

Lifelong Learning:

Where We Were, Where We Are Now,

And Where We Are Headed -

Lessons Learned From The COVID-19 Pandemic

HPGS Biennial Conference

September 8, 2023





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Agenda

1. Lifelong learning: Background & what research tells us
2. Impact of pandemic on lifelong learning & where we are now
3. The future of lifelong learning
4. Q&A

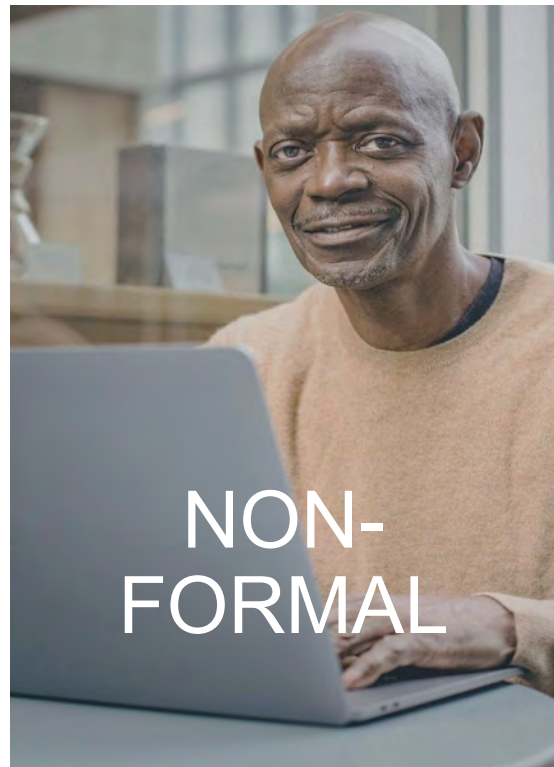
Definition

*“Lifelong learning is based on the principle that **learning is a continuous process** that occurs from the cradle to the grave (...)*

*Lifelong learning (...) stimulates and **empowers individuals** to acquire and apply skills and abilities required to **realize their full potential.**”*

University of South Africa,
Lifelong Learning ABT2611, Tutorial Letter 501/35/2015

Contexts Of Learning



Majority of organized education for/with older adults



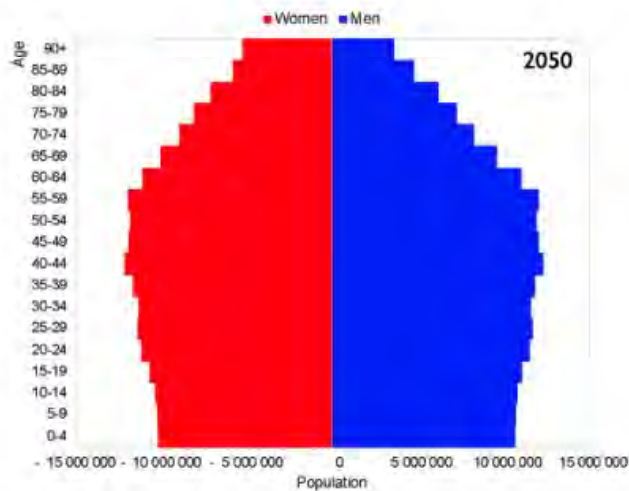
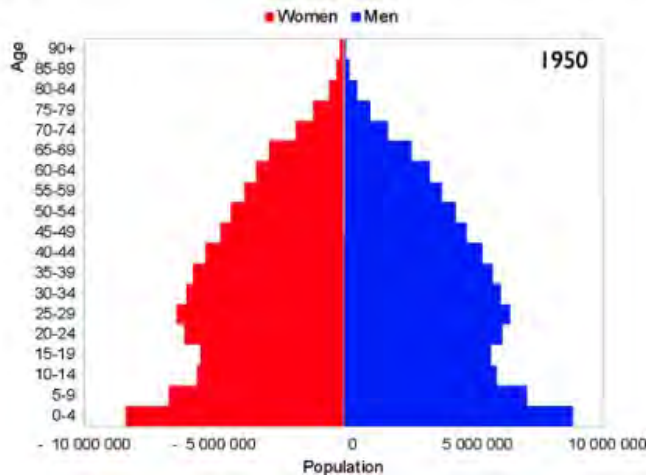
Demographic Change

