

Ageing better IN real LIFE!

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

IN LIFE PROJECT—PROMOTING RESEARCH

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 EU-28’s population is projected to more than double during the next decades. This increased longevity, coupled with lower fertility rates and hence fewer young people as well as changing family structures, mean societies are looking for alternative ways of supporting and taking care of the ageing population. An important contribution can be provided by researchers.

If introduced appropriately, technology can be a precious ally in tackling this challenge. Well-designed ICT solutions can prolong independent living, help older adults stay socially connected and facilitate the development of sustainable integrated care models and practices. Of course the involvement of potential users in the design of new solutions is a prerequisite for successful outcomes.

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 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 stay and feel independent.

Over the duration of the project, more than 1.800 end users (older adults and carers) were involved in the project in different pilot sites in Greece, Slovenia, Spain, Sweden, The Netherlands, and the UK.

Different solutions were developed and tested. 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 incorporating personal area network sensors allowing for almost real-time monitoring of vital signs and alerts or warnings enriched with current user location, and a number of online applications, fall detection and other security services.

Important additional work has been done in the mapping and systematic description of relevant standards in the field of e-accessibility and e-inclusion.

Finally, the project has contributed to increasing the awareness of critical issues in the implementation and upscaling of eHealth and eCare solutions, together with other European projects, in particular ProACT and Scirocco.



HORIZON 2020

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The European Commission is not responsible for the results of the project or for any of the information provided in this information sheet.



You might wish to consider....

To access our research results.

To use the IN LIFE platform for implementing your own innovative assistive solutions.

To contact the partners for collaboration in new projects.

To access long-term health data of patients with mild cognitive impairment through applications such as HELMA.

To use of the collected information on relevant standards and best practices to ensure interoperability with other systems and tools and facilitate large-scale deployment.

General conclusions

- There is an urgent need for efficient ICT solutions to address the needs of older adults with cognitive impairment;
- ICT solutions can help prolong independent living and reduce institutionalisation;
- The role of the informal carer is a determinant for the technology adoption by the cared for.
- Introducing technology in the lives of older adults needs to be carefully prepared and accompanied by training to all involved;
- Proposed ICT solutions need to be designed in a way that they can be easily understood and used by the elderly;
- Effective and permanent training 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;
- The collected information on relevant standards and best practices is valuable to ensure interoperability of tools and possible large scale deployment.

SELECTED PUBLICATIONS (for a full and updated list, please consult the website www.inlife-project.eu)

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