



# ELF@Home

**Elderly sELF-care based on sELF-check of health conditions and sELF-fitness at home**

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## **D7.2b Scientific and Technical Contributions in Conferences and Seminars**

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**Reviewer: Rainer Diebold (2DD)**

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## **Abstract**

In this document you can find a summary of the dissemination activities of the ELF@Home project partners in the second project year (from 1<sup>st</sup> June 2014 to 31<sup>st</sup> May 2015) and a short outlook on the planned activities in the future.

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## **Executive Summary**

In this document you can find a summary of the dissemination activities of the ELF@Home project partners in the second project year (from 1<sup>st</sup> June 2014 to 31<sup>st</sup> May 2015) and a short outlook on the planned activities in the future.

## Document Information

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<b>Dissemination level</b>	public X restricted <input type="checkbox"/>			

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<b>Abstract (for dissemination)</b>	In this document you can find a summary of the dissemination activities of the ELF@Home project partners in the second project year (from 1 <sup>st</sup> June 2014 to 31 <sup>st</sup> May 2015) and a short outlook on the planned activities in the future.
<b>Keywords</b>	Dissemination, website, flyer, publications

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## Abbreviations

<b>AAL</b>	Ambient Assisted Living
<b>CTIC</b>	Fundación CTIC – Centro Tecnológico (project leader)
<b>EU</b>	European Union
<b>IIS</b>	Fraunhofer Institute of Integrated Circuits
<b>INNO</b>	Innovationsmanufaktur GmbH (project partner)
<b>IZER</b>	Izertis (project partner)
<b>SGGPA</b>	Sociedad Gerontológica y Geriátrica del Principado de Asturias (project partner)
<b>UMU</b>	Umeå University (project partner)

# 1 Dissemination Activities in the Second Project Year (M13-M24)

## 1.1 Publication Activities of the Consortium

The publication activities of the project consortium realized in the second project year are listed in table 1.

**Table 1: Overview of the publication activities in the second project year**

Project participant responsible	Activity	Date	Medium and reference	Coverage
IZER	Project CARISMA - Group health (exchange about product and service ideas)	09/2014-02/2015	Workshop participation	Spain (Asturias)
CTIC	Article and poster presentation: "The ELF@Home project: Elderly self-care based on self-check of health conditions and self-fitness at home"  Reference: Carús, J.L., García, S., García, R, Waterworth, J. and Erdt, S (2014). The ELF@Home project: Elderly sELF-care based on sELF-check of health conditions and sELF-fitness at home. Studies in health technology and informatics 200, 164-166.	11-13/06/2014	Congress: "11 <sup>th</sup> International Conference on Wearable Micro and Nano Technologies for Personalized Health" (Vienna, Austria)	EU
CTIC	Presentation of the ELF@Home idea	22/10/2014	Workshop on generation of ideas on health apps and games	Spain (Asturias)
CTIC	Presentation of the ELF@Home idea	14/11/2014	DemoLAB: NFC based mobile solutions and wearable technologies	Spain (Asturias)
IIS, INNO	Poster presentation: "ELF@Home – Implementierung einer intelligenten Serviceplattform für eine	20-22/11/2014	congress: "17. Jahrestagung der dvs-Kommission	Germany



	nachhaltige Aktivitätssteigerung älterer Menschen"		Gesundheit"	
SGGPA	ELF@Home booth	20/11/2014	11th Ethics and Aging Forum	Spain (Asturias)
CTIC	ELF@Home workshop	17/12/2014	Organized by ELF@Home team	Spain (Asturias)
CTIC	ELF@Home booth	14-16/04/2015	II Jornadas de eSalud en Asturias (II eHealth conferences in Asturias)	Spain (Asturias)

In parallel with the 3<sup>rd</sup> Consortium Meeting in Gijón (Spain), a public event was organized to disseminate the project in the ICT companies of the region. This event (see Figure 1) was hosted by CTIC and Izertis and all partners attended it. A demo of the project was shown to the audience and an interesting discussion was held between assistants and partners.



Figure 1: Photos from the ELF@Home Workshop

## 1.2 Press Articles on the Project

The published articles on the ELF@Home project are listed in table 2 below.

