ELF@Home

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

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

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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 1st June 2015 to 31st May 2016).

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Executive Summary

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Document Information

Acronym	ELF@Home
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Abbreviations

CTIC   Fundación CTIC – Centro Tecnológico (project leader)

EU   European Union

ICT   Innovate, Connect, Transform - ICT 2015 in Lisbon (Portugal)

INNO   Innovationsmanufaktur GmbH (project partner)

MANCOSI Mancosi (Mancomunidad Comarca de la Sidra) (project supporter)

SGGPA   Sociedad Gerontológica y Geriátrica del Principado de Asturias (project partner)

UMU   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 mayors 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	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 https://ec.europa.eu/digital-agenda/en/news/youre-not-too-old-keep-fit-elfhome	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? https://ec.europa.eu/digital-agenda/en/blog/how-would-you-have-your-own-elfhome-monitor-your-health-and-fitness	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. *Libro de actas II Congreso Ciudades Inteligentes,* 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 additionally dissemination tool is the ELF@Home website, online since the end of August 2013 at the following address: 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:
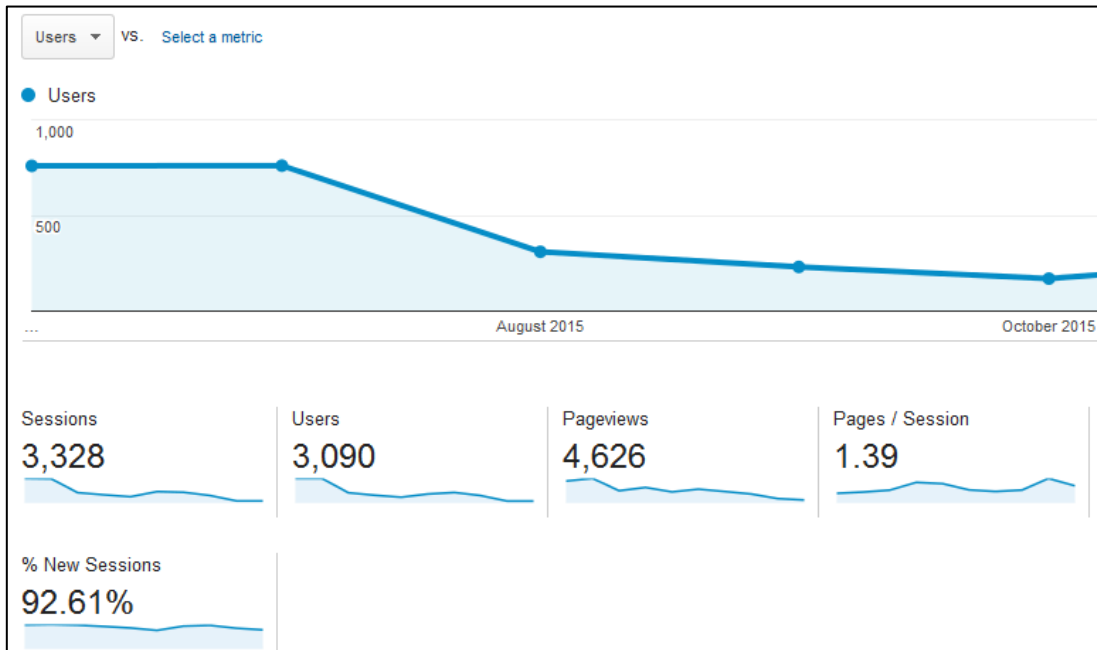
Figure 3: ELF@Home website sessions per month I
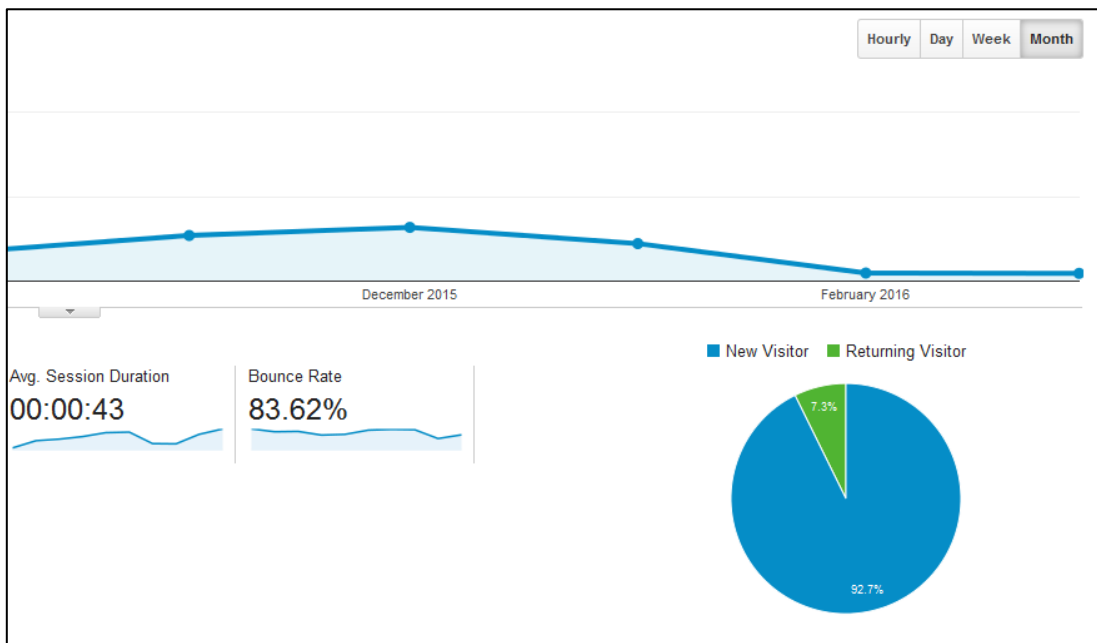
Figure 4: ELF@Home website visits per month II

