



# ELF@Home

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

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

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Deliverable nature:	Report (R)
Dissemination level: (Confidentiality)	Public (P)
Contractual delivery date:	2016/05/31
Actual delivery date:	2016/05/31
Version:	1.0
Total number of pages:	18
Keywords:	Dissemination, website, flyer, publications

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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 third and last project year (from 1<sup>st</sup> June 2015 to 31<sup>st</sup> May 2016).

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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 third and last project year (from 1<sup>st</sup> June 2015 to 31<sup>st</sup> May 2016).

## Document Information

<b>Acronym</b>	ELF@Home
<b>Full Title</b>	elderly sELF-care based on sELF-check of health conditions and sELF-fitness at home
<b>Project URL</b>	<a href="http://www.elfathome.eu/">http://www.elfathome.eu/</a>
<b>Document URL</b>	<a href="http://www.elfathome.eu/results/public-deliverables">http://www.elfathome.eu/results/public-deliverables</a>

<b>Deliverable</b>	<b>Number</b>	D7.2c	<b>Title</b>	Scientific and technical contributions in Conferences and Seminars V3
<b>Work Package</b>	<b>Number</b>	WP7	<b>Title</b>	Dissemination, Exploitation and Business Plan

<b>Date of Delivery</b>	<b>Contractual</b>	M36	<b>Actual</b>	M36
<b>Status</b>	version 1.0		final x	
<b>Nature</b>	prototype <input type="checkbox"/> report x demonstrator <input type="checkbox"/> other <input type="checkbox"/>			
<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 third and last project year (from 1 <sup>st</sup> June 2015 to 31 <sup>st</sup> May 2016).
<b>Keywords</b>	Dissemination, website, flyer, publications

<b>Version Log</b>			
<b>Issue Date</b>	<b>Rev. No.</b>	<b>Author</b>	<b>Change</b>
2016/03/31	0.1	Stefanie Erdt	Initial draft
2016/04/04	0.2	Stefanie Erdt	Content added
2016/04/19	0.3	Sonia García	Content added
2016/04/25	0.4	Stefanie Erdt	Content added
2016/04/29	0.5	Daniel Tantinger	Review
2016/05/16	0.6	Sonia Garcia	Content added
2016/05/17	1.0	Stefanie Erdt	Final version

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## Abbreviations

<b>CTIC</b>	Fundación CTIC – Centro Tecnológico (project leader)
<b>EU</b>	European Union
<b>ICT</b>	Innovate, Connect, Transform - ICT 2015 in Lisbon (Portugal)
<b>INNO</b>	Innovationsmanufaktur GmbH (project partner)
<b>MANCOSI</b>	Mancosi (Mancomunidad Comarca de la Sidra) (project supporter)
<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 Third Project Year (M25-M36)

## 1.1 Publication Activities of the Consortium

The publication activities of the project consortium realized in the third 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
CTIC	Interview: ELF@Home, un proyecto para reducir el impacto del síndrome de fragilidad que afecta al 17% de las personas mayores  <a href="http://www.fundacionctic.org/actualidad-y-divulgacion/articulos-divulgativos/elfhome-un-proyecto-para-reducir-el-impacto-del-sindrome-de-fragilidad-que-afecta-al-17-de-las">http://www.fundacionctic.org/actualidad-y-divulgacion/articulos-divulgativos/elfhome-un-proyecto-para-reducir-el-impacto-del-sindrome-de-fragilidad-que-afecta-al-17-de-las</a>	22/04/2015	CTIC website	Spain
SSGPA	ELF@Home booth	03-04/06/2015	57th conference of the Spanish Geriatric and Gerontology Association	Spain
CTIC	Blog post: You're not too old to keep fit with ELF@Home  <a href="https://ec.europa.eu/digital-agenda/en/news/youre-not-too-old-keep-fit-elfhome">https://ec.europa.eu/digital-agenda/en/news/youre-not-too-old-keep-fit-elfhome</a>	31/08/2015	Blog post for the Digital Agenda for Europe:	European
CTIC	Blog post: How would you like to have your own ELF@Home to monitor your health and fitness?  <a href="https://ec.europa.eu/digital-agenda/en/blog/how-would-you-have-your-own-elfhome-monitor-your-health-and-fitness">https://ec.europa.eu/digital-agenda/en/blog/how-would-you-have-your-own-elfhome-monitor-your-health-and-fitness</a>	29/09/2015	Blog post for the Digital Agenda for Europe:	European
CTIC	ELF@Home booth where participants were able to interact with the prototype + 5 minutes business talk	20-22/10/2015	ICT 2015 Innovate, Connect, Transform	European



