

## COMPETITIVENESS AND INNOVATION FRAMEWORK PROGRAMME

### ICT PSP call for proposals 2008 - ICT PSP/2008/1

Project Acronym: **Long Lasting Memories**

Project Number: **238904**

Project Type: **Pilot Type B**

Project Full Title: **Long Lasting Memories**

ICT PSP Main Theme addressed: **1.4: ICT for ageing well with cognitive problems, combining assistive and independent living technologies**

### D2.7 Final LLM workshop report

<b>Nature:</b>	Report
<b>Dissemination Level:</b>	Public
<b>Version #:</b>	1
<b>Delivery Date:</b>	M30
<b>Deliverable Leader:</b>	Patrick Fissler (UULM)
<b>Author(s):</b>	Patrick Fissler, Winfried Schlee, Raquel Losada, Ilias Trochidis, Apostolos Vontas, Panagiotis Bamidis
<b>Status:</b>	final
<b>Reviewed on</b>	12 Jan 2012
<b>Reviewed by:</b>	D.Kouvelas (AUTH)

#### Abstract

Aim of this Deliverable is to report from the 2nd LLM workshop held on December 13 in Salamanca, Spain. The main objective of this workshop was to inform the audience about the current status of the LLM project and report the first scientific results on the effectiveness of the LLM intervention. Second, other scientists and experts on the field were invited to present their ideas and a discussion and exchange of ideas was promoted during the workshop. Additionally, hands-on demonstration of the LLM intervention as well as from other collaborators were given to the audience. The full workshop was covered by the social media in the internet and reports were published and various web sites.

Document History

Version <sup>1</sup>	Issue Date	Stage <sup>2</sup>	Content and changes
#1.0	18 December 2011	Draft	Description of the project workshop
#1.1	21 December 2011	Draft	Revision and information complement
#1.2	27. December 2011	Draft	Final version ready for review
#1.3	12 January 2012	Final	Final review

List of participants:

1	ARISTOTELIO PANEPISTIMIO THESSALONIKIS / Medical School	AUTH	Greece
2*	UNIVERSITAT KONSTANZ	UKON	Germany
3	ATHENA RESEARCH AND INNOVATION CENTER IN INFORMATION COMMUNICATION & KNOWLEDGE TECHNOLOGIES/ Institute for Language and Speech Processing	ATHENA RC	Greece
4	Tero Ltd	Tero	Greece
5	CEIT RALTEC gemeinnuetzige GmbH	RALTEC	Austria
6	INVESTIGACION Y DESARROLLO INFORMATICO EIKON SL	EIKON	Spain
7	Fundacion INTRAS	INTRAS	Spain
8	E-SENIORS: INITIATION DES SENIORS AUX NTIC ASSOCIATION	E-SENIORS	France
9	GLOBAL SECURITY INTELLIGENCE LIMITED	GSI	UK
10*	GENIKO NOSOKOMEIO ATHINAS IPPOKRATEIO / Health Centre Vyrnas	IGNA	Greece
11*	Milton Keynes Council	MKC	UK
12	Municipality of Schwechat	SW	Austria
13	National and Kapodistrian University of Athens	NKUA	Greece
14	University of Cyprus	UCY	Cyprus
15	Ulm University	UULM	Germany

\* Partners withdraw

<sup>1</sup> Please use a new number for each new version of the deliverable. Add the date when this version was issued and list the items that have been added or changed. The 'what's new' column will help the reader in identifying the relevant changes. Don't forget to update the version number and date on the front page and the header.

<sup>2</sup> A deliverable can be in either of these stages: "draft" or "final". For each stage, several versions of a document can be issued. *Draft*: Work is being done on the contents. *Final*: All chapters have been completed.

