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Abstract:

This document describes the 3<sup>rd</sup> International Event promoted under the project **AgeingWell** – Network for the Market Uptake of ICT for Ageing Well, which was organized by INOVA+ with the support of all partners in the network.

The event, **ICT Solutions for Independent Living**, was promoted as a parallel session under the eHealth Forum that took place in Athens, Greece, from 12 to 14 May 2014.

This **AgeingWell** event intended to be an info-sharing space for all actors involved and/or interested in the ICT4Ageing market opportunities. As such, this event aimed at exploring the current needs/challenges that the different ICT4Ageing stakeholders are dealing with; at presenting good practices that can act as examples for future actions in this field; at disseminating ICT / mHealth solutions for Independent Living; and at sharing experiences and promote synergies among participants.

The eHealth Forum had more than 1.200 participants from 38 countries and 150 speakers. Participants of the forum included health researchers and assistive technologies developers and providers, from which around 40 persons attended the 3<sup>rd</sup> International Event of the **AgeingWell** Network.

**Revision History:**

Revision	Date	Author	Organisation	Description
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**Statement of Originality**

This deliverable contains original unpublished work except where clearly indicated otherwise. Acknowledgement of previously published material and of the work of others has been made through appropriate citation, quotation or both.

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## 1 Introduction

### 1.1 Background

The aim of the **AgeingWell** Network is to build and animate a European network focused on improving the quality of life of Elderly People by promoting the market uptake of ICT solutions for Ageing Well.

To achieve its aim, the following five **main objectives** of the **AgeingWell** project are:

- **Develop** guidelines for deployment and sharing of best practice between key competence centres;
- **Build** an ICT for Ageing Knowledge Centre with the aim to share the results with the Ageing Well Community;
- **Develop** an ICT for Ageing Society Strategic Agenda, with the aim of providing a study on options for future structure and implementation of EU innovation funding;
- **Promote** the European innovation reinforcement between innovative ICT industries & Ageing (in particular SMEs) and Venture Capital firms, Business Angels and other;
- **Raise awareness** within the European community of ICT & Ageing stakeholders through web-based communication, and the organization of 3 international events and 11 national events.

### 1.2 Summary

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This **AgeingWell** event intended to be an info-sharing space for all actors involved and/or interested in the ICT4Ageing market opportunities. As such, this event aimed at exploring the current needs/challenges that the different ICT4Ageing stakeholders are dealing with; at presenting good practices that can act as examples for future actions in this field; at disseminating ICT / mHealth solutions for Independent Living; and at sharing experiences and promote synergies among participants.

The eHealth Forum had more than 1.200 participants from 38 countries and 150 speakers. Participants of the forum included health researchers and assistive technologies developers and providers, from which around 40 persons attended the 3<sup>rd</sup> International Event of the **AgeingWell** Network.

