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Behörde für Wissenschaft,  
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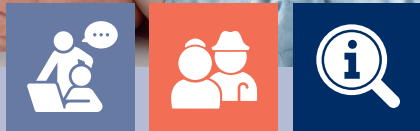
ALBERTINEN HAUS  
Zentrum für Geriatrie  
und Gerontologie



## Become a digital mentor

Would you like to get involved in volunteer work and do you know your way around digital media? Then why not take part in our „digital dabei“ project? As a digital mentor, you'll pass on your knowledge and experience and visit elderly people close to their homes to help them get to grips with the digital world.

You will receive training and materials to prepare you for your volunteer work. You can contact the office, based in Albertinen Haus, should you have any questions or need any professional guidance. Referrals to senior citizens can be made through the network of existing cooperation partners.



# mentors Hamburg

ng for seniors

### Point of contact:

- ☎ 040 5581 – 4931 / – 4527
- ✉ Albertinen Haus,  
Sellhopsweg 18–22, 22459 Hamburg
- ✉ digitalmentoren@albertinen.de
- 🌐 www.hamburg-digital-dabei.de

Sign up now!



# Digital m for Har

Local training



## The project

Our world is becoming increasingly digital and our everyday lives are being made easier thanks to the multitude of new developments. It is therefore important that every generation is given this opportunity. From video calls with family to dealing with the authorities through to doing your banking – nowadays, these kinds of online services are available for those who are less able to move around.

The aim of „**digital dabei**“ is to make life's necessary chores easier to manage and help people stay independent and hands-on for longer. The project is funded by the Authority for Science, Research, Equality and Districts (Behörde für Wissenschaft, Forschung, Gleichstellung und Bezirke) and run by the Albertinen Haus, Centre for Geriatrics and Gerontology. It is supported by cooperation partners. Find out more on our website.



## Get involved as a senior

It's never too late to **go digital!**




Are you a stranger to the world of mobile phones and tablets or do you feel unsure on how to use digital devices? Perhaps you're wondering:

Sie fragen sich z.B.:

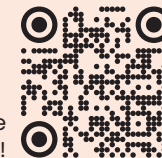
- How do I use my mobile phone or tablet?
- How do I look up the right bus times?
- How can I send/receive photos?
- How can I book a doctor's appointment?

Our project aims to open the door to the digital world and give you the confidence to use digital media for your own means. Our trained digital mentors are volunteers and are there to give you personal support close to home so you can be more self-assured when using your device. All you need is curiosity, a little patience and eagerness to learn something new. It is completely free of charge and you can sign up by telephone, post or email.

### Point of contact:

-  040 5581 – 4931 / – 4527
-  Albertinen Haus,  
Sellhopsweg 18–22, 22459 Hamburg
-  [digitalmentoren@albertinen.de](mailto:digitalmentoren@albertinen.de)

Visit the  
website!



## Network and cooperation partners

- ‚Älter werden im jungen Eppendorf‘, Stiftung Ansharhöhe
- Arbeitsgemeinschaft der Freien Wohlfahrtspflege Hamburg e.V.
- Bücherhallen Hamburg
- clubkinder e.V.
- Deutscher Senioren-ComputerClub Hamburg e.V.
- ‚Digitalcafé Barmbek‘, DRK Kreisverband Hamburg-Nordost e.V.
- ‚Digitale Sprechstunden für SeniorInnen von SchülerInnen‘, Stiftung Generationen-Zusammenhalt
- Generationen Digital Verbinden e. V.
- Hospital zum Heiligen Geist
- Mit Bildung zum Gemeinwohl gUG
- ‚Senior:innenDigital fit in Barmbek-Nord‘, Bezirks-Seniorenbeirat Hamburg Nord
- Universität Vechta, Management Sozialer Dienstleistungen
- Wege aus der Einsamkeit e.V.

**You can find the entire network on our website.**

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