

Informed Consent

This informed consent document includes information about the Active@Home project. We would like to assure that you are perfectly informed about the purpose of the study and what your participation implies. The Active@Home project is co-funded by the European Commission under the Ambient Assisted Living (AAL) Joint Program. The project started 1st May 2016 and will end after three years. Partners in the project consortium are Dividat GmbH (Switzerland), Fraunhofer (Portugal), MIRALab (Switzerland), Unie KBO (the Netherlands), Conforto em Casa (Portugal) and ETH Zurich (Switzerland).

1. Purpose of the project

The Active@Home project's main goal is to develop a new technology-based training game for fall prevention, health and wellbeing in elderly people aged 65 and more. This new exergame will contain physical exercise with Tai Chi and dance elements to improve strength, balance and general physical functioning. Furthermore, the video game will include a training of cognitive functions. The main focus is on increasing the motivation of elderly people for physical activity and supporting them towards healthier and more active lifestyles and thereby maintaining their independence as long as possible. Moreover, the Active@Home training program should not only be physical and cognitive exercise but also provide a lot of entertainment and fun by challenging and motivating video games.

2. Research procedures

The research procedures within the Active@Home project will be carried out in three phases. The focus groups where you participate in are a part of the investigation phase.

A. Investigation phase:

In the first phase, senior citizens will play an active role to get a clearer picture of users' needs, attitudes and expectations towards technology and thus the specification of the system and the design of the Active@Home training program. The method used is a survey/questionnaire with at least 50 elderly people participating in every involved country (Switzerland, the Netherlands, and Portugal). In parallel to the survey, a focus group with stakeholders will be conducted in every country, in order to collect additional qualitative data for the analysis of user needs and market expectations.

B. Development phase:

In the second phase, small groups of users will be involved during the system and design development stage to help creating a working prototype. It should be assured that all aspects can be easily understood and that the system and design will fulfil the actual needs of the target population.

C. Trial phase:

In the third phase, the Active@Home training program will be used in real life by elderly people in their own home, in order to get a solid and experienced feedback from them and to investigate the efficacy.

3. Results and report

A report with the results of the focus groups has to be created. To improve the quality of the report, the session will be recorded. After the report is made, this recording will be destroyed. No names will be mentioned in the report. The report is formulated in general terms. The reports of the various focus groups in the different countries form together the final report within the project. This report is not public; it is only used within the project to define the design of the product.

4. Participation

You can withdraw from participation at any time. Participation is totally voluntary and unpaid. You don't have to mention any reasons for a withdrawal.

5. Anticipated benefits

Through your participation in the Active@Home project, you will get acquainted with an innovative training program based on new technology. You may be encouraged and inspired by the new possibilities and concepts. Participating in an international project aiming at a product development especially for elderly people to support them in remaining independent up to a higher age can be satisfying (e.g. being able to contribute to a higher goal). You can expand your knowledge and trends in this area. The Active@Home project will eventually lead to a product suitable for anyone, not just for the elderly.

6. Data protection and privacy

Your recorded /reported responses will not include any personal identification; hence it will not be possible to identify you afterwards. Information will be processed during the phase of data analysis and will be shown in reports, but it will not be possible to identify the source of the information. At all times, related laws regarding Protection of Personal Data will be observed. The project adheres to the legislation in Europe and the countries where the research takes place. The most important European legislations are *The European Charter of Fundamental Rights* and *the Declaration of Helsinki* in its latest version.

Your participation in the focus group does not pose any risk or any kind of inconvenience for you. If, although this is not expected, any risks or inconveniences should occur, the researchers will do their best to resolve these issues with you.

I have read the information in this informed consent document. All of my questions about the project/study and my participation have been answered.

Name: _____

Place, Date: _____

Signature: _____