Table 2: Articles on the ELF@Home project in the second project year

Activity	Date	Medium	Coverage
Newspaper article "Los mayores juegan a la Wii"	18/12/2014	Newspaper "La Nueva Espana"	Spain (Asturias)
Radio interview with Juan Luis Carus	17/12/2014	Radio channel "RPA", program "El tren"	Spain (Asturias)
Interview: ELF@Home, un proyecto para reducir el impacto del síndrome de fragilidad que afecta al 17% de las	22/04/2015	CTIC Website	Spain (Asturias)

personas mayores			
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The official ELF@Home project description by the AAL Europe organization is available under the following link: <http://www.aal-europe.eu/projects/wetakecare/>.

### 1.3 ELF@Home Website

An additionally dissemination tool is the ELF@Home website, online since the end of August 2013 at the following address: [www.elfathome.eu](http://www.elfathome.eu). There you can find a description of the project objectives, the project partners and, most importantly, the project news and the results.

#### Analytics of the website (mid of April 2015):

Visits since June 2014 per month:

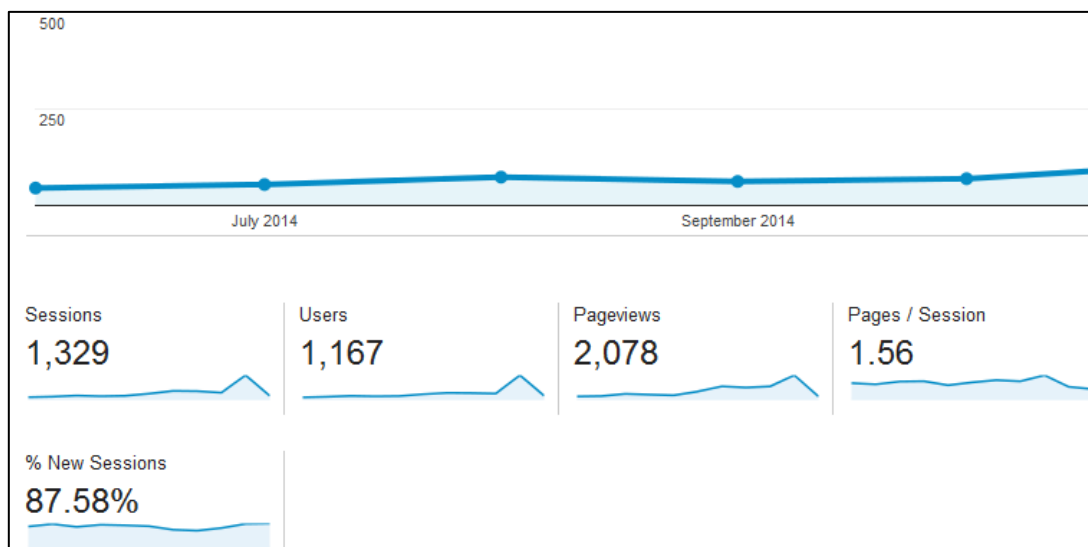


Figure 2: ELF@Home website sessions per month I

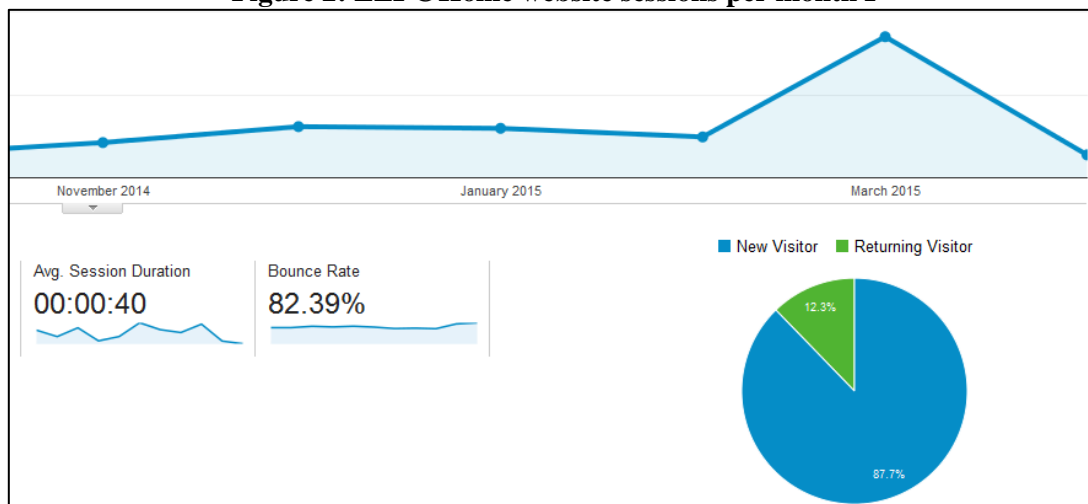
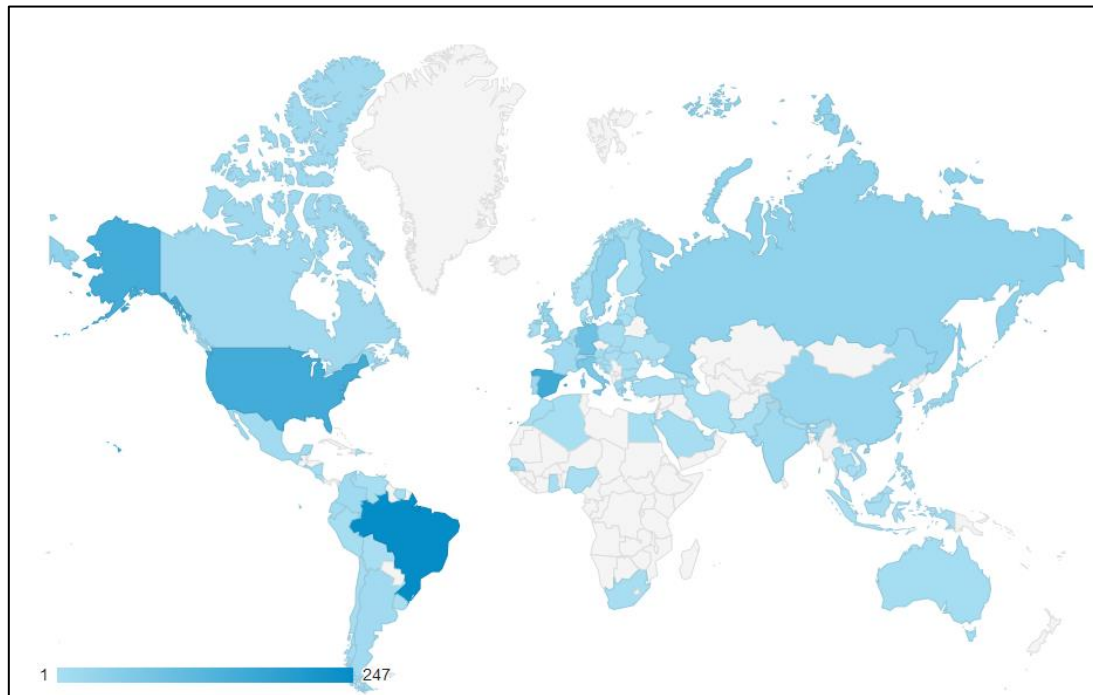











Figure 3: ELF@Home website visits per month II

Visits since June 2014 per country:



**Figure 4: ELF@Home website visits per country I**

Country ?	Acquisition		
	Sessions ? ↓	% New Sessions ?	New Users ?
	<b>1,329</b> % of Total: 100.00% (1,329)	<b>87.74%</b> Avg for View: 87.58% (0.17%)	<b>1,166</b> % of Total: 100.17% (1,164)
1.  Brazil	247 (18.59%)	99.60%	246 (21.10%)
2.  Spain	159 (11.96%)	61.64%	98 (8.40%)
3.  United States	153 (11.51%)	99.35%	152 (13.04%)
4. (not set)	118 (8.88%)	100.00%	118 (10.12%)
5.  Germany	89 (6.70%)	78.65%	70 (6.00%)
6.  Italy	70 (5.27%)	88.57%	62 (5.32%)
7.  Sweden	39 (2.93%)	53.85%	21 (1.80%)
8.  Russia	38 (2.86%)	10.53%	4 (0.34%)
9.  United Kingdom	33 (2.48%)	90.91%	30 (2.57%)
10.  China	29 (2.18%)	100.00%	29 (2.49%)

**Figure 5: ELF@Home website visits per country II**










Country ?	Behavior		
	Bounce Rate ?	Pages / Session ?	Avg. Session Duration ?
	<b>82.39%</b> Avg for View: 82.39% (0.00%)	<b>1.56</b> Avg for View: 1.56 (0.00%)	<b>00:00:40</b> Avg for View: 00:00:40 (0.00%)
1.  Brazil	99.60%	1.02	<00:00:01
2.  Spain	40.88%	3.36	00:02:53
3.  United States	96.08%	1.12	00:00:09
4. (not set)	100.00%	1.00	00:00:00
5.  Germany	46.07%	2.60	00:01:48
6.  Italy	82.86%	1.36	00:00:45
7.  Sweden	43.59%	2.59	00:01:01
8.  Russia	84.21%	1.18	00:00:02
9.  United Kingdom	78.79%	1.45	00:01:06
10.  China	100.00%	1.00	00:00:00

Figure 6: ELF@Home website visits per country III

# 1.4 ELF@Home Flyer

The ELF@Home flyer was updated. The newest version is illustrated below.