Older population increases and younger population decreases → Increasing median age

Reasons: Shrinking mortality, increasing life expectancy, decreasing fertility level

Potential Implications:

- Shortage in labor supply
- Decline in economic growth
- Fewer people to pay for, e.g., retirement costs
- Increased healthcare costs
- Lack of adequate welfare systems



Projected population structure in the U.S. by gender, 1950 & 2050
(Source: United Nations 2017)



Economic Benefits Of Older Workers

Longevity and growing financial insecurities push individuals to need/want to work longer

Trends:

- Later retirement
- Increased labor force participation and volunteerism of older adults
- Increasing educational levels of older adults

Older workers can help counterbalance labor shortage

Makes lifelong learning & continuous training a necessity!

Cognitive Abilities Of Older Adults

Cognitive abilities & learning potentials change with increasing age
→ subject to inter-individual differences

Short-term memory: Subject to age-related decline, decreasing capacity, reduced processing speed

Long-term memory: Stays relatively stable in old age

Influenced by: Health, educational background, social class, nutrition, motivation, condition of sensory systems

Positive impact: Exercise, food rich in nutrients, emotional well-being, restorative sleep, cognitive training

Although learning speed declines, learning gains still possible!

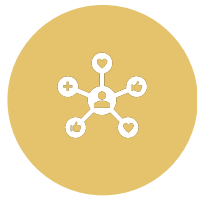


(Sources: Jonker et al. 2000; Helmchen & Reischies 1998; Cullum et al. 2000; Smith & Baltes 1996; Houx 1991)

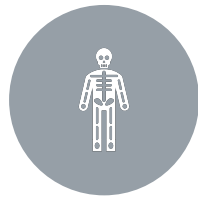
Health/Well-Being Benefits Of Lifelong Learning



Keeps the brain active



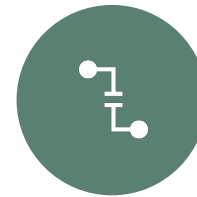
Helps adapt to change & stay up to date



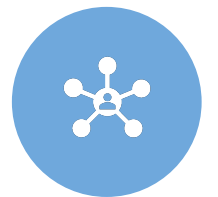
Has positive impact on health, well-being, independence



Has positive impact on self-esteem, social attitudes



Can prevent isolation through social integration



Social group membership can positively influence health

Lifelong Learning Providers - Examples

- Universities & Colleges
- Lifelong Learning Institutes/OLLIs
- OASIS
- Museums and Theatres
- Faith-based Institutions
- Adult Schools
- Senior/Community Centers
- Health Providers