	(see Figure 1)			
CTIC & MANCOSI	Presentation of the ELF@Home project	30/12/2015	Regional TV news program where some of the initiatives developed by MANCOSI were presented, being one of them their collaboration with the ELF@Home project	Spain
CTIC	Booth showing the ELF@Home solution (see Figure 2)	31/03-02/04/2016	III Jornadas eSalud en Asturias in Oviedo  (III eHealth Conferences in Asturias)	Spain
UMU	Book chapter: What Do Elderly Users Want and Need from Fitness Technologies?: Findings from the ELF@Home Project  Waterworth, J., Waterworth, E., Álvarez, P., Gutiérrez, J., Carús, J. L., & Garcia, S. (2016). What Do Elderly Users Want and Need from Fitness Technologies?: Findings from the ELF@Home Project. In D. Villani, P. Cipresso, A. Gaggioli, & G. Riva (Eds.) Integrating Technology in Positive Psychology Practice (pp. 104-126). Hershey, PA: Information Science Reference. Doi:10.4018/978-1-4666-9986-1.ch005	March 2016	Book chapter for “Integrating Technology in Positive Psychology Practice”	European
CTIC	García, S., Castaño, A., Retamar, A., Carús, J.L., González, R., Labra, J.A. et al. (2016). Diseño de un asistente virtual para promover la actividad física en personas mayores. <i>Libro de actas II Congreso Ciudades Inteligentes</i> , 677-682.	13-14/04/2016	Paper in “Congreso Ciudades Inteligentes”  (Smart Cities Congress)	Spain



Figure 1: ELF@Home booth at ICT 2015



Figure 2: ELF@Home booth at III Jornadas eSalud en Asturias

## 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 “Fundación CTIC concluye el proyecto ELF@Home”	13/05/2016	Newspaper “El Comercio”	Spain (Asturias)

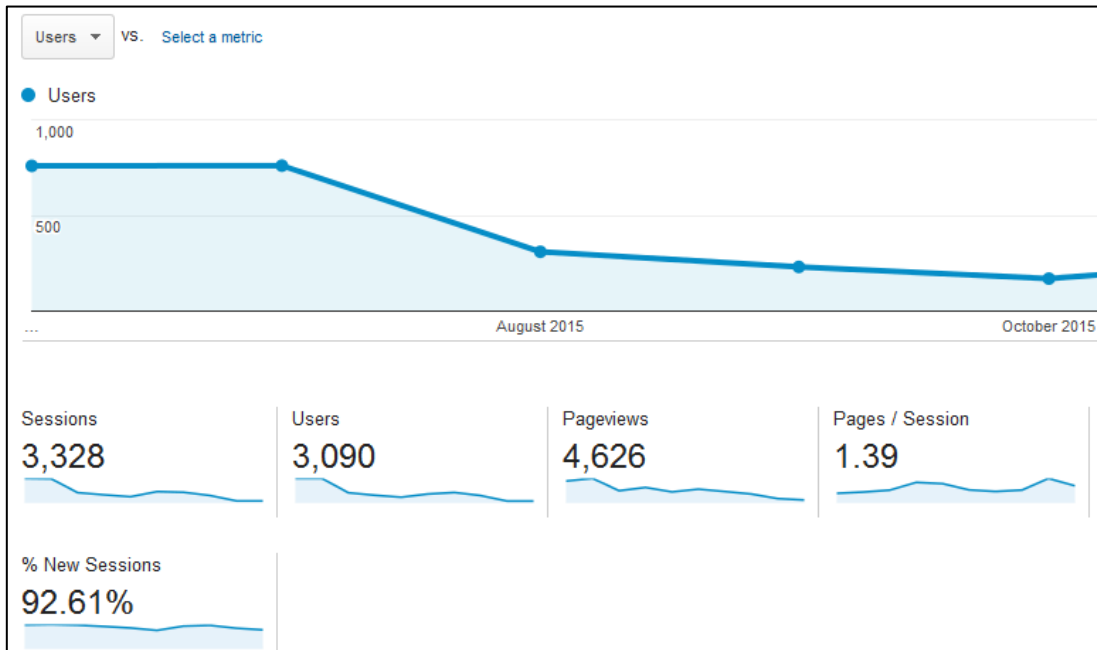
The official ELF@Home project description by the AAL Europe organization is available under the following link: <http://www.aal-europe.eu/projects/wetakecare/>.

