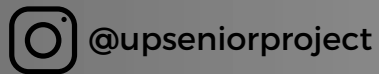




Project ID: 2022-2-EL01-KA210-ADU-000093393

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**Project Partners:**



Co-funded by  
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# Increasing the Financial Literacy Skills of Senior Citizens



# Welcome to Your Financial Literacy Journey with UpSenior

The UpSenior project is dedicated to enhancing your financial literacy, empowering you to manage your finances confidently as you navigate the complexities of today's financial world. This brochure introduces the [Competences Framework](#) & [Assessment Tool](#), crafted to help you build a robust understanding of essential financial concepts and skills.

## Understanding Financial Literacy

Financial literacy isn't just about balancing checkbooks or saving money—it's about gaining the freedom and knowledge to make sound financial decisions. Our framework focuses on several key areas to help you manage your finances better:

- We simplify complex financial terms and processes, ensuring you understand how everyday financial activities can impact your life.
- From using online banking safely to understanding the ins and outs of modern banking, we guide you through the digital world of finance.
- We provide insights into effective retirement planning, helping you explore options for a financially secure future.
- Learn to navigate through various insurance options and understand healthcare costs, making informed decisions about your coverage needs.

## Empowerment Through Education

Each section of our framework is designed to build your confidence in handling financial matters. By providing clear, easy-to-understand guidelines, we equip you with the knowledge to protect your financial health and independence.

## What's Next?

With the framework now in place, we're excited to offer tailored training sessions that align with these competencies. These sessions are designed to enhance your understanding and skills, allowing you to take control of your financial well-being.

