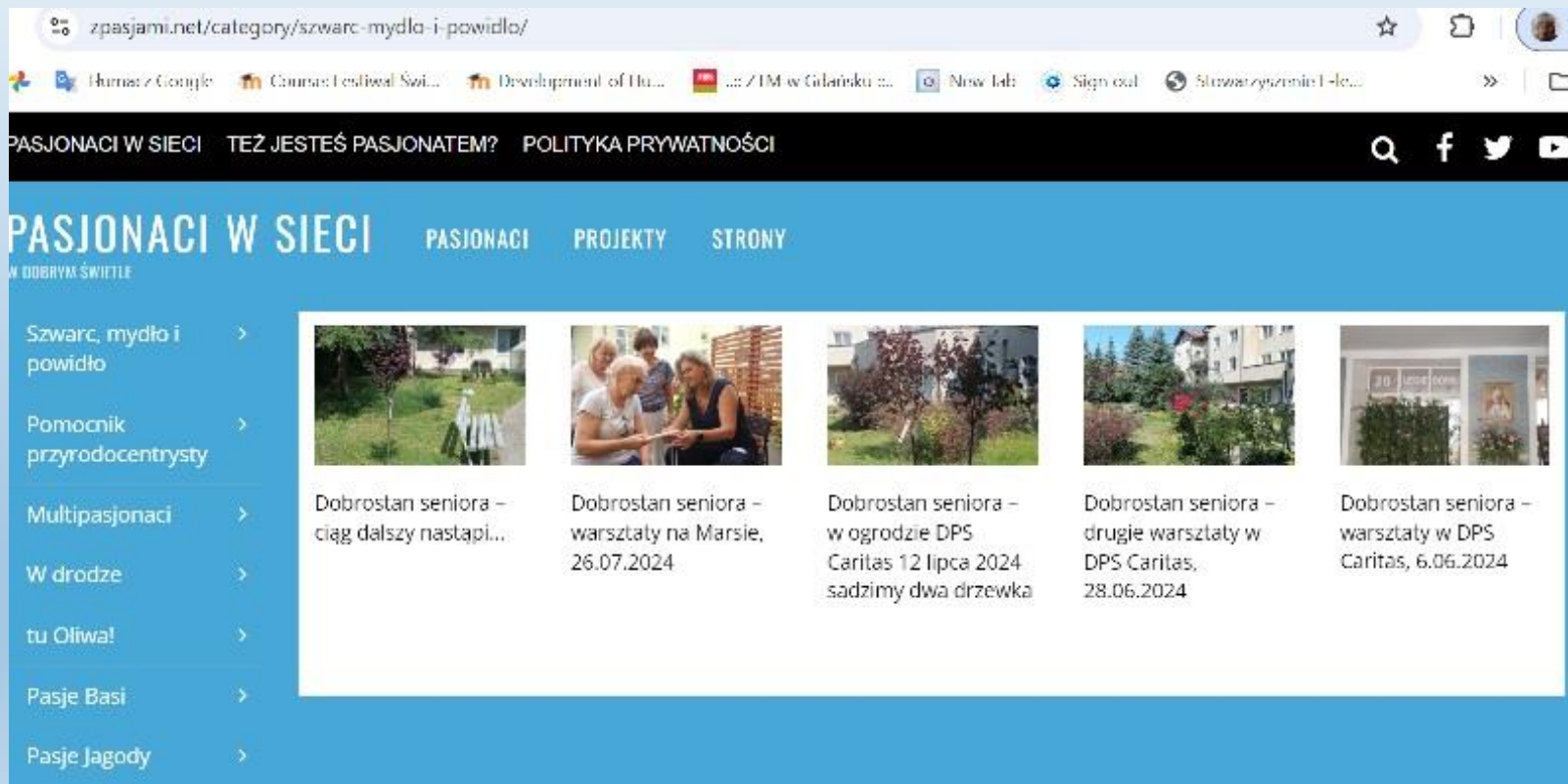


Visit our activities on [MoodleCloud](#).