## **Table of contents**

<b>TABLE OF CONTENTS .....</b>	<b>3</b>
<b>TABLE OF FIGURES.....</b>	<b>4</b>
<b>1 INTRODUCTION.....</b>	<b>5</b>
1.1 GENERAL FRAMEWORK .....	6
1.2 LOCATION .....	6
1.3 HOST.....	6
1.4 PARTICIPANTS.....	6
1.5 PROMOTION OF THE WORKSHOP .....	7
1.5.1 FORMAL INVITATION .....	7
1.5.2 WEB SITE .....	7
1.6 SUMMARY OF THE FIRST WORKSHOP IN ATHENS .....	8
<b>2 CONTENT.....</b>	<b>9</b>
2.1 INTRODUCTION AND OPENING CEREMONY BY INTRAS .....	9
2.2 LECTURE 1: SCIENTIFIC LECTURE ON PSYCHOSOCIAL INTERVENTIONS TO IMPROVE AND PREVENT COGNITIVE DETERIORATION IN THE AGEING PROCESS .....	9
2.3 LECTURE 2: INTRODUCTION TO LLM PROJECT: PHYSICAL AND COGNITIVE TRAINING AND REHABILITATION THROUGH ICT SOLUTIONS .....	9
2.4 LECTURE 3: EXPERIENCES OF THE STAKEHOLDERS ABOUT THE LLM PROJECT.....	9
2.5 WORKSHOP 1: TECHNOLOGIES TO IMPROVE THE QUALITY OF LIFE OF ELDERLY PEOPLE 10	
2.6 WORKSHOP 2: ACTIVE AGEING AND ACTIVE CITIZENSHIP.....	10
2.7 ROUND TABLE DISCUSSION .....	11
2.8 PARALLEL ACTIVITIES.....	11
2.8.1 LONG LASTING MEMORIES DISSEMINATION CORNER .....	12
2.8.2 TECHNOLOGIES DEMONSTRATION & PROJECTS EXHIBITION.....	12
2.8.3 SETTING UP OF THE NETWORK "INNOVAGE" .....	13
<b>3 WORKSHOP EVALUATION .....</b>	<b>14</b>
3.1 ADDRESSED AUDIENCE .....	14
3.2 WORKSHOP SOCIAL MEDIA.....	14
3.3 MEDIA REPORTS .....	16
<b>4 AGENDA .....</b>	<b>17</b>
<b>5 CONCLUSIONS .....</b>	<b>20</b>
<b>REFERENCES.....</b>	<b>21</b>

## Table of Figures

Figure 1: Dr. Panos Bamidis and Dipl.-Ing. Walter Hlauschek presenting the technical and business aspects of the LongLastingMemories project.....	5
Figure 2: Impression of the meeting room at the CREA just before the first session started.....	6
Figure 3: Project Website advertising the Final LLM Workshop.....	8
Figure 4: Advertising the Final LLM Workshop on the LLM twitter account.....	8
Figure 5: At the first floor of the CREA building, the LongLastingMemories service as well as other projects was presented to the audience.....	11
Figure 6: The LongLastingMemories Service was presented with two spanish installations. ....	12
Figure 7: A total of 14 other projects for the elderly or handicapped people have been presented with hands-on presentations for the audience.....	13
Figure 8: Live coverage from the LLM workshop on twitter .....	14
Figure 9: Live coverage from the LLM workshop on Facebook.....	15
Figure 10: Live coverage from the LLM workshop on INTRAS Facebook .....	15
Figure 11: LLM 2nd Workshop at INTRAS' Website .....	16
Figure 12: Agenda of the 2nd LLM workshop in Salamanca.....	17

## 1 Introduction

Purpose of this deliverable is to report from the second LLM workshop entitled "Driving Innovation in Psychosocial Care: Addressing Cognitive Deterioration in the Ageing Process" held in Salamanca, at the 13th December 2011. A selected audience was invited to inform about the LongLastingMemories project, introduce to the technical components, show the scientific basis and demonstrate preliminary scientific results as well as present business aspects and raise further awareness of the project. Three lectures and 2 workshops were followed by a round table discussion to promote an exchange between the members of the project, scientists, stakeholders and end-user organisations. Additionally, other projects in the aging research field are presented to inform about the most current innovations for the elderly.

