

Final Event



NESTORE

Non-intrusive Empowering Solutions and Technologies for Older
people to Retain Everyday life activity

Your *Pathway* to Wellbeing

February 25, 2021, 09:00-13:30



This project has received funding from the European Union's Horizon 2020
research and innovation programme under grant agreement No 769643

www.nestore-project.eu

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Welcome to participants and Agenda

Giuseppe Andreoni



Final Event Agenda



09h00 Opening and introduction

Prof. Giuseppe Andreoni, NESTORE Scientific Coordinator, Politecnico di Milano

09h20 European efforts towards Active and Healthy Ageing

Irina Kalderon-Libal, Policy Officer, European Commission, DG CONNECT

Ander Elustondo Jauregui, Policy Officer, European Commission, DG SANTE

Q&A

10h00 The heritage of NESTORE

Co-designing age-friendly solutions (Prof. Paul Chamberlain, Sheffield Hallam University)

Technologies for ageing well (Ciprian Candea, Ropardo)

Users experiences from pilots (Dr. Laura Fernandez, Fundació Salut i Envel·liment)

Exploitation: insights on commercialisation (Prof. Emanuele Lettieri, Politecnico di Milano)

Q&A

11h15 – 11h30 *Break*

11h30 Building external bridges

vCARE project: clinical engagement in co-design and validation (Dr. Massimo Caprino, Casa di Cura del Policlinico)

From RIA project to product: the CAPTAIN story (Dr. Evdokimos Konstantinidis, Aristotle University of Thessaloniki and WITA srl)

Lessons learned from Council of Coaches: Writing personalized, dynamic dialogue for virtual coaching using WOOL (Dr. Harm op den Akker, Innovation Sprint)

Q&A

12h30 Conclusions

Wrap-up by Ing. Cinzia Mambretti, NESTORE Project Manager, Fondazione Politecnico

Policy recommendations, Ilenia Gheno, AGE Platform Europe

Conclusions by Prof. Giuseppe Andreoni, NESTORE Scientific Coordinator, Politecnico di Milano

13h00 *Event ends*



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NESTORE Project: concepts and experience

Prof. Giuseppe Andreoni
Politecnico di Milano

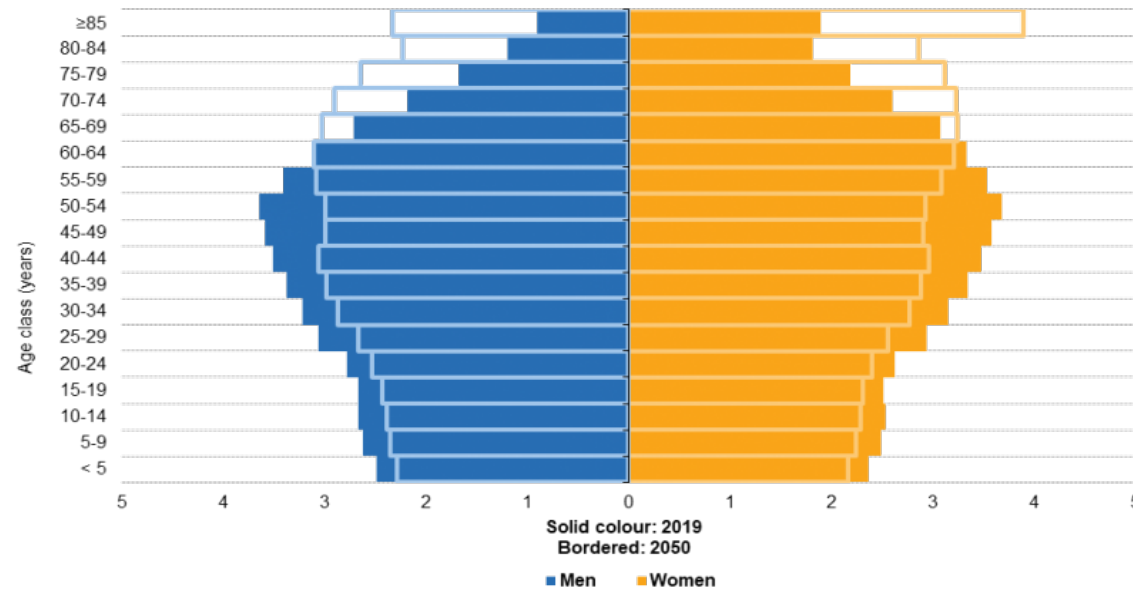


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The Ageing Society: needs and challenges

Wellbeing of Europe is the wellbeing of European citizens

Population pyramids, EU-27, 2019 and 2050
(% share of total population)



Note: all data as of 1 January. 2019: estimates and provisional. 2050: population according to the 2019 projections, baseline variant (EUROPOP2019).