## 2 Agenda<sup>1</sup>

Time	Topic	Speaker(s)
10h30	Welcome and opening of the session	
10h45	<b>AgeingWell Network – Bridging ICT &amp; Ageing Stakeholders and Sharing Good Practices</b>	Ana Solange Leal (INOVA+, PT)
	<b>ICT and mHealth solutions for improving the quality of life of older people</b>	Gabriel Abrantes (ZON Optimus, PT)
11h15	<ul style="list-style-type: none"> <li>A1 - An Operator's View on Addressing the Ageing &amp; Health Market</li> </ul>	Alejandro Sánchez-Rico (Artica Telemedicina, ES)
	<ul style="list-style-type: none"> <li>A2 - Proactive Care Services based on mHealth</li> </ul>	
	<ul style="list-style-type: none"> <li>A3 - Raspeberry Pi and Open Source Software for Social Care</li> </ul>	Kostis Kaggelides (Gnomon Informatics, GR)
	<ul style="list-style-type: none"> <li>A4 - The Role of Mobile Technologies and Exergames in Improving the Cognitive Health of the Elderly</li> </ul>	Panos Bamidis (AUTH, GR)
	<b>Promoting older people adoption of ICT and mHealth Solutions</b>	
12h00	<ul style="list-style-type: none"> <li>B1 - How the Municipality of Trikala Develops and Engages Seniors in Using ICT Solutions;</li> </ul>	Kalli Liatou (e-Trikala, GR)
	<ul style="list-style-type: none"> <li>B2 - Testing Innovative E-Health Solutions in Romania;</li> </ul>	Ligia Manesi (AAIF, RO)
	<ul style="list-style-type: none"> <li>B3 - Facilitating Groups of Older People to Learn to Use New Technologies</li> </ul>	Myrto-Maria Ranga (50plus Hellas, GR)
	<ul style="list-style-type: none"> <li>B4 - DaleMov – Cognitive Stimulation: Interactive Solutions for People Affected by Parkinson's</li> </ul>	Alicia Gómez Benito (Asociación Parkinson Madrid, ES)
	<ul style="list-style-type: none"> <li>B5 - HAIVISIO: Enhancing visibility and exploitation potential of ICT Solutions for Independent Living</li> </ul>	Apostolos Vontas (ViLabs, GR)
12h45	<b>Q&amp;A / Closure of the session</b>	

<sup>1</sup> All presentations from the event are available on the network web-portal at Events » ICT Solutions for Independent Living (GR).

## 3 Summary of the event

### 3.1 Introduction

The 3<sup>rd</sup> International Event of the **AgeingWell** Network was organized by INOVA+ in close cooperation of the members of the network, who supported the definition of the programme, the dissemination of the event and contributed with presentations.


The event took place on the **14<sup>th</sup> of May 2014**, at Megaron Athens International Conference Centre in Athens, Greece, under the scope of the eHealth Forum 2014, an important annual event for those who are interested in eHealth and Active and Healthy Ageing.

Devoted to the theme *“ICT Solutions for Independent Living”* the **AgeingWell** International event gathered around 40 participants, amongst representatives of R&D institutions, health researchers and assistive technologies developers and providers. With a full duration of near 3 hours, the event gave the opportunity to participants interact with the presenters and to debate interesting ideas.

### 3.2 Dissemination of the Event

To disseminate the event and invite participants, several activities have been carried out by the members of the network. Some the activities included the send out of invitations by email (Figure 2), the use of online communication tools (Twitter, Facebook and LinkedIn), an article on the project's newsletter and also personal contacts.

**Invitation to the 3rd International Event of the AgeingWell Network**

  
 Network for the Market uptake of ICT for AgeingWell

**“ICT SOLUTIONS FOR INDEPENDENT LIVING IN OWN HOME”**  
 Wednesday, 14th May 2014, Athens (Greece)

Dear Sirs,

We have a pleasure to invite you to the **3rd International Event of the AgeingWell Network**, in Athens, Greece, which will be promoted under the **eHealth Forum 2014** (<http://ehealth2014.org>), on the **14<sup>th</sup> of May 2014**.

**Participation for eHealth Forum delegates is Free!**

This **AgeingWell** event intends to be an info-sharing space for all actors involved and/or interested in the **ICT4Ageing** market opportunities and it will be devoted to **ICT / mHealth solutions for independent living**. The specific objectives are the following:

- To explore the current needs/challenges that the different **ICT4Ageing** stakeholders are dealing with;
- To present good practices that can act as examples for future actions in this field;
- To disseminate **ICT / mHealth solutions** for Independent Living;
- To share experiences and promote synergies.

**PROPOSED AGENDA**

Time	Topic
10h30	Welcome and opening of the session
10h45	<b>AgeingWell Network – Bridging ICT &amp; Ageing Stakeholders and Sharing Good Practices</b>
11h15	<b>ICT and mHealth solutions for improving the quality of life of older people</b> <i>ICT/mHealth solutions providers will present their solutions and explain how they contribute to enhance the independent living of the elderly</i>
12h00	<b>Promoting older people adoption of ICT and mHealth Solutions</b> <i>End-Users organisations will explain how they engage senior in using the ICT/mHealth solutions and/or how they participate in the development of those solutions</i>
12h45	<b>Q&amp;A / Closure of the session</b>

The full programme can be consulted [here](#).