An example conference <https://oeb.global/programme/agenda/oeb-23/sessions/37364>

# zpasjami.net – my page

<https://zpasjami.net/category/szwarc-mydl-o-i-powidlo/>



The screenshot shows a web browser displaying the URL [zpasjami.net/category/szwarc-mydl-o-i-powidlo/](https://zpasjami.net/category/szwarc-mydl-o-i-powidlo/). The browser's address bar and tabs are visible at the top. Below the browser window, the website's header features the navigation menu: PASJONACI W SIECI, TEŻ JESTEŚ PASJONATEM?, and POLITYKA PRYWATNOŚCI. The main content area has a blue header with the site's name and navigation links: PASJONACI, PROJEKTY, and STRONY. On the left, a sidebar lists various categories with right-pointing arrows. The main content area displays five articles, each with a thumbnail image and a title. The first article is 'Szwarc, mydl-o i powidlo'. The other four articles are part of the 'Dobrostan seniora' series, focusing on workshops and tree planting activities.

PASJONACI W SIECI TEŻ JESTEŚ PASJONATEM? POLITYKA PRYWATNOŚCI

PASJONACI W SIECI PASJONACI PROJEKTY STRONY

W DOBRYM ŚWIEŹLE

- Szwarc, mydl-o i powidlo >
- Pomocnik przyrodcentrysty >
- Multipasjonaci >
- W drodze >
- tu Oliwa! >
- Pasje Basi >
- Pasje Jagody >

Dobrostan seniora – ciąg dalszy nastąpi...

