my-AHA

Project ID: 689592
Funded under: H2020-EU.3.1.4. - Active ageing and self-management of health

My Active and Healthy Aging

From 2016-01-01 to 2019-12-31, ongoing project | my-AHA Website

Project details

<table>
<thead>
<tr>
<th>Total cost:</th>
<th>Topic(s):</th>
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<tbody>
<tr>
<td>EUR 5 168 451,25</td>
<td>PHC-21-2015 - Advancing active and healthy ageing with ICT: Early risk detection and intervention</td>
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<tr>
<th>EU contribution:</th>
<th>Call for proposal:</th>
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<td>EUR 4 247 233,75</td>
<td>H2020-PHC-2015-single-stage</td>
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<tr>
<th>Coordinated in:</th>
<th>Funding scheme:</th>
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<td>Italy</td>
<td>RIA - Research and Innovation action</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.

Related information

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<tr>
<th>Report Summaries</th>
<th>Periodic Reporting for period 2 - my-AHA (My Active and Healthy Aging)</th>
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</table>
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