## 1.3 ELF@Home Website

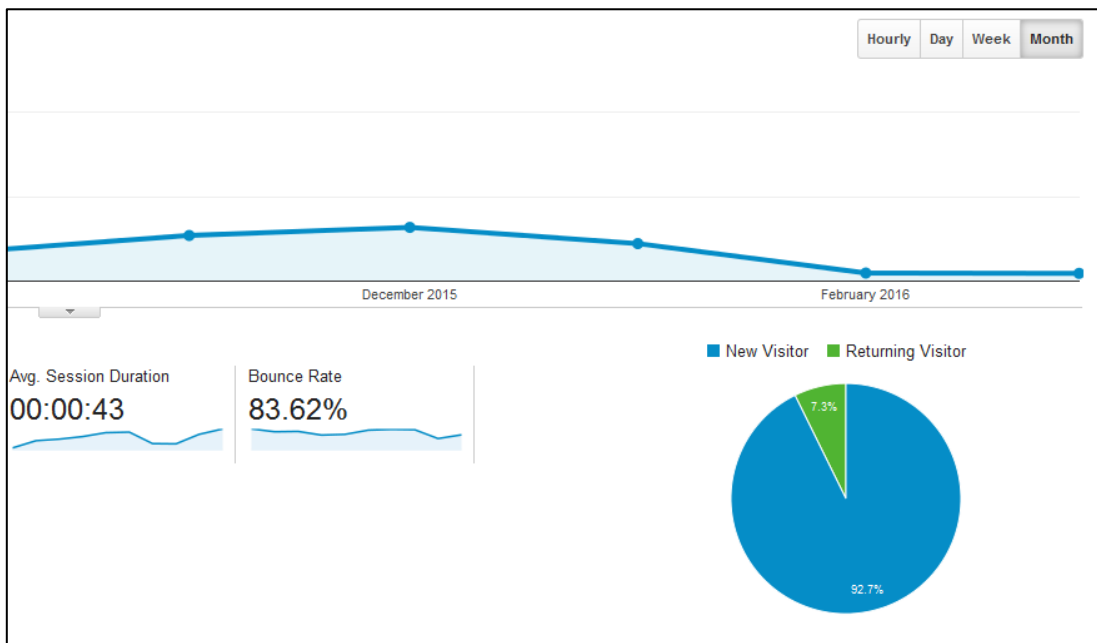
An additional dissemination tool is the ELF@Home website, online since the end of August 2013 at the following address: [www.elfathome.eu](http://www.elfathome.eu). There you can find a description of the project objectives, the project partners and, most importantly, the project news and the results.

**Analytics of the website (end of March 2016):**

Visits since June 2015 per month:

