## My Active and Healthy Aging

### Fact Sheet

<table>
<thead>
<tr>
<th>Project Information</th>
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<tbody>
<tr>
<td><strong>my-AHA</strong></td>
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<tr>
<td>Grant agreement ID: 689592</td>
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<tr>
<td><strong>Funded under</strong></td>
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<tr>
<td>SOCIETAL CHALLENGES - Health, demographic change and well-being</td>
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<tr>
<td><strong>Total cost</strong></td>
<td>€ 5 168 451,25</td>
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<tr>
<td><strong>EU contribution</strong></td>
<td>€ 4 247 233,75</td>
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<tr>
<td><strong>Coordinated by</strong></td>
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<tr>
<td>UNIVERSITA DEGLI STUDI DI TORINO</td>
<td>Italy</td>
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<tr>
<td><strong>Start date</strong></td>
<td>1 January 2016</td>
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<td><strong>End date</strong></td>
<td>31 March 2020</td>
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### 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

Address

Via Giuseppe Verdi 8
10124 Torino

Italy

Region

Nord-Ovest > Piemonte > Torino

Activity type

Higher or Secondary Education Establishments

Links

Contact the organisation
Website
Participation in EU R&I programmes
HORIZON collaboration network

Non-EU contribution

€ 0,00

Participants (15)
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HORIZON collaboration network
Non-EU contribution
€ 0,00

DEUTSCHE SPORTECHSCHULE KOLN

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Net EU contribution
€ 259 750,00
Address
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Nordrhein-Westfalen > Köln > Köln, Kreisfreie Stadt
Activity type
Higher or Secondary Education Establishments
Links
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Website
Participation in EU R&I programmes
HORIZON collaboration network
Non-EU contribution
€ 0,00
GESTIO SOCIOSANITARIA AL MEDITERRANI SL

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€ 114 626,21
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Yes
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Este > Comunitat Valenciana > Valencia/València
Activity type
Private for-profit entities (excluding Higher or Secondary Education Establishments)
Links
Contact the organisation
Participation in EU R&I programmes
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Non-EU contribution
€ 0,00

INSTITUT FUR EXPERIMENTELLE PSYCHOPHYSIOLOGIE GMBH

Germany
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### INSTITUTO DE BIOMECANICA DE VALENCIA

Spain

**Net EU contribution**

€ 404 896,25

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**SME**

Yes

**Region**

Este > Comunitat Valenciana > Valencia/València

**Activity type**

Research Organisations

**Links**

- Contact the organisation
- Participation in EU R&I programmes
- HORIZON collaboration network

**Non-EU contribution**

€ 0,00

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### FONDAZIONE LINKS - LEADING INNOVATION & KNOWLEDGE FOR SOCIETY

Italy

**Net EU contribution**

€ 387 042,96
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Non-EU contribution
€ 0,00

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Non-EU contribution
€ 0,00

KAASA SOLUTION GMBH
KAASA SOLUTION GMBH

Germany

Net EU contribution

€ 446,208,75

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Yes

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Nordrhein-Westfalen > Düsseldorf > Düsseldorf, Kreisfreie Stadt

Activity type

Private for-profit entities (excluding Higher or Secondary Education Establishments)

Links

Contact the organisation
Participation in EU R&I programmes
HORIZON collaboration network

Non-EU contribution

€ 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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Higher or Secondary Education Establishments
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Participation in EU R&I programmes
HORIZON collaboration network
Non-EU contribution
€ 0.00

IP HEALTH SOLUTIONS BV

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Links

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Participation in EU R&I programmes
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Non-EU contribution

€ 0,00

JIN CO.,LTD.

● Japan

Net EU contribution

€ 0,00

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Activity type

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Non-EU contribution

€ 59 375,00

SEOUL NATIONAL UNIVERSITY

● South Korea

Net EU contribution

€ 0,00

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Activity type
Higher or Secondary Education Establishments

Links
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Non-EU contribution
€ 275 000,00

NATIONAL UNIVERSITY CORPORATION TOHOKU UNIVERSITY

- Japan

Net EU contribution
€ 0,00

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Higher or Secondary Education Establishments

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Non-EU contribution
€ 238 455,00

UNIVERSITY OF THE SUNSHINE COAST

- Australia

Net EU contribution
€ 0,00

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Activity type
Higher or Secondary Education Establishments
Non-EU contribution

€ 348 387,50

EC signature date: 1 December 2015
Last update: 17 August 2022
Record number: 200143

Permalink: https://cordis.europa.eu/project/id/689592

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