

## *Ageing better IN real LIFE!*

*Technology enabled strategies and tools for supporting older adults living in the community*

### IN LIFE PROJECT & CHALLENGES IN CARE

Societies in Europe are ageing, with the cohort of “the very old” growing at a faster pace than any other age segment of the EU’s population. According to Eurostat, the share of those aged 80 years or above in the European Union is projected to more than double in the next decades. These demographic changes, as well as changing family structures, will lead to an increase of the demand for high quality health and social care services. This demand will both be directed to public and private providers.

If chosen and deployed appropriately, technology can be a precious ally in tackling the challenge to deliver high quality care against affordable prices, whether clients are supported at home or in institutions.

The IN LIFE project has developed strategies and tools in different areas of independence for older adults with mild cognitive impairment and different stages of dementia, with the aim to test how existing and new flexible ICT solutions can assist elderly users with cognitive impairment in organising, carrying out and completing everyday tasks (such as home activities, communication, health maintenance, travel, mobility and socialisation tasks) and how these ICT solutions can help them, with adequate support, to remain healthy and active, either at home or in institutional settings.

On six pilot sites in Greece, Slovenia, Spain, Sweden, The Netherlands, and the UK, IN LIFE has offered all-around, personalised, multi-faceted ICT solutions and services addressing diverse aspects of care, such as: communication, socialisation, mental training, safety, remote monitoring, behaviour monitoring, supported mobility and prevention. Almost 2.000 users and carers have participated in the testing of the IN LIFE solutions.

These include the IN LIFE platform itself, which provides easy and personalized access to all the supported Ambient Assisted Living (AAL) services, as well as a tele-monitoring platform allowing for almost real-time monitoring of vital signs (including alerts with user localisation), and a number of online applications, fall detection solutions and other security services.

For a full overview of the products and services developed and how to get more information regarding them, please consult the website: [www.inlife-project.eu](http://www.inlife-project.eu).

Please consult the rear of this flyer for more information on challenges in the deployment of any eHealth and eCare technology.



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## How can you contribute?

The project has shown that technological issues are not the most important barriers for the wider uptake of technology in health and social care.

Barriers include resistance within society, sectors and organisations.

Care providers can play a key role by identifying and removing those barriers and by investing in innovative forms of care provision.

As with all innovations, the field needs visionary champions driving innovation at all levels, including the service providers level.

Wanting to know more? Contact any of the partners or join the Association for the Advancement of Assistive Technology in Europe.

## Insights, challenges and expected benefits

IN LIFE generated the following insights:

- There is an urgent need for efficient ICT solutions to address the needs of older adults with cognitive impairment;
- ICT solutions can improve ageing conditions and enlarge options for care providers;
- Introducing technology in care settings require change management at all levels.

Some challenges came to light:

- Introducing technology in the lives of older adults needs to be carefully prepared and accompanied by organisational change;
- Proposed ICT solutions need to be designed in a way that they can be easily understood and used by the elderly and by the care staff;
- Effective and permanent training of all actors is needed to ensure the correct handling of the technology;
- User groups are very diverse and solutions need to be customised and personalised;
- The availability of the minimum necessary infrastructure must be ensured (i.e. sufficient network converge and internet connection) before deploying any ICT based solution.

Expected benefits of IN LIFE technology:

- The developed technologies and applications can help prolong independent living of older adults with mild cognitive impairment, allowing them to be supported at home;
- The IN LIFE platform and the registered tools allow formal caregivers to monitor the health status of service users, to obtain information on risks and critical situations and to schedule and manage tasks (e.g. home visits, etc.);
- The outputs increase the possibility to provide more services remotely and thus to decrease the costs of human intervention;
- The tools and services can increase the knowledge of the service users' preferences and background, and make interaction and socialisation easier, while creating

*IN LIFE provides a unique place to find different ICT solutions for improving the quality of life of elderly users with cognitive impairments and their carers.*

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