**FACTS**

Acronym:  
ELF@Home

Project Duration:  
36 Months (01/06/2013 – 31/05/2016)

Number:  
aal-2012-5-123

Total Budget:  
2.604.926,00 €

Public Contribution:  
1.437.492,74 €

**Elderly sELF-care based on sELF-check of health conditions and sELF-fitness at home**

**System Vision**

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Figure 7: ELF@Home Flyer Page 1

**PROJECT IDEA**

The project ELF@Home (short for "elderly sELF-care based on sELF-check of health conditions and sELF-fitness at home") tries to prevent age-related frailty in order to forestall falls and impairments in daily life.

This increases not only the elderly's quality of life but also decreases the need for custodial and therapeutic measures.

In three years, the consortium will plan an overall system that fosters the fitness of seniors by enabling the users to test and train their own state of health and fitness individually and independently at home.

The autonomous system thus serves to prevent frailty, to facilitate the users' independence and to preserve their health.

An intelligent fitness assistant composes personalized training schedules based on collected data on health and activity. Thus, the awareness of the elderly for their own health is honed and a self-determined, active and healthy lifestyle is facilitated.

The system consists of one portable and several biomedical sensors, a TV as interface, and a visually supported system for the analysis of the exercises. All those components are attached to the service platform, which provides the necessary intelligence.

**PARTNERS**

**Fundación CTIC - Centro Tecnológico**  
[www.fundacionctic.org](http://www.fundacionctic.org)

**2D Debus & Diebold Messsysteme GmbH**  
[www.2d-datarecording.com](http://www.2d-datarecording.com)

**CheckUP AB**  
[www.checkup.se](http://www.checkup.se)

**Fraunhofer Institute for Integrated Circuits**  
[www.iis.fraunhofer.de/med](http://www.iis.fraunhofer.de/med)

**Innovationsmanufaktur GmbH**  
[www.innovationsmanufaktur.com](http://www.innovationsmanufaktur.com)

**izertis**  
[www.izertis.com](http://www.izertis.com)

**Skellefteå Kommun**  
[www.skelleftea.se](http://www.skelleftea.se)

**Sociedad Gerontológica y Geriátrica del Principado de Asturias**

**Umeå University**  
[www.informatik.umu.se](http://www.informatik.umu.se)


**SPONSORS**

Germany      Spain      Sweden

Figure 8: ELF@Home Flyer Page 2

# 1.5 ELF@Home Roll-Up

In 2014 an ELF@Home roll up was designed. An English and Spanish version was printed and is at the moment at CTIC.

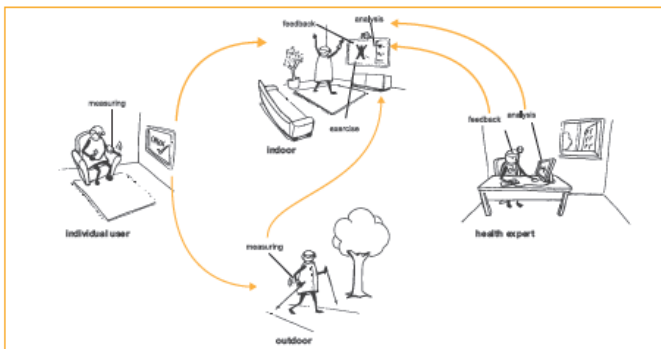


## Elderly sELF-care based on sELF-check of health conditions and sELF-fitness at home

**SUMMARY**

The ELF@Home project is a research and innovation project running from June 1st 2013 to May 31st 2016 and co-funded by the Ambient Assisted Living Joint Programme (AAL JP) and National Authorities in Spain, Sweden and Germany. The ELF@Home project relies in the use of the proven advantages of elderly fitness to develop a self-care solution based on self-check of health conditions and self-fitness at home. The project uses information and communication technologies (ICT) to build an autonomous fitness system targeting healthy or pre-frail elder people aged over 65 and living independently at home.

