

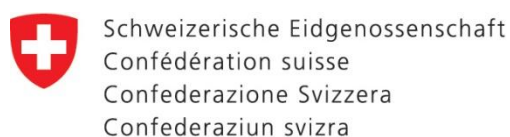
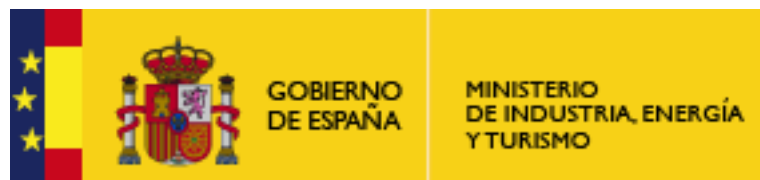
GAME-BASED MOBILITY TRAINING AND MOTIVATION OF SENIOR CITIZENS



GameUp project is cofunded by the AAL Joint Programme (AAL-2011-4-090)



COFOUNDERS



Swiss Confederation

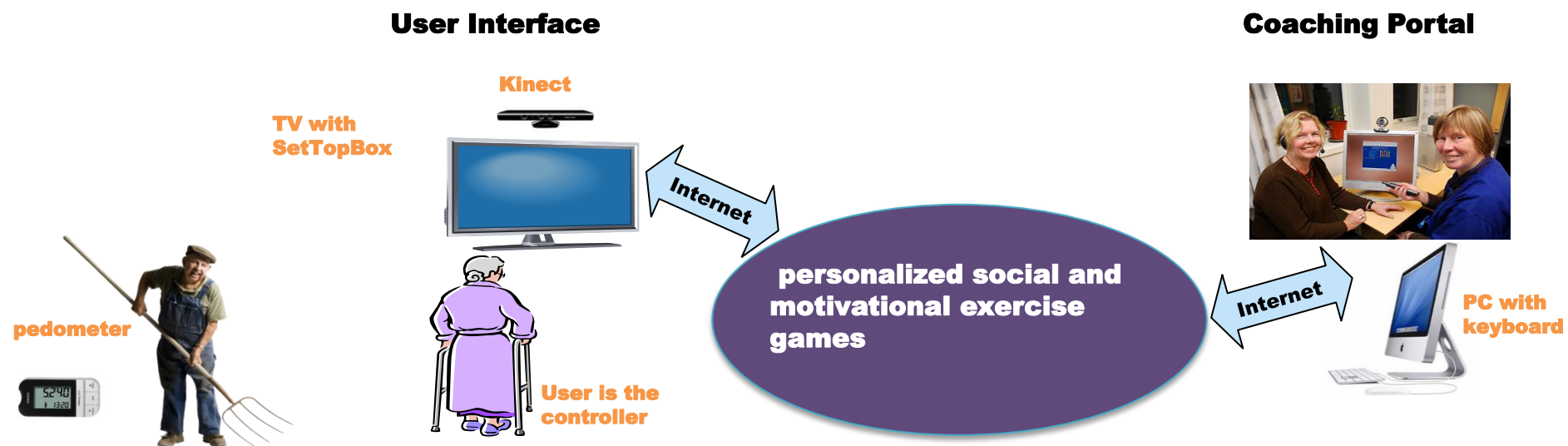
Federal Department of Economic Affairs FDEA
Federal Office for Professional Education and Technology OPET

PARTNERS



GameUp main objective

The main objective of GameUp is to **sustain mobility** of senior citizens, prolonging the time they **can live autonomously** in their preferred home environment and consequently **enhance quality of life**



Done by:

Developing an ecosystem of **personalized** social and **motivational exercise games** to reduce physical and motivational barriers of elderly people's mobility



Example games

- Strength games
- Balance games
- Walking games
- Flexibility games

- Games with several levels

- Levels in each game depending on abilities

- Personal safety while playing is considered important





Exercises

- Chosen exercises are recognized as important for mobility of elderly, focusing on leg strength and balance.
- Research shows that **Long-lasting and high-intensive multicomponent exercise** programs have a positive effect on Activities of Daily Living.
- A coach portal will enable instructors to follow progress





Technologies

- Will use Kinect sensor for detecting movement
- Will consider pedometer sensors for outdoor walking
- Must be very easy to use with as little buttons and remotes as possible
- Price is important
- Will use TV and SetTopBox connected to internet