**Figure 1: Dr. Panos Bamidis and Dipl.-Ing. Walter Hlauschek presenting the technical and business aspects of the LongLastingMemories project.**



## 1.1 General Framework

This was the second workshop presenting the LongLastingMemories project in project month 31. This dissemination activity was not only to present the LLM service to a general audience and raise awareness for the project - but also to present preliminary results from the first 3 iterations.

## 1.2 Location

The 2nd LLM Workshop took place at the Centro de Referencia estatal de atención a personas con enfermedad de Alzheimer y otras demencias (CREA), c/ Cordel de Merinas de Chamberí, 117, c/v a c/ Río Mondego, s/n 37008 Salamanca in Spain.

## 1.3 Host

The LLM Workshop was hosted by the consortium partner INTRAS Foundation, Spain.

## 1.4 Participants

In total, there were 57 people attending the 2nd LLM workshop in Salamanca: Amongst them, 47 professionals of more than 25 organizations participated at the whole event and 10 social-health professionals, coming from 3 different user organizations, took part at the guided visit at the technologies exhibition. The audience was composed of scientists, medical doctors, potential stakeholders, service providers, project members and partners.

**Figure 2: Impression of the meeting room at the CREA just before the first session started.**



## 1.5 Promotion of the Workshop

### 1.5.1 Formal Invitation

The following formal invitation was sent to relevant organizations and stakeholders via e-mail:

Dear Mr.....,

on behalf of ICT-PSP-238904 [LongLastingMemories](#) (LLM) project, we would like to invite you on our last project **workshop**, which will be held on the **13<sup>th</sup> of December 2011** in **Salamanca Spain**, hosted by [FUNDACION INTRAS](#).

It is a **full day of conference and exhibition of projects and networking with stakeholders on new assistive and technologies and services** that promote **active ageing**.  
It will be a great opportunity for networking between projects, sharing knowledge, lessons learnt and results of pilots validation and local business plans.

In this workshop we are going to allocate some time for key note speeches from relevant projects and stakeholders and enable a dialogue between them.

In this respect, we would like to **officially invite .....** **in our event**, to participate with the following options:

- 1.- **Presentation at the workshop 20'min** (if the topic is suitable for the three we have defined) on lessons learnt and results of pilots validation and exploitation business plans, initiating thus a liaison activity and exchanging our experiences and knowledge gained so far.
- 2.- **Presentations at the project exhibition: Stand**. With a time slot for "open space" to present to the attendants
- 3.- **Showing a demo of your solution**, as a "hands on" experience, at the technologies exhibition.
- 4.- **Participate in a round table discussion of relevant CIP IST PSP projects** to evaluate and plan close synergies and activities.

**Please feel free to disseminate this inside your consortium and if your schedule is full, if possible to indicate another appropriate person that you might think would be ideal to make this presentation from your project.**

We kindly invite you to join us, share experiences and benefit from this opportunity to network !

