Objective

Background
We propose a holistic view of interrelated frailties: cognitive decline, physical frailty, depression and anxiety, social isolation and poor sleep quality, which are a major burden to older adults and social and health care systems. Early detection and intervention are crucial in sustaining active and healthy ageing (AHA) and slowing or reversing further decline.

Aims and Relevance
The main aim of my-AHA is to reduce frailty risk by improving physical activity and cognitive function, psychological state, social resources, nutrition, sleep and overall well-being. It will empower older citizens to better manage their own health, resulting
in healthcare cost savings. my-AHA will use state-of-the-art analytical concepts to provide new ways of health monitoring and disease prevention through individualized profiling and personalized recommendations, feedback and support.

Approach
An ICT-based platform will detect defined risks in the frailty domains early and accurately via non-stigmatising embedded sensors and data readily available in the daily living environment of older adults. When risk is detected, my-AHA will provide targeted ICT-based interventions with a scientific evidence base of efficacy, including vetted offerings from established providers of medical and AHA support. These interventions will follow an integrated approach to motivate users to participate in exercise, cognitively stimulating games and social networking to achieve long-term behavioural change, sustained by continued end user engagement with my-AHA.

Scale and Sustainability
The proposed platform provides numerous incentives to engage diverse stakeholders, constituting a sustainable ecosystem with empowered end users and reliable standardised interfaces for solutions providers, which will be ready for larger scale deployment at project end. The ultimate aim is to deliver significant innovation in the area of AHA by cooperation with European health care organizations, SMEs, NGOs.

Fields of science

- social sciences
- political sciences
- political policies
- civil society
- nongovernmental organizations
- medical and health sciences
- health sciences
- nutrition
- engineering and technology
- electrical engineering, electronic engineering, information engineering
- electronic engineering
- sensors
- natural sciences
- biological sciences
- ecology
- ecosystems

Programme(s)

- H2020-EU.3.1. - SOCIETAL CHALLENGES - Health, demographic change and well-being
- H2020-EU.3.1.4. - Active ageing and self-management of health

Topic(s)

- PHC-21-2015 - Advancing active and healthy ageing with ICT: Early risk detection and intervention
Call for proposal

H2020-PHC-2014-2015

See other projects for this call

Sub call

H2020-PHC-2015-single-stage

Funding Scheme

RIA - Research and Innovation action

Coordinator

UNIVERSITA DEGLI STUDI DI TORINO

Net EU contribution

€ 474 034,21

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Activity type
Higher or Secondary Education Establishments

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Other funding
€ 0,00

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Other funding
€ 0.00

DEUTSCHE SPORTEHOCHSCHULE KOLN

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€ 0.00
GESTIO SOCIO SANITARIA AL MEDITERRANI SL

Spain

Net EU contribution

€ 114 626,21

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Other funding

€ 0,00

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INSTITUT FUR EXPERIMENTELLE PSYCHOPHYSIOLOGIE GMBH

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€ 0,00

INSTITUTO DE BIOMECANICA DE VALENCIA

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Other funding
€ 0,00

FONDAZIONE LINKS - LEADING INNOVATION & KNOWLEDGE FOR SOCIETY

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Research Organisations

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Other funding
€ 0,00

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JOHANNITER OSTERREICH AUSBILDUNG UND FORSCHUNG
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€ 454 801,71

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Research Organisations

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Other funding
€ 0,00

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KAASA SOLUTION GMBH
KAASA SOLUTION GMBH

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Other funding

€ 0,00

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LOUGHBOROUGH UNIVERSITY

United Kingdom

Net EU contribution

€ 437 840,00

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East Midlands (England) > Leicestershire, Rutland and Northamptonshire > Leicestershire CC and Rutland

Activity type

Higher or Secondary Education Establishments

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UNIVERSITAET SIEGEN

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€ 573,417.96

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Higher or Secondary Education Establishments

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Other funding
€ 0.00

IP HEALTH SOLUTIONS BV

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€ 0,00

JIN CO.,LTD.

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Other funding
€ 275 000,00

NATIONAL UNIVERSITY CORPORATION TOHOKU UNIVERSITY

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€ 238 455,00

UNIVERSITY OF THE SUNSHINE COAST

- Australia

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€ 0,00

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Higher or Secondary Education Establishments
Other funding

€ 348 387,50

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