If you have any questions, please do not hesitate to contact me directly ([ana.leal@inovamais.pt](mailto:ana.leal@inovamais.pt))

Figure 1: Invitation sent by email

Invitations were sent to all associate members and supporters of the **AgeingWell** Network, as well as to the stakeholders listed in the D2.2<sup>2</sup>, among other contacts.

The social media tools, particularly Twitter, played an important role in the dissemination of this event. In fact, many followers of the **AgeingWell** Network account have re-tweeted the information posted about the event (Figure 3). This action proves that the event was seen as relevant initiative and addressed topics of interest for **ICT4Ageing** stakeholders.

<sup>2</sup> Deliverable D2.2 Identification of key stakeholders at regional, national, European and Global level produced in Month 12.





Figure 2: Dissemination on Twitter

An event was created on Facebook in which visitors could access the information about the event and programme (Figure 4).



Figure 3: Dissemination on Facebook

The official page of **AgeingWell** Network was also used to promote this event, with a specific section dedicated to this event, and with a direct link included in the homepage.

### 3.3 Progress of the Event

Ana Solange Leal, as project manager of the **AgeingWell** Network, opened the meeting and welcomed the participants. Then, she presented the network, its objectives, members and activities, highlighting the achievements reached so far and their liaison with the European initiatives concerning health and active ageing (e.g. EIP AHA).

Afterwards, the session devoted to **ICT and mHealth solutions for improving the quality of life of older people** was initiated by Gabriel Abrantes (Zon OPTIMUS – PT) who provide an overview of the current scenario in Portugal regarding the elder population and how it represents interesting market opportunities for companies, such as an operator on mobile communications. In fact, in response to this market opportunity, Gabriel Abrantes presented the new solution launched by his company in January 2014: ONESAFE – a mobile solution that allows monitoring and tracking the seniors, and that includes access to professional services (call center with professional nurses) to guarantee the necessary rescue operations in case of need. He concluded his presentation by highlighting that Tele-

assistance / medicine / monitoring supported by ICT are some of the key instrumental tools to address the ageing market.

Then, Alejandro Sánchez-Rico (Artica Telemedicina - ES) presented how mobile solutions can contribute to a proactive care services provision in different scenarios (e.g. Chronic Conditions). To be effective, a mobile solution addressing the health market has to respond and take into consideration the needs of all actors involved, this means that besides understanding the needs of the patient, it is also crucial to realize the needs of formal/informal caregivers and of primary/specialty care. Only through a global perspective it is possible to develop a solution that can truly be useful and efficient. Next, Kostis Kaggelides (Gnomon Informatics - GR) presented the project Raspberry Pi addressing the eHealth sector. The main driver of the project was the delivery of social care solutions under during financial crisis, i.e. deploying an open e-Health architecture which could support simple modalities in adverse environments being adaptable to future extensions to both devices and functionality and being affordable (also in total cost of ownership).

To conclude this session, Panos Bamidis (AuTh – GR) shared his experience on the role of mobile technologies and exergames in improving the cognitive health of the elderly. For this, he presented the results of three projects in which mobile technologies and exergames were used and tested with elders; namely USEFIL project<sup>3</sup> and LLM-Long Lasting Memories project<sup>4</sup>.

The second session of this event focused on **Promoting older people adoption of ICT and mHealth Solutions** in which the floor was given to public authorities and users organisations to share their experiences in this field. The first presentation was delivered by Kalli Liatou (e-Trikala - GR) who explained how the Municipality of Trikala develops and engages seniors in using ICT solutions. This is achieved through the participation in various EU projects in which Trikala is able to participate in the testing phases of the ICT solutions and invites its seniors to engage in the tests. These experiences have contributed to enhance the know-how of the Municipality in implementation and deployment of eHealth and eCare products and services.

