



## Age Well Stay Connected (Townsville) Event 3/9/25

### World Café Conversation on Digital Connections and Healthy Ageing

Key Themes	Participant Examples
Social Media and Online Platforms	<ul style="list-style-type: none"> <li>• Facebook, Messenger</li> <li>• Politizoom.com</li> <li>• Zoom groups</li> </ul>
Communication Tools	<ul style="list-style-type: none"> <li>• Email</li> <li>• Telephone</li> </ul>
AI & Digital Assistants	<ul style="list-style-type: none"> <li>• ChatGPT</li> <li>• AI recipe apps</li> </ul>
Entertainment and Media	<ul style="list-style-type: none"> <li>• Netflix, YouTube, TV programs (e.g., “The Saint”)</li> </ul>
Personal/Productivity Apps	<ul style="list-style-type: none"> <li>• Health and wellbeing trackers</li> <li>• Creative tools / sprints</li> <li>• iPad Apps for paying bills</li> </ul>

**Ideas generated** to inform future initiatives and collaboration included:

- **Digital Skills and Confidence:** Programs that help older people use online platforms safely and confidently.
- **Technology Support and Guidance:** Training on social media, video calls, and AI tools to maintain social connections.
- **Digital Engagement and Wellbeing:** Use apps and tools in community programs to boost participation, creativity, and mental wellbeing.