

What is communicating with Generation Z in the Occupational Therapy classroom?

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Introduction & Objective

It is important that those who teach Occupational Therapy are really prepared or at least attentive to the societal changes because they can make all the difference in teaching Gen Z, iGeneration, Plurals or Centennials, currently students of Pre Graduate Courses. I've been teaching since 2010.

But in 2018, a student became euphoric by understanding how many digital platforms the National Health Service had available for interaction with citizens, and I understood that my teaching would never be the same! I realized that I had a digital generation ahead of me. Therefore, this poster aims to provide awareness to this topic. Next will be presented same resources used in Classes. They are useful for Health System Teaching in Occupational Therapy Classes from first to last (4th year). Three different type of resources: **Health Literacy Library, Health APPS & individual health platform.**

Health Literacy Library



LITERACIA EM SAÚDE
E PERCURSOS DE VIDA

40 ANOS

SNS SERVIÇO NACIONAL
DE SAÚDE 1979-2019

Life cycle

Born
Healthy



Digital Guide for
Pregnant Women

<https://biblioteca.sns.gov.pt/artigo/guia-digital-para-gravidas/>

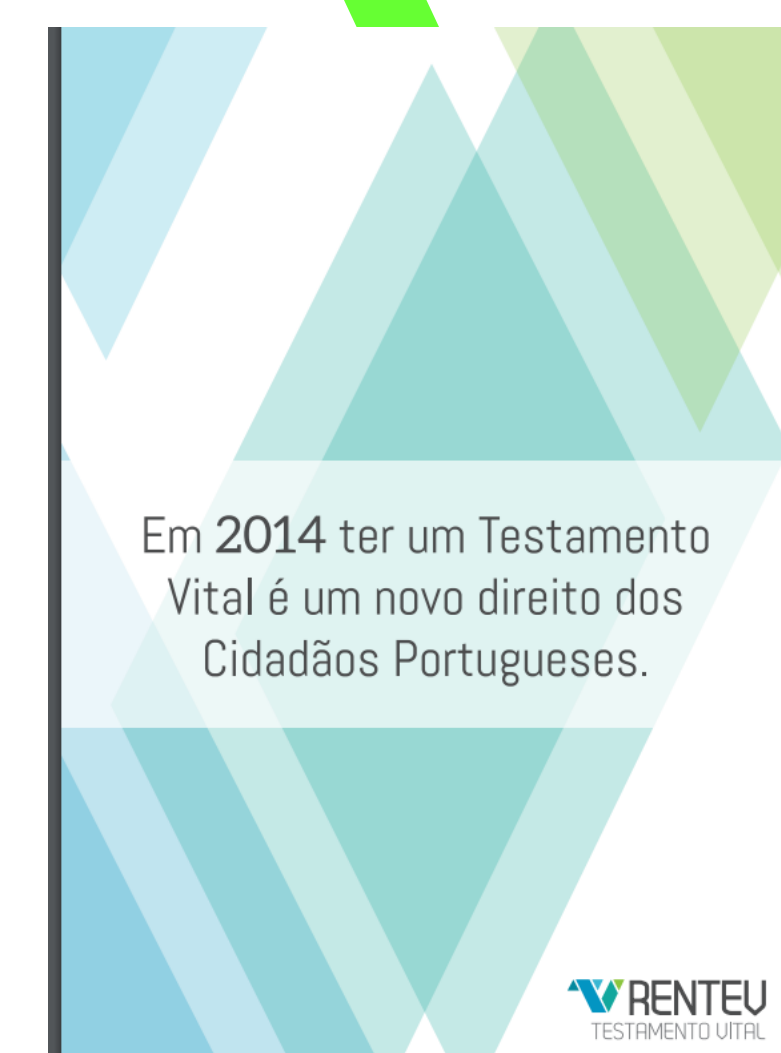
Grow
Safety Youth
health



Digital Book on falls prevention

<https://biblioteca.min-saude.pt/livro/sns1#>

Ative
Elderly



End of
Life

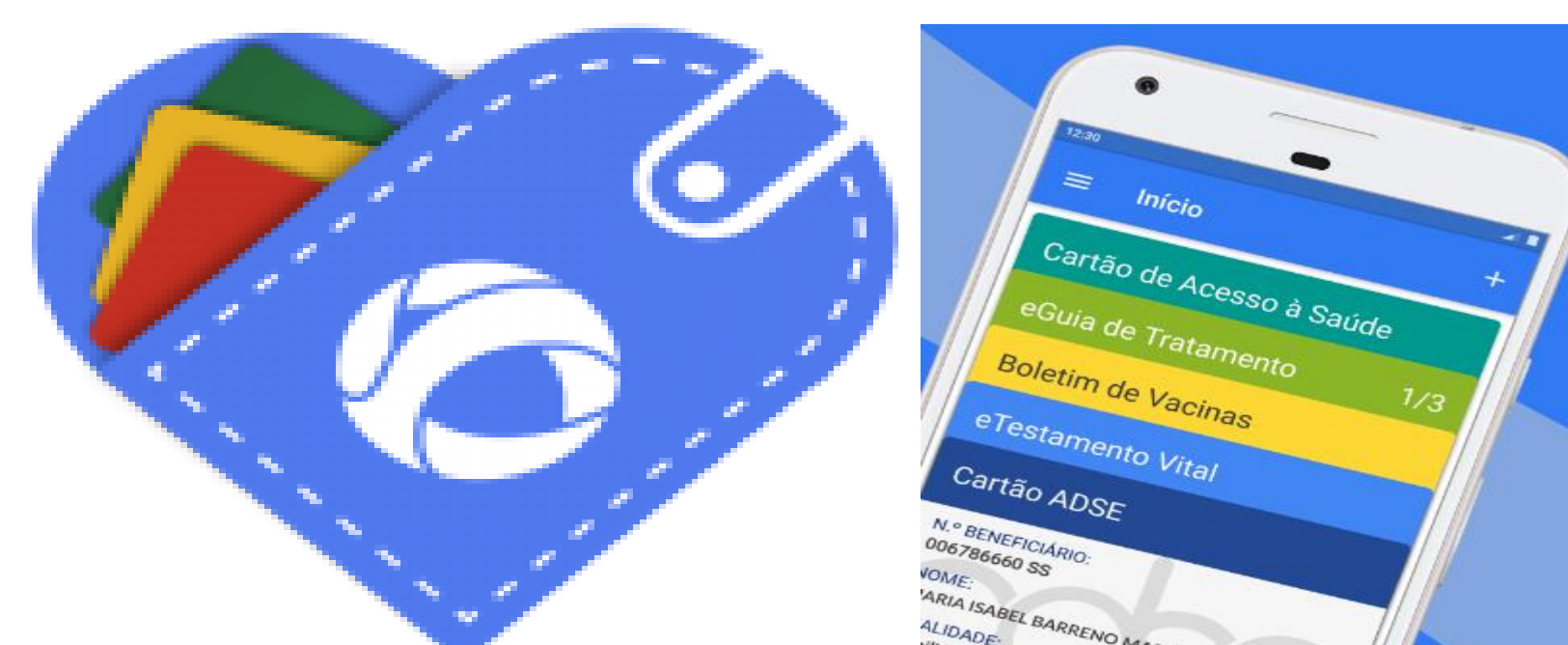
Vital Testament
https://biblioteca.sns.gov.pt/wp-content/uploads/2017/06/Sair-bem_Folheto-Testamento-Vital.pdf

Top-APPS Health System

Baby APP



MY SNS
Pocket



<https://servicos.min-saude.pt/utente/>

Take away Message

The digital generation is ahead of us. There is a considerable difference in interests, in the way to be present, observing and reflecting on the subjects debated inside and outside of class. In other words, it has become crucial to integrate the digital strategy and tools in the classroom.

The most relevant ones I used, and I agree should be prioritized in investigation are: Health Literacy Libraries, Health APPS & national individual health platform.

The resources I talk about are really useful in classroom, in life & Occupational Therapy practice.

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