Then, Mrs. Ligia Manesi presented the work of the Ana Aslan International Foundation (AAIF), in Romania, related to the testing of e-Health solutions among seniors and people with mild to moderate dementia; as well as amongst their formal and informal caregivers. This experience revealed that, through the use of such solutions, practical caring skills (e.g. washing, dressing), mobility, stress and health management may be improved. However, in order to be successful, the eHealth solutions must provide friendly interfaces properly adapted to the end-user needs, as by this the acceptance by seniors can be enhanced. This lead to the conclusion of, whenever possible, the end-users need to be engaged in the development phases of the smart solutions, to ensure their adaptability and response to real needs of main beneficiaries.

The third presentation within this session was delivered by Dr. Myrto-Maria Ranga from 50plus Hellas. This organisation intends to contribute to improve digital literacy of senior population. Thus, her presentation focused on the activities promoted by 50plus Hellas (GR) in this field, including several training initiatives implemented in the past two years. Through the implementation of the training sessions, it was possible to better understand the learning processes of older people, which

<sup>3</sup> More information available here: <https://www.usefil.eu>

<sup>4</sup> More information available here: <http://www.longlastingmemories.eu>

require specific learning methodologies (with materials adapted to the needs of the learners, e.g. large font size) and empathy. Benefits for learners were highlighted including, for instance, mental fitness and socialization. Also, one of the measures tested within this activity was the involvement of younger volunteers, who would take the role of teachers and help the seniors dealing with the new technologies; by this intergenerational communication was promoted and appreciated by seniors.

Afterwards, Ms. Alicia Gómez Benito (Asociación Parkinson Madrid – ES) presented the experience promoted within the DaleMov project aiming to promote cognitive stimulation interactive solutions for people affected by Parkinson's. DaleMov requires the active participation of both therapists and patients in the process of cognitive stimulation, which results in the acquisition of skills that allow the patients using mobile devices and improves the care process as it consents the customization of the therapy to the specific needs of each patient.

At the end, Mr. Apostolos Vontas (ViLabs, GR) introduced the HAIVISIO community, a platform that aims at enhancing visibility and exploitation potential of ICT Solutions for Independent Living

### 3.4 Conclusions and Feedback from Speakers

The “ICT solutions for independent living in own home” parallel session focused on the need of interaction of collaboration of developers, service providers, public authorities and end users in the development and adoption of ICT solutions for the growing elderly population of Europe. Market potential, interoperability, cost effectiveness and sustainability of solutions are key drivers in the development of solutions, while putting the client in the epicenter of the design, implementation and evaluation of ICT solutions is of paramount importance. A number of solutions focusing on accessibility, health prevention, quality of life, follow up and continuous care was presented. Key barriers to the adoption of technologies were discussed such as interoperability, the effective and pragmatic implementation in times of a financial crisis, the scaling up of solutions and increased fragmentation of the market. These eventually lead to limited investment and slow adoption. It was noted that the nature of the market is such that currently the adoption of ICT solutions from the individual customer is not very effective because of the need for significant infrastructure, development of clinical tests of large scale, cost effectiveness and trust to the selected health care providers. At the second part of the session the end users (municipalities, health care providers and senior citizens associations) presented their perspective. Key points were the need to improve seniors’ involvement in the development of ICT solutions and intergenerational communication. It is important to facilitate learning interest by talking and informing, investigating, listening and encouraging seniors; also creating accessible, secure and user- friendly environments; and finally consulting experts such as gerontologists, etc.

The **AgeingWell** Network asked the speakers their statement about the participation at this event and it was possible to collect the declarations presented below.