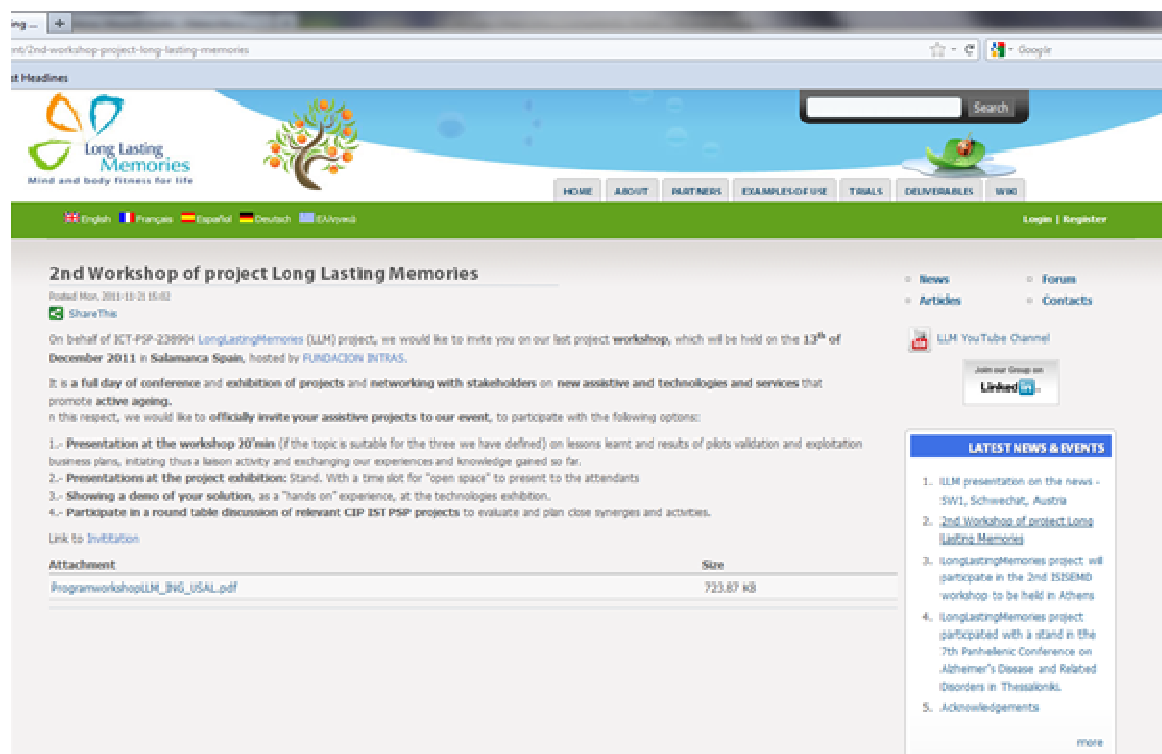
Please find enclosed the agenda of this day.

**Looking forward to your positive reply.**

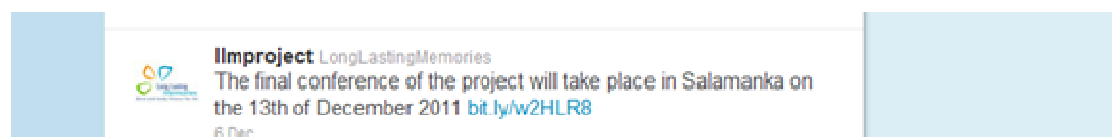
### 1.5.2 Web Site

The workshop has been announced at the web sites of the LongLastingMemories consortium and the INTRAS homepage.

**Figure 3: Project Website advertising the Final LLM Workshop**



**Figure 4: Advertising the Final LLM Workshop on the LLM twitter account**



## 1.6 Summary of the first Workshop in Athens

The introductory workshop - held in Athens on May 20, 2010 - comprised presentations of the LLM service and the scientific background of the physical and cognitive training component. This was followed by an introduction to the pilot sites and a depiction of the study design. Finally, the workshop was the first opportunity to share project results by a hands-on demonstration of the service to a carefully selected audience. The workshop was fully videotaped to produce a promotion video which was made available on the LLM YouTube Channel. Feedback of workshop participants was encouraging at this early stage of the project indicating the potential marketability of the service.



## **2 Content**

### **2.1 Introduction and opening ceremony by INTRAS**

Dr. Manuel Franco, head of the Psychiatry Department at the Provincial Hospital of Zamora (Spain) opened the 2nd LLM workshop explaining INTRAS involvement in the LongLastingMemories Project. Furthermore he gave a short overview over all other activities and projects by the Fundación INTRAS. This was followed by Jose Pedro Montemayor director of Specialized Care at the CREA (National Reference Center for Alzheimer and other Dementias) who was giving further opening words.

### **2.2 Lecture 1: Scientific lecture on psychosocial interventions to improve and prevent cognitive deterioration in the ageing process**

The first scientific lecture was given by Mrs. Fátima González and Mr. Yui Ruíz-Izundegui. While Mrs. González gave an excellent overview over the current state of cognitive training for patients with Mild Cognitive Impairment, Mr. Yui Ruíz-Izundegui provided a good and concise summary on the benefits of physical activity for preserving cognitive functions in later life.