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Visits since June 2016 per country:
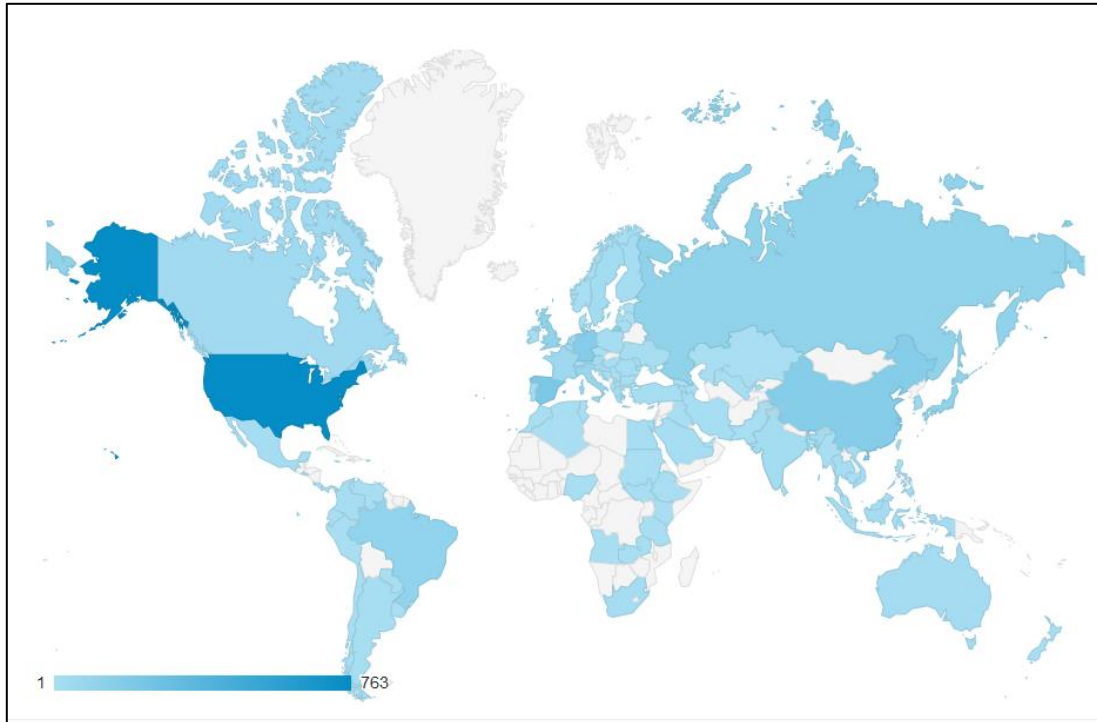
Figure 5: ELF@Home website visits per country I

Country	Acquisition		
	Sessions ↓	% New Sessions	New Users
	3,328 % of Total: 100.00% (3,328)	92.70% Avg for View: 92.61% (0.10%)	3,085 % 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
	83.62% Avg for View: 83.62% (0.00%)	1.39 Avg for View: 1.39 (0.00%)	00:00:43 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

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Figure 8: ELF@Home landing page

1.4 ELF@Home Flyer

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

Figure 9: ELF@Home Flyer Page 1

Figure 10: ELF@Home Flyer Page 2

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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 project will officially finish at the 31st 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).