**Gabriel Abrantes, ZON-Optimus (PT)**

*"The third international event of the AgeingWell was clearly the best so far: a very good session with interesting case studies and interventions, participative audience with good questions, all this within the E-Health conference, that had all to do with the Ageing Well objectives. All in all, a worthwhile participation for me, both as a speaker and as a participant."*

**Panagiotis D. Bamidis, Faculty of Health Sciences, Aristotle University of Thessaloniki (GR)**

*"I was pleased, to participate and lecture in the very exciting workshop you organised during the eHealth Athens forum. For me, the networking capacity provided by your project proves to be very important. The excellence of colleagues gathered around the AgeingWell project is crucial for the Active and Health Aging research arena where we all practice and collaborate. I wish to expand our collaborations further by linking in your network all our activities, namely, the USEFIL FP7 project, the DISCOVER ICT-PSP project and LLMcare the business child of the completed and success/best practice case LongLastingMemories (LLM) project (also an ICT-PSP). Let us all partner in this challenging endeavour on improving the quality of life of senior people. Panos Bamidis, Assistive Technologies and Silver Science group, Lab of Medical Physics, Medical School, Aristotle University of Thessaloniki, Greece".*

**Alejandro Sánchez-Rico de las Heras, Artica Telemedicina (ES)**

*"We participated at the event presenting our view on proactive services supported by mHealth applications. The Ageing Well event was done during the morning and the room was full of participants which denote the interest on the general topic proposed by Ageing Well.*

*Taking into consideration the speakers several stakeholders were represented, from end user organizations, to research institutions to small and big companies. The view of all of them enrich the event with a wide set of different experiences and points of view.*

*Regarding the participants at the event the room was full and considering the questions and the participation after each presentation and at the end the interest on the topic was high. Regarding our presentation the conversation on end users and health representatives from other countries was interesting and focus on the importance of taking the end users into account and also on the ways of how to implement our services and solutions abroad and how these services can be deployed internationally when health professionals are needed.*

*In conclusion the event in our opinion was the best of all with great interest during and after the event and a rich conversation at the end that promote networking after the event".*

**Ligia Manesi, Ana Aslan International Foundation (RO)**

*"Ana Leal has started with a greatly detailed presentation in point of the AgeingWell network (including the founder members and network enlargement), outcomes (which are indeed very good, so far) and future plans and tendencies. The hall was a little bit small as regarding the audience which far exceeded the expectations – many of the attendants had to stand up 😊.*

*My presentation has included the promotion of our (AAIF) 8 ongoing projects, including the results from our field trial with PEUs and SEUs of 8 prototypes for different services (such as: caring on the daily tasks, socialization, caregiver support, instant and "just-in-time" healthcare and social assistance, facilitating and easing the traveling and transportation. As well, the dissemination of the LiveWell project and our participation in several joint programs for initiating, building and strengthening stakeholder communities in the field of ageing and neurodegenerative diseases management and prevention, etc. Another expressed wish was the expansion of the AW network in France – maybe we (AAIF) can help in this matter, due to our strength connections within EADC or other projects partnerships with French centers.*

*Ana Leal has initiated an interesting sessions of discussions in which one has regarded the facilitations and opportunities on e-health solutions exploitation (including some ideas on marketing and business) – the audience seemed to be shared in two when debating whether or not the new solutions to be supplied directly to users (preferable more by east and south-east European countries) or through competent centers and associations in each field (sustained more by Portuguese and Spanish). Another interesting discussion was about the clinical test we use to assess the prototype testing results with PEUs and SEUs, such as MMSE, ADL, IADL, CDT, Tinetti, Yesavage, Zarit...etc. on our specialty (MCI and Alzheimer's Disease or other related dementias), as well as our expectation on scores improving.*

*The entire audience appreciated each presentation and at the end of each session discussions on the approached topics were held.*

*Pedro Costa (the LiveWell project coordinator) has well received the dissemination material and published it on the <http://www.livewell-community.eu/news> and on the Facebook LiveWell Community."*



## 4 Photos