Source: Eurostat (online data codes: demo_pjangroup and proj_19np)

eurostat

Green Paper on Ageing

Brussels, 27.1.2021
COM(2021) 50 final

Lifelong learning and healthy and active ageing need to start at a young age and continue throughout adulthood. Acquiring new skills boosts job opportunities during working years, but also helps people stay active into later life.



EUROPEAN
COMMISSION



Wellbeing and healthcare:

a challenge for economic growth and societal quality of life



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The Ageing Society: needs and challenges

Wellbeing of Europe is the wellbeing of European citizens

Active Healthy Ageing

Strategy for wellbeing and inclusion

“Active and Healthy Ageing (AHA) is the process of *optimizing opportunities for health, participation and security* in order to *enhance quality of life as people age*.

...

'Health' refers to *physical, mental* and *social* wellbeing.

'Active' refers to continuing participation in social, economic, cultural, spiritual and civic affairs, not just the simple ability to be physically active or to participate in the labour". (WHO)



← Leveraging ICT technologies →



Basic and Applied Research

SC1-PM-15-2017 call
Personalised coaching for well-being and care of people as they age



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SC1-PM-15-2017

Virtual coach solutions for AHA

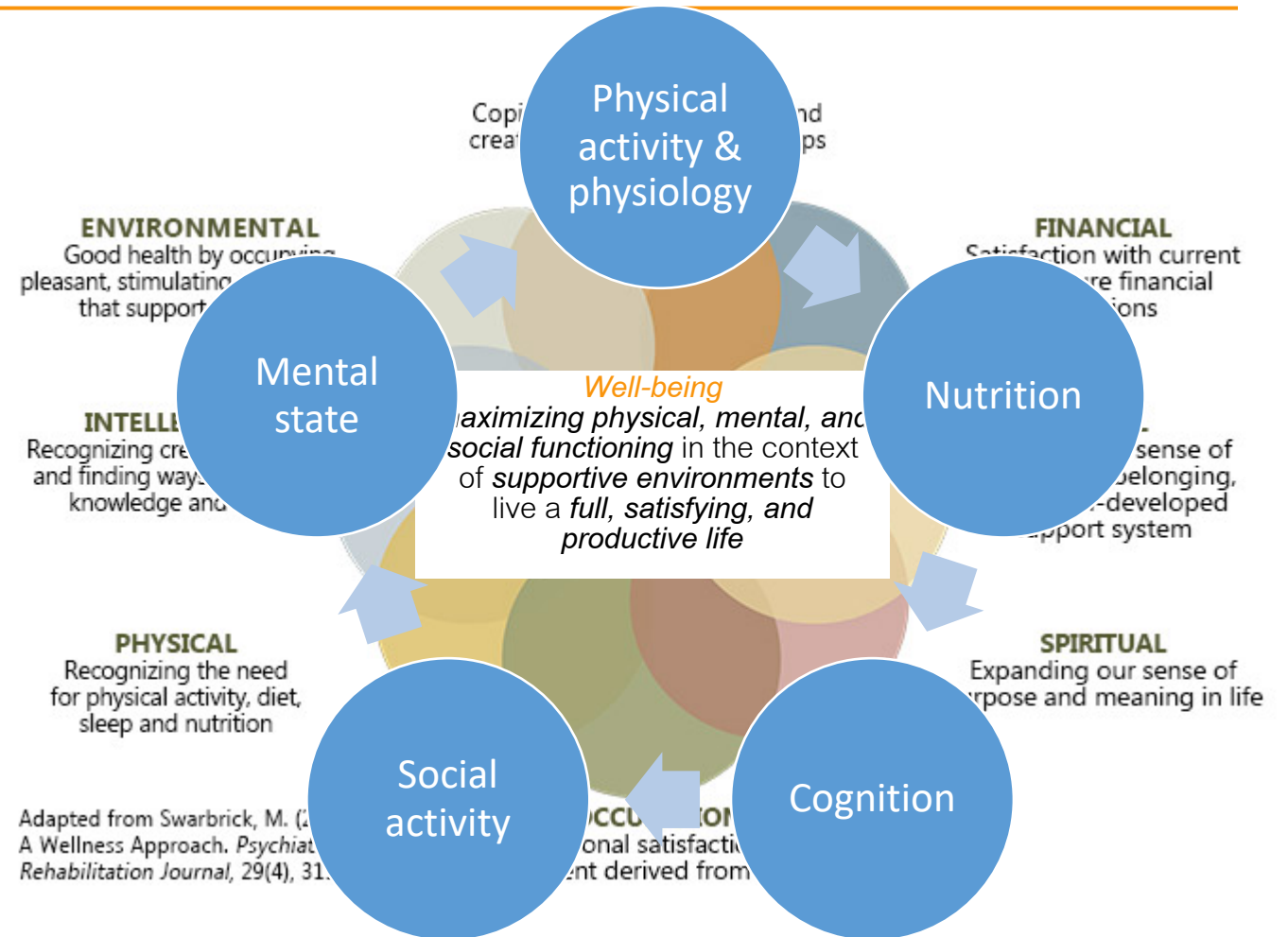
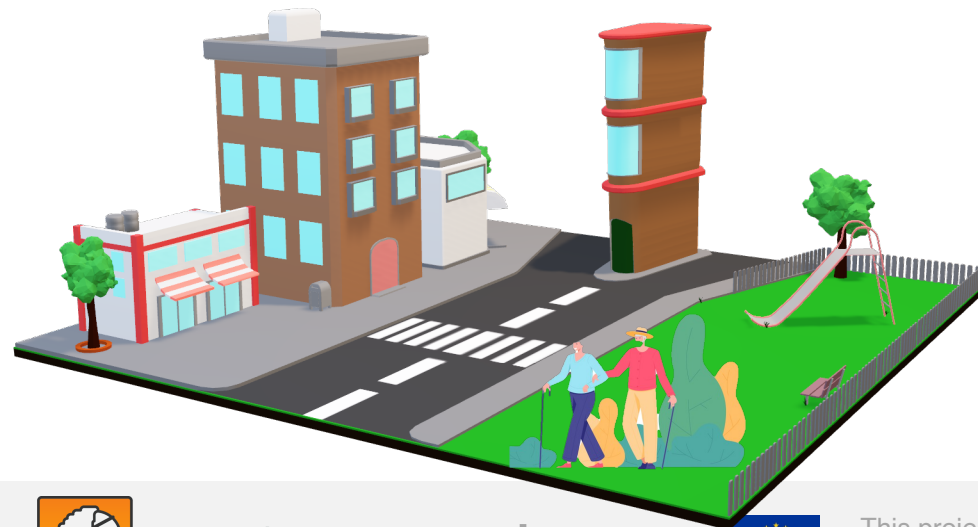
The activity aims at developing and validating radically new ICT based concepts and approaches for empowering and motivating people in need of guidance and care due to age related conditions, in cooperation with their carers where relevant, and to help them improve and maintain their independence, functional capacity, health status as well as preserving their physical, cognitive, mental and social well-being.

Coach Assistant via Projected and Tangible Interface	CAPTAIN
Council of Coaches	COUCH
Empathic, Expressive, Advanced Virtual Coach to Improve Independent Healthy-Life-Years of the Elderly	EMPATHIC
HOLOgrams for personalised virtual coaching and motivation in an ageing population with BALANCE disorders	HOLOBALANCE
Novel Empowering Solutions and Technologies for Older people to Retain Everyday life activities	NESTORE
Supporting Active Ageing through Multimodal coaching	SAAM
Virtual Coaching Activities for Rehabilitation in Elderly	vCare
Wellbeing and Health Virtual Coach	WellCO

NESTORE Vision of Health and Wellbeing

well-being assesses the positive aspects of a person's life, such as positive emotions and life satisfaction.

Multifaceted, Multidisciplinary,
Multifactorial, Pluriexpert, Contextualized



Adapted from Swarbrick, M. (2008). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 31.