### **2.3 Lecture 2: Introduction to LLM Project: Physical and cognitive training and rehabilitation through ICT Solutions**

The second lecture was dedicated to the LongLastingMemories project given by four members of the consortium. First, Prof. Dr. Panagiotis Bamidis, coordinator of the LLM project, gave a general overview on the whole project, the idea behind LLM and the current status of the project activities. Second, Dipl.-Ing. Walter Hlauschek explained the technical aspects of the LLM project and the integration of the cognitive training component (CTC), the physical training component (PTC), the independent living component (ILC), and the central management system (CMS). The third speaker, Dr. Winfried Schlee from the University of Ulm (Germany) explained the scientific basis for the cognitive and physical training implemented in the LLM service and showed preliminary results of the first and second iteration over all pilot sites. Fourth, Prof. Dr. Sokratis Papageorgiou presented detailed information on the trial site in Athens showing surprising results in the improvement of demented patients following the LLM intervention.

### **2.4 Lecture 3: Experiences of the stakeholders about the LLM Project**

With the third lecture of the day, the 2nd LLM workshop gave floor to stakeholders sharing their experience about the LLM service. Mr. Jean Baptiste Andreys, general

---

manager at the centre Maurice Delort (France) reported good experience with the LLM service. The patients at this centre mainly improved in the short-delayed and the long-delayed verbal recall. Following that, Dr. Iciar Ancizu, R&D director at the SARQuavitaie, similarly reported about good experience with LLM.

## **2.5 Workshop 1: Technologies to improve the quality of life of elderly people**

The first workshop of the day concentrated on several technologies to improve the quality of life for elderly people. The first speaker, Mr. Lenoardo Martínez Suárez, executive manager at the Fundación CETIEX, presented the SeniorLab Project, followed by Mr. Walter Hlauschek from CEIT Raltec who presented two more projects: With the KSERA technologies, elderlies are encouraged by a robot to perform physical training and with the SOFTCARE technology they make a wristband available which is designed to register falls by the patient and is able to trigger an alarm in that case. With the e-SALUD, Mrs. Raquel Losada from INTRAS & Monica Citores who is the R&D director at the Grupo TECOPY, presented helpful care management tools for health and social service centres. Finally, Rebeca Corralejo showed current Brain Computer Interface developments from the University of Valladolid based on the P300 evoked potentials recorded from EEG electrodes attached to the head of the elderly that are used for rehabilitation purposes with patients that have severe physical disabilities.

## **2.6 Workshop 2: Active Ageing and active citizenship**

At the second workshop which was held at the afternoon, Mrs. Neftis Atallah from the Funcaioón CEDETEL presented an interactive digital television solution which aims to promote social interaction between seniors in a way that is entertaining to them (SENIOR CHANNEL Project). This was followed by Dr. Diego Torricelli from CSIC who presented the "Better Project" followed by Mr. Alejandro Echeverría who introduces to the activities by the consortium partner IDI EIKON, especially the T-Seniority and Diego project. Another solution for cognitive rehabilitation (SOCIABLE Project) was presented by Dr. Reyes Moliner. The final 2 projects presented at this session could also be observed in the parallel hands-on presentation: Dr. Mario Martínez presented a serious game engine that provides 3D data capture, data processing and data visualization with different tpyes of 3D-glasses. The Mimov and Redap project, introduced by Mrs. Inma Ferrer & Enrique Vila, showed a simple mobile phone that is offers an easy way to connect the user with his closest persons and can also be located thanks to a GPS connection.

## 2.7 Round table discussion

At the end of the day, the round table discussion was lead by Josefina Farinos from IDI EIKON who emphasized the importance of an effective business planning to ensure sustainability of the LLM project. Questions and discussion with other projects were encouraged.

## 2.8 Parallel activities

In parallel to the lectures and workshops, hands-on demonstrations were given for the LLM project and other projects by the consortium member INTRAS. The audience was invited to try out the equipment and get information about the projects.