Dobrostan seniora – warsztaty na Marsie, 26.07.2024

Dobrostan seniora – w ogrodzie DPS Caritas 12 lipca 2024 sadzimy dwa drzewka

Dobrostan seniora – drugie warsztaty w DPS Caritas, 28.06.2024

Dobrostan seniora – warsztaty w DPS Caritas, 6.06.2024

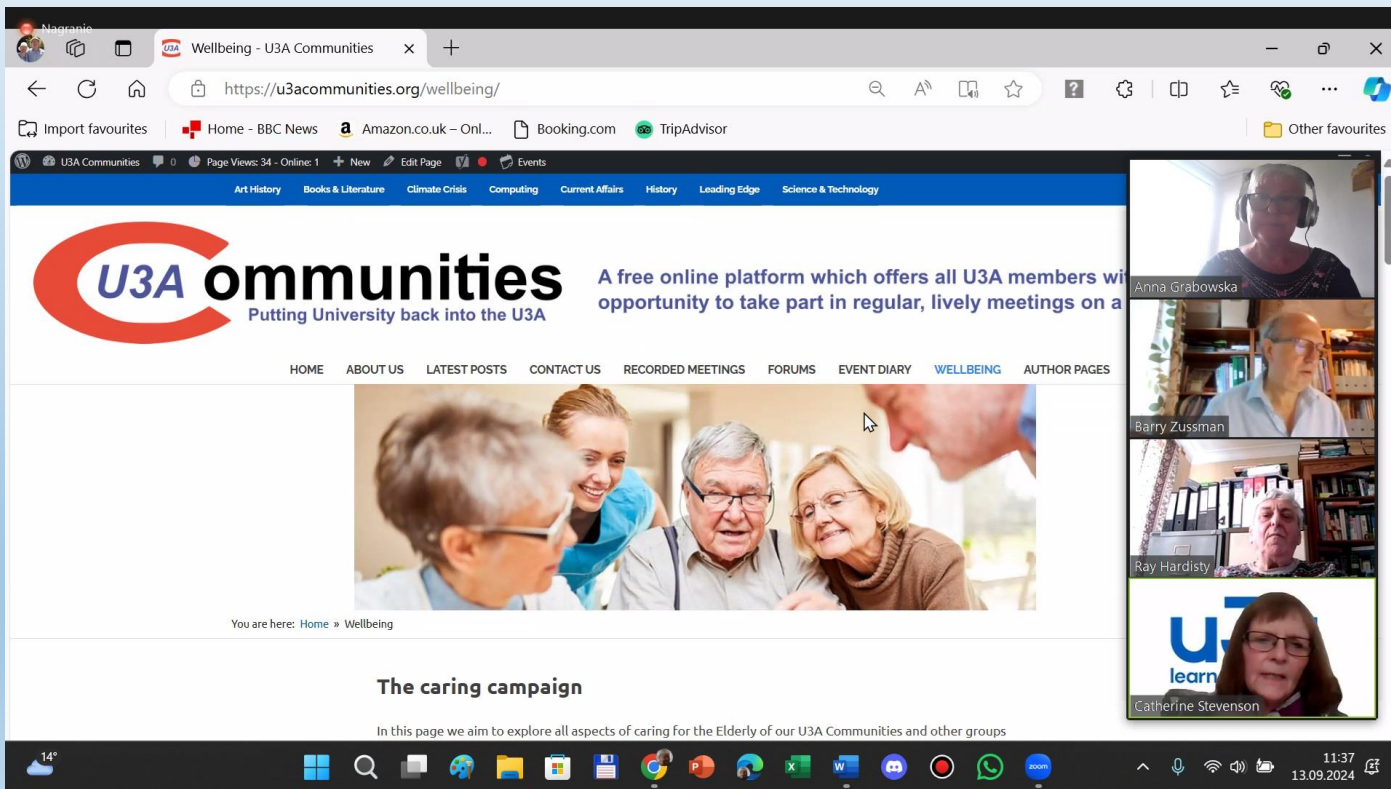
# zpasjami.net – my page

<https://zpasjami.net/category/szwarc-mydlo-i-powidlo/>



# U3A Communities – my input

<https://u3acommunities.org/interest-groups/science-technology/welcome-to-our-project-light-on-plants/>




The screenshot displays a web browser window with the URL <https://u3acommunities.org/wellbeing/>. The browser's address bar and tabs are visible at the top. The website's header includes navigation links: Art History, Books & Literature, Climate Crisis, Computing, Current Affairs, History, Leading Edge, and Science & Technology. The main content area features the U3A Communities logo and a description: "A free online platform which offers all U3A members with opportunity to take part in regular, lively meetings on a". Below this, a navigation bar lists: HOME, ABOUT US, LATEST POSTS, CONTACT US, RECORDED MEETINGS, FORUMS, EVENT DIARY, WELLBEING, and AUTHOR PAGES. The main image shows a group of people, with a mouse cursor pointing at it. Below the image, the text "You are here: Home » Wellbeing" is displayed. The section title "The caring campaign" is followed by the text: "In this page we aim to explore all aspects of caring for the Elderly of our U3A Communities and other groups". On the right side, a video call interface is active, showing four participants: Anna Grabowska, Barry Zussman, Ray Hardisty, and Catherine Stevenson. The bottom of the screen shows a Windows taskbar with various application icons and a system clock indicating 11:37 on 13.09.2024.



Informacje

**Spotkania z komputerem odbywają się w czwartki 15:15-16:45, WETI PG Nowa Elektronika, lab. 237**

Wybrane spotkania odbywają na platformie Zoom.



Erasmus  
STRATEGIC PARTNERSHIP  
FOR OLDER PEOPLE'S INCLUSION INTO THE

⏪

⏩

Nawigacja

Kursy

▼ Spotkania z komputerem na WETI PG

🧩 Festiwal Światła 2025 (2024-2025)

🧩 Światło na rośliny (2023-2024) 🔒

🧩 Mentoring rówieśniczy (2022-2023) ⓘ

🧩 Safe Use of Digital Technologies in PEER-TRAIN (2022-2023) ⓘ

🧩 Opowiadanie Cyfrowych Historii (2021-2022) ⓘ

🧩 Integracja Polskich Seniorów i Opiekunek z Ukrainy (2021-2022) ⓘ

🧩 ROLKI - Kształcenie przez całe życie w czasie COVID 19 (2020-2021) ⓘ

🧩 Uczące się ulice Wiednia i Edynburga (2019-2020) ⓘ 🔒

🧩 SPADE, SPIDW, Seniors&ICT (2018 - 2020) ⓘ 🔒

🧩 Sopoteka - Kawiarenka Językowa (2017-2018) ⓘ 🔒

🧩 W poszukiwaniu granic Europy - Gruzja (2016 - 2017) ⓘ 🔒

🧩 Śladami Kluwera i innych słynnych Gdańszczan (2015 - 2016) ⓘ 🔒

🧩 Gry miejskie "Aktywni 60+" (2014 - 2015) ⓘ 🔒

🧩 Uczenie się w późniejszym wieku jest dla wszystkich (2012 - 2014) ⓘ 🔒

Zwiń wszystko

Użytkownicy online

Brak użytkowników online (ostatnie 5 minut)

Kalendarz

← sierpnia    września    października →  
2024

| Nie | Pn. | Wt. | Śr. | Czw | Pt. | Sob |
|-----|-----|-----|-----|-----|-----|-----|
| dz. |     |     |     | .   | .   |     |
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  |     |     |     |     |     |

Pełny kalendarz

# Thank you for your attention

[anka.grabowska@gmail.com](mailto:anka.grabowska@gmail.com)