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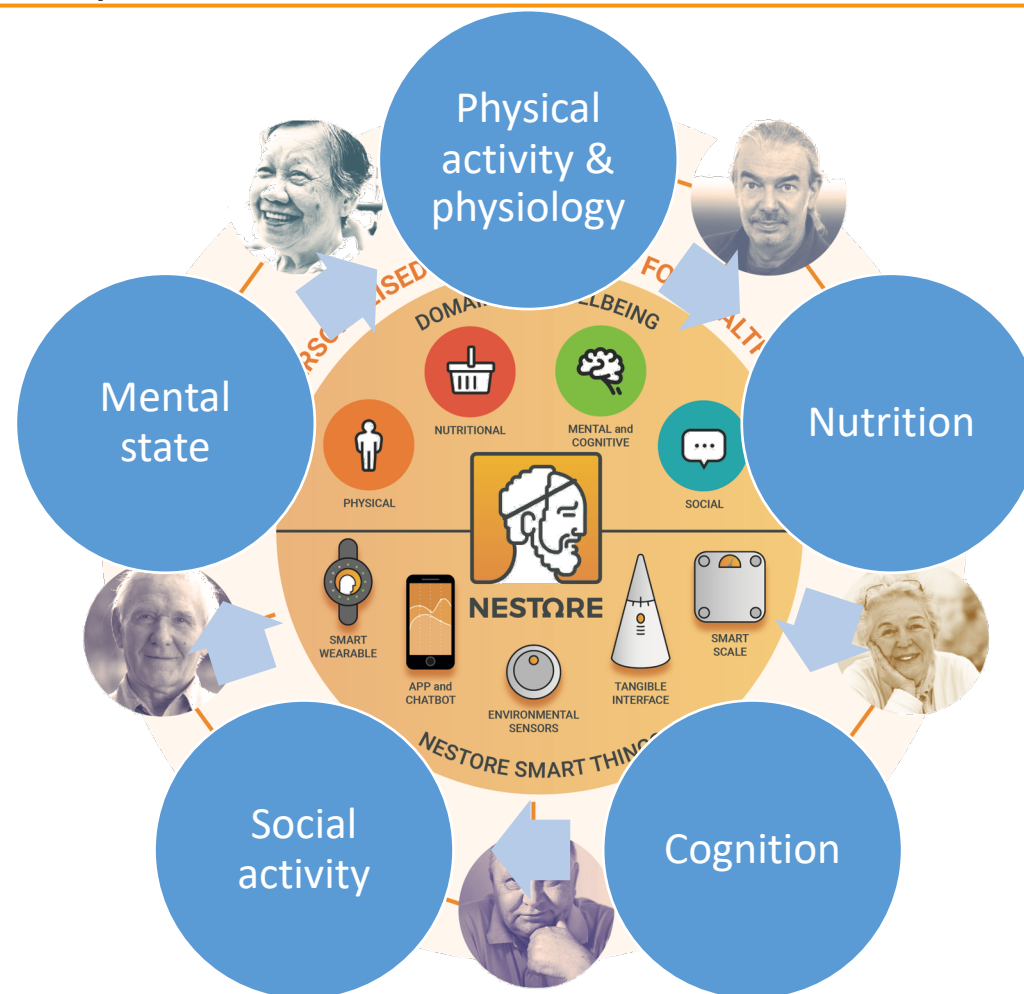
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From ideas and concepts to reality and systems

NESTORE concepts

NESTORE system is an innovative *multi-dimensional* (physical, cognitive, nutritional, psychological, social) *personalized coaching system* based on a *data driven DSS* to support healthy ageing through *preventing* decline and *maintaining/improving* wellbeing.

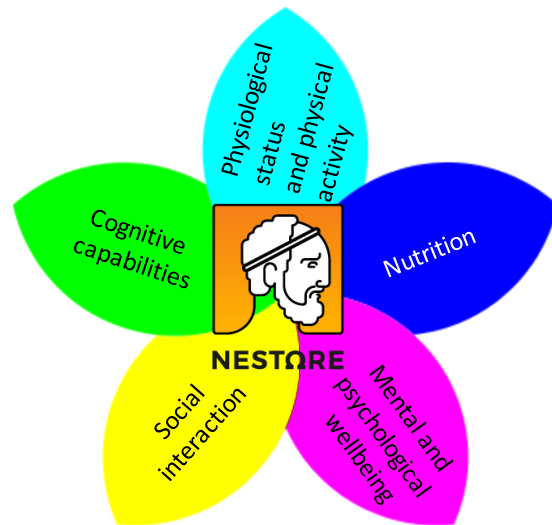
The overall system and its components have been co-design with silver users.