**Figure 5: At the first floor of the CREA building, the LongLastingMemories service as well as other projects was presented to the audience.**



## 2.8.1 Long Lasting Memories Dissemination Corner

Two full LLM systems were installed in the LLM Dissemination Corner the functionality of the Spanish localisation of LLM. The audience was offered to try out and play with the physical training device using the Balance Board or the Wii Remote, practice with the cognitive training component using BrainFitness or Gradior, or testing the ILC1 component.

Personal Assistance Network, INDESS - Research and Technology Development in Health and Social Care, e-SALUD - Mobility control, T-APOYO - Cyber-therapeutic accompanying program and SENIOR CHANNEL

**Figure 6: The LongLastingMemories Service was presented with two spanish installations.**



## 2.8.2 Technologies Demonstration & Projects Exhibition

The following other projects and innovations for the elderly population and handicapped people have been presented at the 2nd LLM workshop as well:

Sociable, DIEGO - Digital Inclusive e-Government, T- Seniority, PSICOED, RESATER - Health and Telemedicine Network in Rural Area, GRADIOR-KIDS, DISCOVER - Digital inclusion skills for carers bringing opportunities, value and excellence, QualiTIC -

Digital services of general interest for dependants, EUREGENAS - European regions enforcing actions against suicide, Mimov, ReDAP - Personal Assistance Network, INDESS - Research and Technology Development in Health and Social Care, e-SALUD - Mobility control, T-APOYO - Cyber-therapeutic accompanying program and SENIOR CHANNEL

**Figure 7: A total of 14 other projects for the elderly or handicapped people have been presented with hands-on presentations for the audience.**



### **2.8.3 Setting up of the Network "INNOVAGE"**

The INNOVAGE network was presented in parallel to the lectures and workshops at the 2nd LLM workshop. The audience was offered a free membership to the network and all interested people had the change to register directly at the front desk.

INNOVAGE NETWORK is pan-european network for advancing R&D and leveraging innovation for a better care and social integration of elderly people. This social network aims at enabling elderly people to preserve and enhance independence and dignity in all aspects of life and health. Therefore, INNOVAGE stimulates the capacities of the elderly and encourages them for ICT usage for social communication, leisure and cognitive care purposes. 11 organizations were engaged in this initiative

### 3 Workshop evaluation

#### 3.1 Addressed audience

The audience was composed of companies, representatives and professionals of services providers (user centers-organizations) as well as scientists from the University of Salamanca, University of Valladolid, and the National Superior Centre for Scientific Research.

#### 3.2 Workshop social media

There was a live coverage in the social media on twitter and facebook during the workshop:

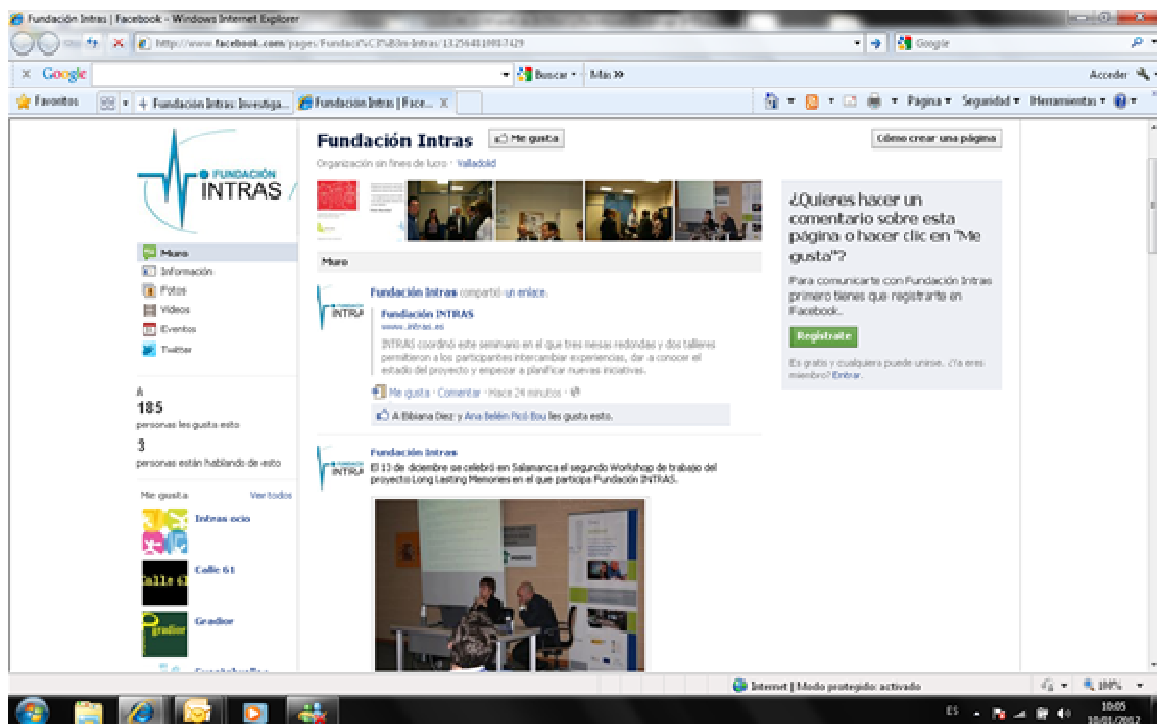
Figure 8: Live coverage from the LLM workshop on twitter