**USECASE**




**MOTIVATION**


Fraillity syndrome has emerged in recent years as an explanation for age disability when no relevant pathology exists. Fraillity is an important cause of loss of autonomy, conferring a high risk of falls, disability for activities of daily living (ADL disability), cognitive disease, hospitalization and mortality in old age. According to the SHARE study in ten European countries, more than 42% of the elderly aged over 65 years is pre-frail and 17% are frail. Elderly fitness programs are a good and widely accepted approach to prevent fraillity. Although elderly fitness programs are available in some public and private facilities around Europe, not every elderly person can gain access to them. Social, financial and geographical restrictions combined with the lack of motivation are the main barriers to elderly fitness program adherence.

ELF@Home proposes an ICT-based system providing a personalized fitness plan to persuade and motivate elderly users by facilitating and simplifying their access to fitness programs at home.

**SYSTEM VISION**



**PROJECT PARTNER**



**PROJECT IDEA**

The proposed solution will create awareness of the importance of self-care for elderly people aged over 65 years and living independently at home. The system vision below shows the main components and the general idea of the ELF@Home system.

Biomedical sensors will be used to self-check the health status and a wearable activity level sensor to self-check the activity lifestyle. The system will work as an autonomous fitness assistant generating for each user a personalized self-fitness program based on his or her activity profile and health status. A simple user TV Interface connected to a computer vision system will analyse and guide fitness exercises execution. Informal caregivers will access to the user profile to supervise his or her health status, activity profile and exercises performance.


**OBJECTIVES**

From the end-users point of view:


- Awareness of the importance of self-care for elderly people aged over 65 years and living independently at home.
- A new home-based service to sustain their autonomy and prevent ADL disability.
- Universal access to fitness programs independently of their context.

From the technological companies point of view:


- New product opportunities related to home-based fitness and self-care at home.
- Interesting starting point to promote elderly exercise as a way of maintaining their activities of daily living, their health and their independence.



**SPONSORS**



Acknowledgement: ELF@Home (AAL-2013-6-029) is a project co-funded by European Commission under the Ambient Assisted Living Joint Programme (AAL JP, Call 6, 2012), Ministerio de Industria, Energía y Turismo de España (MINEUR), Swedish Governmental Agency for Innovation Systems in Sweden (VINNOVA) and Federal Ministry of Education and Research in Germany (BMBWF).



[www.elfathome.eu](http://www.elfathome.eu)

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Figure 9: ELF@Home Roll-Up

## **1.6 ELF@Home Demo Video**

Under the following link you can find a first demonstration video of the ELF@Home prototype:

<https://vimeo.com/125223783>



## 2 Outlook: Dissemination Activities in the Next Months

The ELF@Home consortium will focus in the third project year on the conference listed in table 4.

**Table 3: Potential interesting conferences for the ELF@Home partners**

Conference	Date	Place	Website
ECSS congress, European college of sport science	24-27/07/2015	Malmo (Sweden)	<a href="http://www.ecss-congress.eu/2015">http://www.ecss-congress.eu/2015</a>
7 <sup>th</sup> International Conference on e-Health	21-23.07.2015	Gran Canaria (Spain)	<a href="http://ehealth-conf.org/">http://ehealth-conf.org/</a>
AAL forum	22.-25.09.2015	Ghent (Belgium)	<a href="http://www.aalforum.eu">www.aalforum.eu</a>
ICT 2015	20.-22.10.2015	Lisbon (Portugal)	<a href="http://ec.europa.eu/digital-agenda/en/news/ict-2015-innovate-connect-transform-20-22-october-lisbon-save-date">http://ec.europa.eu/digital-agenda/en/news/ict-2015-innovate-connect-transform-20-22-october-lisbon-save-date</a>
Medica	16-19.11.2015	Düsseldorf (Germany)	<a href="http://www.medica.de">http://www.medica.de</a>
DRT4ALL: VI International Congress on Design, Research Networks and Technology for all, DRT4ALL 2015.	23-25/09/2015	Madrid (Spain)	<a href="http://www.discapnet.es/Castellano/areastematicas/tecnologia/DRT4ALL/EN/Paginas/default.aspx">http://www.discapnet.es/Castellano/areastematicas/tecnologia/DRT4ALL/EN/Paginas/default.aspx</a>

Book chapter proposal accepted for the forthcoming edited book: "Integrating Technology in Positive Psychology Practice." (published by IGI Global). The chapter, entitled: "What do Elderly Users Want and Need from Fitness Technologies? Findings from the ELF@Home Project," will be delivered to the publishers by the end of May, 2015.

Additionally, the project website will be updated regularly with news of the project. Depending on the status of the project and its results, other modes of dissemination will also be used.