

Fly Like an Eagle — Senior Planet's NYCHA Digital-Literacy Program Cuts Loneliness Among NYC Public-Housing Seniors

Digital Inclusion · Good practice · United States of America

Quality score: 88/100

Evidence strength: Quasi-experimental

Summary

OATS from AARP's Senior Planet ran twice-weekly Zoom digital-skills classes for low-income NYC public-housing seniors. An evaluation with a comparison group found trained seniors were about half as likely to develop worsening depressive symptoms.

Key dimensions

Dimension	Score
Innovation level	2/5
Sustainability (ongoing)	1/1
Evaluation evidence	1/1
Demonstrated reach	1/1
Documented learning	1/1

Evaluated by C-NAPSE

Data sources

[C-NAPSE web research](#) — accessed 2026-09-13

[Older Adults Technology Services \(OATS\) from AARP](#) — accessed 2026-09-13

[OATS from AARP: Senior Planet](#) — accessed 2026-09-13

[Nonprofit Quarterly: Investing in Digital Literacy to Better the Health of America's Seniors](#) — accessed 2026-09-13

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