**Figure 9: Live coverage from the LLM workshop on Facebook**



**Figure 10: Live coverage from the LLM workshop on INTRAS Facebook**



**Figure 11: LLM 2nd Workshop at INTRAS' Website**



### 3.3 Media reports

#### Press & Radio

- 1 article – 2 pages at the central sections of the newspaper (printed and digital version) “El Norte de Castilla”, with 204.000 readers
- 1 intervention at COPE radio, with 165.000 listeners

#### Especialized Media:

- 1 article at the newsletter of ADEuropa
- 1 article at the newsletter of CDTI
- 1 Article at the newsletter InfoINTRAS

#### Social Networks

- News at LLM & INTRAS' Website
- LLM Facebook and Twitter Live Coverage
- INTRAS Facebook Live Coverage



## 4 Agenda

The Agenda of the workshop is shown in table 1 below.

**Figure 12: Agenda of the 2nd LLM workshop in Salamanca**

<b><i>Driving Innovation in Psychosocial Care: Addressing Cognitive Deterioration in the Ageing Process</i></b> <i>Final workshop of the Long Lasting Memories Project. Funded by the EC programme CIP ICT PSP.(DG. INSO)</i>		
<b>9.00 - 9.15</b>	<b>Venue</b>	
<b>9.15 - 9.30</b>	<b>Opening Ceremony- Welcome</b>	
	Mrs. Maria Isabel González Ingelmo	Executive Manager. National Reference Centre for Alzheimer and other Dementias
	Mr. Pablo Gómez Conejo.	Executive Manager. Fundación INTRAS
	Dr. Manuel Ángel Franco.	Head of Psychiatry Department. Provincial Hospital of Zamora
<b>9.30 - 9.50</b>	<b>Lectures</b>	<b>Psychosocial Interventions to improve and prevent cognitive deterioration in the ageing process</b>
	Cognitive training and Mild Cognitive Deterioration: State of the art	Mrs. Fátima González and Mr. Yuri Ruíz- Izundegui. Fundación INTRAS
<b>9.50 - 11.00</b>	<b>Lectures</b>	<b>Physical and cognitive training and rehabilitation through ICT Solutions: The Long Lasting Memories Project</b>
	The Long Lasting Memories Project.	Dr. Panos Bamidis. University of Thessaloniki
	The Long Lasting Memories System	Mr. Walter Hlauschek. Ceit Raltec GmbH.
	Pilot deployment plan and Quality assurance	Mr. Kush Wadwa. GSI Ltd.
	Scientific basis and results	Dr. Winnifried Schlee. University of Ulm
	Piloting LLM . The National and Kapodistrian University of Athens' experience	Dr. Sokratis G. Papageorgiou. National and Kapodistrian University of Athens