NESTORE ideas and concepts into practice

Healthy aging is a complex matter.... and a new welfare emergency: NESTORE's ambition is to be

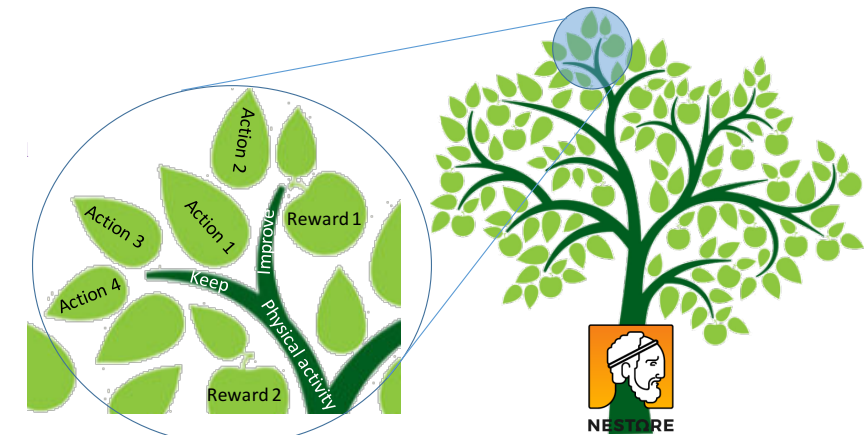
Multidomain



Exploiting user's needs and preferences



Modular and personal (data driven profile and strategy)



In other words...