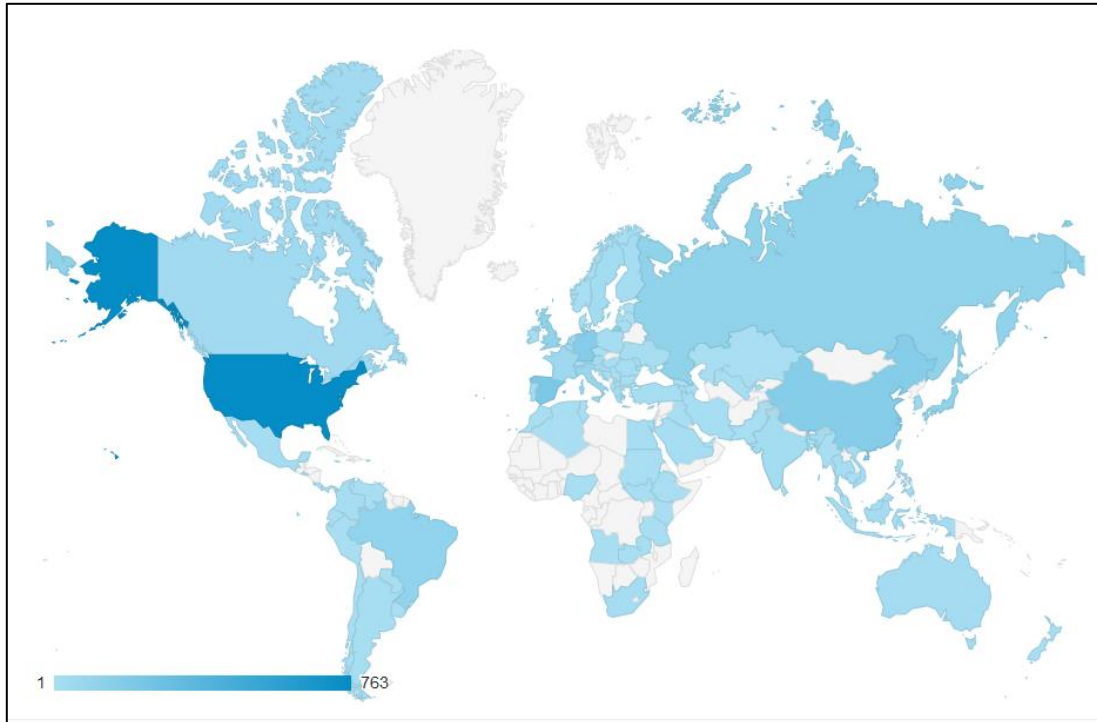


**Figure 3: ELF@Home website sessions per month I**



**Figure 4: ELF@Home website visits per month II**

Visits since June 2016 per country:



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

Country ?	Acquisition		
	Sessions ? ↓	% New Sessions ?	New Users ?
	<b>3,328</b> % of Total: 100.00% (3,328)	<b>92.70%</b> Avg for View: 92.61% (0.10%)	<b>3,085</b> % of Total: 100.10% (3,082)
1.  United States	763 (22.93%)	98.95%	755 (24.47%)
2. (not set)	742 (22.30%)	100.00%	742 (24.05%)
3.  Spain	213 (6.40%)	59.62%	127 (4.12%)
4.  China	165 (4.96%)	97.58%	161 (5.22%)
5.  Germany	164 (4.93%)	95.73%	157 (5.09%)
6.  Russia	114 (3.43%)	36.84%	42 (1.36%)
7.  Brazil	112 (3.37%)	99.11%	111 (3.60%)
8.  United Kingdom	107 (3.22%)	96.26%	103 (3.34%)
9.  Japan	107 (3.22%)	96.26%	103 (3.34%)
10.  Italy	77 (2.31%)	93.51%	72 (2.33%)

**Figure 6: ELF@Home website visits per country II**










Country ?	Behavior		
	Bounce Rate ?	Pages / Session ?	Avg. Session Duration ?
	<b>83.62%</b> Avg for View: 83.62% (0.00%)	<b>1.39</b> Avg for View: 1.39 (0.00%)	<b>00:00:43</b> Avg for View: 00:00:43 (0.00%)
1.  United States	92.92%	1.03	00:00:14
2. (not set)	93.80%	1.04	00:00:15
3.  Spain	46.01%	2.97	00:02:30
4.  China	92.12%	1.02	00:00:22
5.  Germany	64.02%	2.12	00:01:11
6.  Russia	82.46%	1.28	00:01:23
7.  Brazil	94.64%	1.04	00:00:04
8.  United Kingdom	75.70%	1.66	00:02:10
9.  Japan	85.05%	1.21	00:00:10
10.  Italy	71.43%	1.92	00:00:42

Figure 7: ELF@Home website visits per country III



Figure 8: ELF@Home landing page



# 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 9: 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**

**SPONSORS**

Figure 10: ELF@Home Flyer Page 2



**ELF@Home Demo Video**

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

<https://vimeo.com/125223783>

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## **2 Outlook: Dissemination Activities in the Next Months**

The ELF@Home project will officially finish at the 31<sup>st</sup> of May 2016. Nevertheless, some dissemination activities will continue. For example, the project partners UMU, CTIC and SGGPA will participate in the 23th Nordic Congress of Gerontology in Tampere, Finland in June (19-22.06) 2016. ELF@Home will be one of the projects to be discussed in the talk “Exercise – medicine for older people”.

In addition, SGGPA will try to present the results of ELF@Home in the Spanish National Congress of Gerontology of next year (2017).