<b>11.30- 12.00</b>	<b>Lectures</b>	<b>Stakeholder experiences about the LLM project</b>
	UGECAM experience on LLM project	Mr. Jean Baptiste ANDREYS. General Manager. Centre Maurice Delort. UGECAM Group.
	SAR experience on LLM project	Dr. Iciar Ancizu. I+D+i Director - Grupo SAR- QUAVITAE.
<b>12.00- 13.30</b>	<b>Workhops</b>	<b>Technologies to improve the quality of life of elderly people</b>
	<b>Workshop I</b>	<b>Health &amp; Assistive technologies for elderly people</b>
	SeniorLab Project - AVANZA Programme	Mr. Leonardo Martinez Suárez. Executive Manager. Fundación CETIEX
	e-SALUD Project - INNPACTO Programme	Dr. Monica Citores. R&D Director. Grupo TECOPY
	K-SERA Project - 7 FP Programme	Mr. Walter Hlauschek. CEIT Raltec
	Softcare Project - AAL Programme	Mr. Walter Hlauschek. CEIT Raltec
	ATIS4ALL Project - ICT PSP Programme	Mr. Roberto Torena. Project Manager. Technosite (ONCE)
	BCI REHAB I Project- Fundación General CSIC & BCI REHAB II Project - IMSERSO	Dr. Roberto Hornero. Professor. University of Valladolid - Rebeca Corralejo. Researcher. University of Valladolid - Daniel Álvarez. Researcher. University of Valladolid
<b>13.30- 15.00</b>	<b>Lunch</b>	
<b>15.00- 16.30</b>	<b>Workhops</b>	
	<b>Workshop II</b>	<b>Active ageing and active citizenship</b>
	SeniorChannel Project - AAL Programme	Mrs. Neftis Atallah. Head of the Projects Office. Fundación CEDETEL
	Better Project - 7 FP Programme	Dr. J.L Pons. CSIC
	Diego Project - CIP ICT PSP Programme & T-Seniority Project - CIP ICT PSP	Mr. Alejandro Echeverría. Project Manager. IDI EIKON
	Sociable Project - CIP ICT PSP Programme	Mr. Javier Alcalá. Engineer. Labhuman - Mrs. Reyes Moliner. Psychologist. PREVI
	Virtual Technologies for Active Ageing	Mr. Mario Martínez. Engineer. University of Valladolid
	MIMOV & REDAP Project - AVANZA Programme	Mrs. Gemma Roig. R&D Director. SAI WIRELESS
<b>16.30- 18.00</b>	<b>Round table. Final Conclusions</b>	<b>When the project ends: Bussiness models for achieving sustainability</b>

<b>12.00- 18.00</b>	<b>Paralel activities</b>	<b>12.00 - 18.00: Long Lasting Memories Dissemination Corner</b>
		<b>12.00 - 18.00: Technologies Demonstration &amp; Projects Exhibition</b>
		<b>13.30 - 15.00 Setting up of the Network "INNOVAGE"</b>
<b>20.30</b>	<b>CONSORTIUM DINNER</b>	<b>HACIENDA ZORITA Hotel. Transportation will be facilitated by INTRAS</b>

## 5 Conclusions

A selected audience of scientist and experts in the aging research field attended the workshop, presented their results, exchanged ideas and lively discussed the most recent topics and projects.

Scientific results of the LLM consortium were presented showing that the LLM intervention leads to significant improvements in the cognitive performance of the participants. The most astonishing results was a tremendous improvement in a group of demented patients as presented by the trial site in Athens. The LLM intervention is an efficacious treatment that is technically and scientifically at the top of the currently available solutions for improving health in the elderly.

## References

Relevant internet links for this workshop are:

- link to the LLM Webpage: [www.longlastingmemories.eu](http://www.longlastingmemories.eu)
- link to the CREA: [www.crealzheimer.es](http://www.crealzheimer.es)
- link to INTRAS: [www.intras.es](http://www.intras.es)