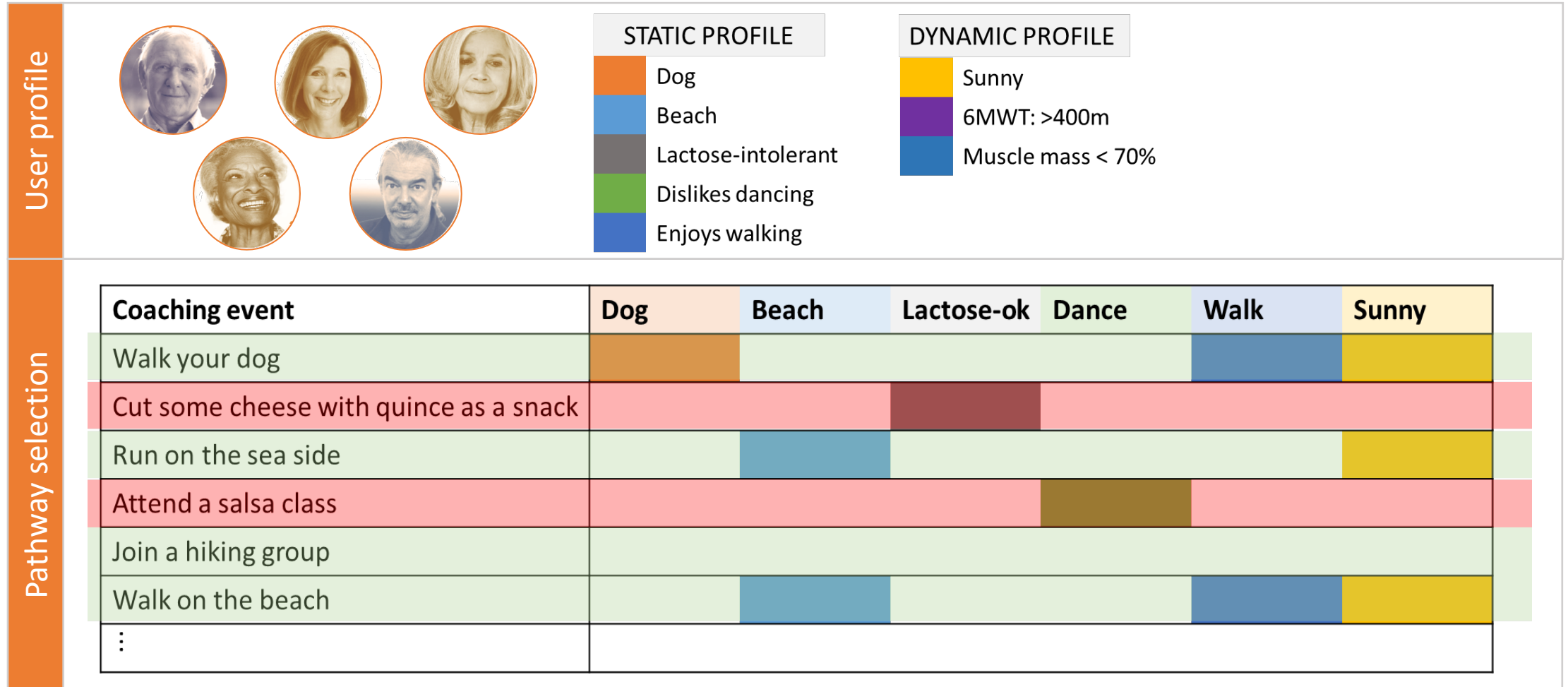


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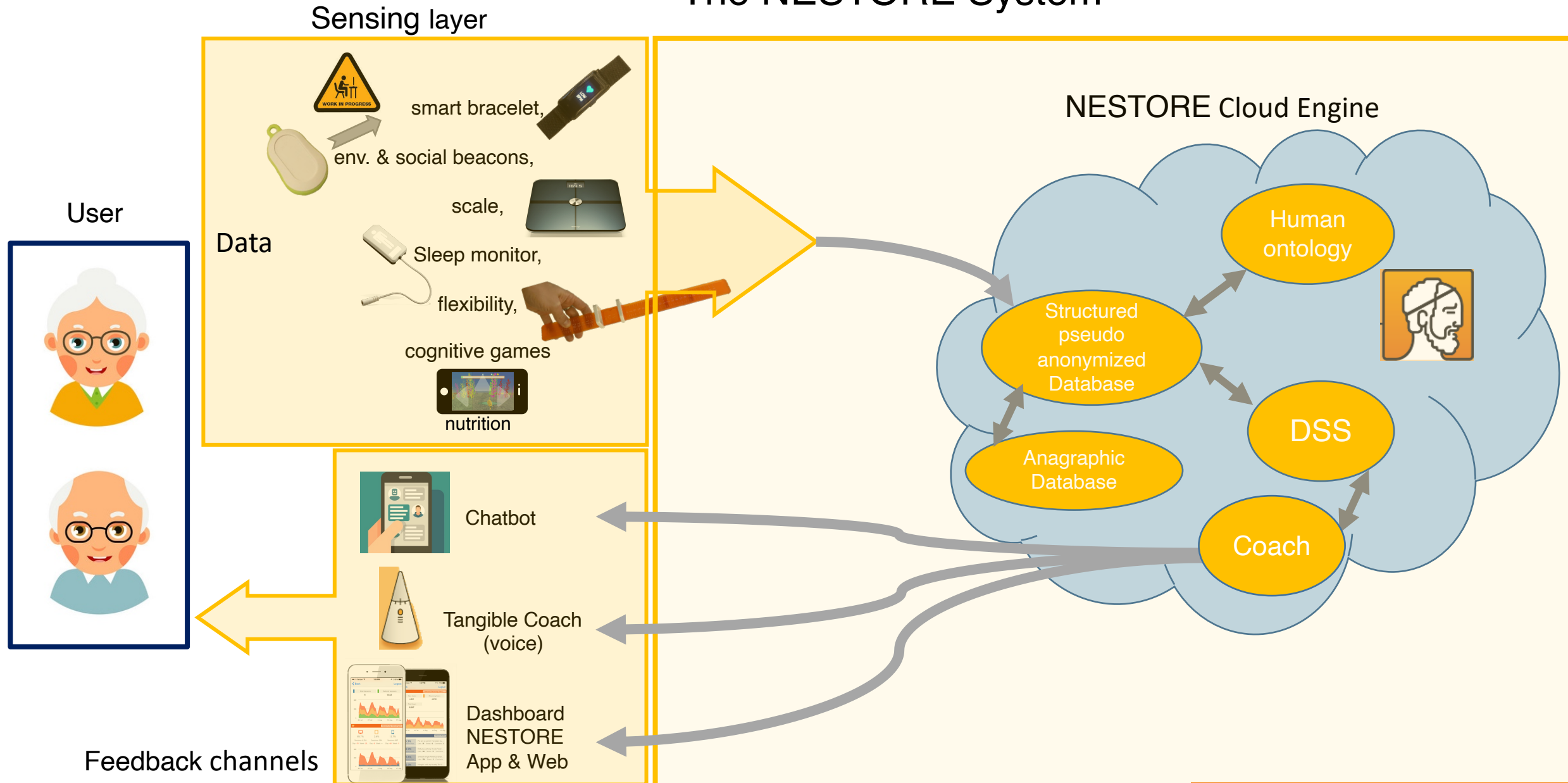