Lifelong Learning Providers In Hawai'i - Examples



Senior Citizen Visitor Program/Nā Kūpuna Program at UH Mānoa

UNIVERSITY OF HAWAI'I AT MĀNOA
OUTREACH COLLEGE



KUPUNA TECH



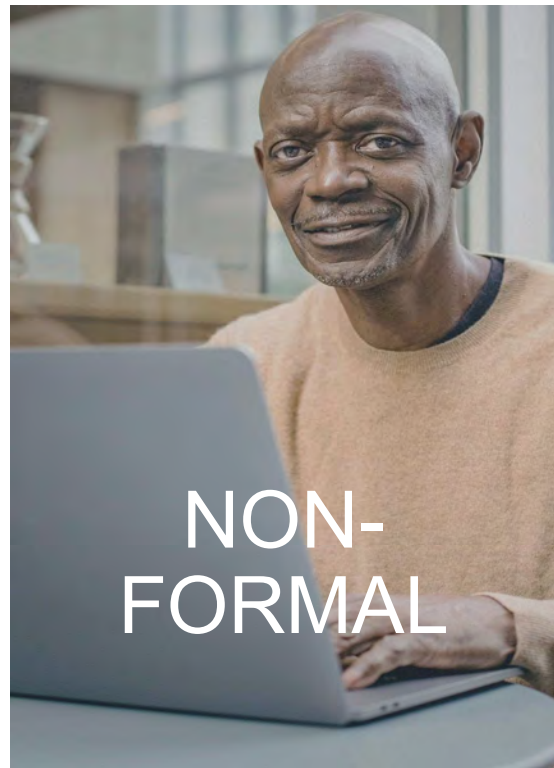
Characteristics of Older Adult Learners

- Primarily women
- Younger elderly (65-80)
- Advanced educational background
- Healthy, active, mobile, socially connected
- Tech-savvy
- Intrinsic reasons main motivator (e.g., joy of learning)
- Humanities, Social Sciences preferred
- Like to learn in small groups with discussion



Source: von Doetinchem, 2020

How Lifelong Learning Programs Adapted During the Pandemic



Majority of organized education for/with older adults



Established Online Lifelong Learning Programs Get A Boost



Zoom To The Rescue



Learners' Perspective

- Learning curve
- Alleviated social isolation, stagnation and languishing
- “Zoom fatigue”
- Adaptation based on preferred learning styles



The Digital Divide

Total U.S. Adult Population



Do not use the Internet

Millions of (older) adults cannot connect through digital online platforms

Disability

8%

55+ do not access the Internet

\$60K/year do not have home broadband (\$75K+/year: 8%)

High school or less do not have home broadband (College +: 6%)

with a disability do not own a computer device (Without disability: 19%)

Teachers' Perspective (Early Covid)



- Programs scrambled to adapt to lockdown
- Learn technology
- Modify curriculum to enhance online learning
- Guide learners through the change
- Address social isolation

The Present: Where We Are Now - Post Covid-19



- Many barriers to access have been removed or mitigated
- Higher proportion of learning is remote
- More hybrid and blended learning
- Lower enrollment rates
- Upskilling for Encore Careers



The Future of Lifelong Learning - Where Are We Headed?



Increased importance of LLL in the Future of Work

Upskilling & reskilling

Career adaptability

Improved job satisfaction

Workforce development

Can foster entrepreneurship & innovation

Increased enrollments from non-traditional learners in higher education

Technology continues to advance & increase access

Smart home devices

Self-driving cars

Augmented reality

Avatars

Artificial intelligence

Allows accessibility from remote/underserved locations

Learning will get more personalized

Learning anytime, anywhere

Wide range of subjects & learning modalities

Learners as creators of their own learning experience

LLL will play active role in active aging

Increased focus on promoting mental & physical health

Social connectedness



**Scan QR Code
for a copy of the slides &
resource list**

Time for Q&A

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Resources

Selected Lifelong Learning Providers, Hawaii:

- [Kupuna Education, Kapiolani Community College](#)
- [Lanakila Pacific Kupuna Tech](#) (Free Technology Classes for Seniors)
- [Moiliili Community Center, Senior Program](#)
- [Na Kupuna Makame Center](#)
- [Osher Lifelong Learning Institute, University of Hawaii at Manoa](#)
- [Outreach College, University of Hawaii at Manoa](#)
- [Senior Citizen Visitor Program, Honolulu Community College](#)
- [Senior Citizen Visitor Program/Na Kupuna, University of Hawaii at Manoa](#)
- [Senior Citizen Visitor Program, University of Hawaii West Oahu](#)
- [Waikiki Community Center](#)
- [YMCA Honolulu, Active Older Adults](#)

More Resources

Selected Lifelong Learning Providers, Other:

- [Front Porch Well Connected \(Phone & online activities\)](#)
- [Road Scholar](#) (Educational travel & Learning adventures)
- [Senior Planet from AARP](#) (Online classes)
- [GetSetUp](#): Classes for older adults by older adults

Other Professional Resources

- [Community Tech Network](#) (Digital inclusion by partnering with other organization to bridge the digital divide)