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The «Pathway of Interest» concept



The NESTORE System



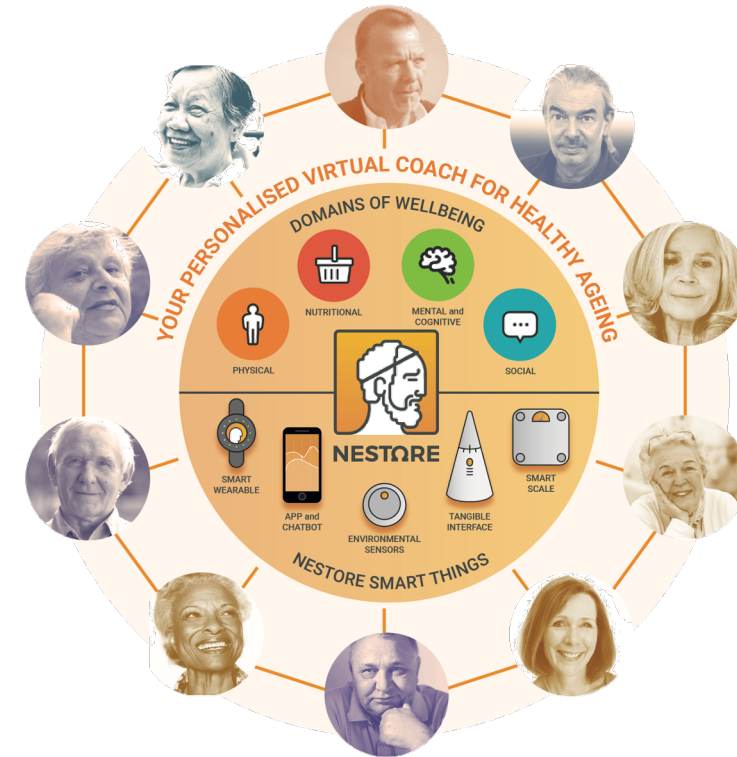
NESTORE outcomes to be presented

*NESTORE leverages on novel ICT technologies, like **mobile, wearables & environmental sensors, tangible and conversational agents, DSS.***

The system validation with respect to *usability, acceptability* and *effectiveness* involved:

- 3 pilot sites: Barcelona (Spain), Rotterdam (The Netherlands), Monza (Italy)
- 60 intervention users and 30 controls but.... 70% coverage due to COVID

Exploitation exploration through the development of a *sustainable ecosystem* involving citizens and stakeholders for the co-production of wellness.





Thank you!

Giuseppe Andreoni



Session 2



09h20 European efforts towards Active and Healthy Ageing

Irina Kalderon-Libal, Policy Officer, European Commission, DG CONNECT

Ander Elustondo Jauregui, Policy Officer, European Commission, DG SANTE

Q&A



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Session 3



10h00 The heritage of NESTORE

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Technologies for ageing well (Ciprian Candea, Ropardo)

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Session 4



11h30 Building external bridges

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Session 5



12h30 Conclusions

Wrap-up by Ing. Cinzia Mambretti, NESTORE Project Manager, Fondazione Politecnico
Policy recommendations, Ilenia Gheno, AGE Platform Europe
Conclusions by Prof. Giuseppe Andreoni, NESTORE Scientific Coordinator, Politecnico di Milano

13h00 Event ends

For more information, please contact AGE Platform Europe: ilenia.gheno@age-platform.eu



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