



**FINAL**  
**PROJECT REPORT**

*– RelaxedCare –*

***Please send this report ELECTRONICALLY to the Central Management Unit (CMU) as well as a copy to the National Contact Persons (NCPs) of the coordinator and project partners***

***The coordinator of the project must submit this report within 60 calendar days after the final date of the project, on behalf of the consortium.***

***If you have any additional question,  
please contact the AAL CMU at [CMU@aal-europe.eu](mailto:CMU@aal-europe.eu),  
or your NCP (see details on [www.aal-europe.eu/aal-ncp](http://www.aal-europe.eu/aal-ncp))***

<b>Report date</b>	08/07/2016
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**PUBLISHABLE PROJECT INFORMATION (TO BE USED BY AALJP)**

<b>1A. PROJECT</b>	
<b>PROJECT FULL TITLE</b>	RelaxedCare – Connecting People in Care Situations
<b>PROJECT ACRONYM</b>	RelaxedCare
<b>PROJECT NO.</b>	AAL-2012-5-199
<b>PROJECT WEBSITE</b>	www.relaxedcare.eu
<b>PROJECT DURATION</b>	Starting date: 01.05.2013 Termination date: 30.04.2016
<b>COORDINATOR'S NAME AND DETAILS</b>	Full name: Martin Morandell E-mail address: martin.morandell@ait.ac.at Telephone number: +43 664 8251403

<b>1B. PROJECT PARTNERS</b>					
<b>No.</b>	<b>PARTNER ORGANISATION NAME</b>	<b>PARTNER ORG. ACRONYM</b>	<b>TYPE*</b>	<b>PROJECT COSTS: PUBLIC GRANT IN EURO</b>	<b>PROJECT COSTS: PARTNER OWN CONTRIBUTION IN EURO</b>
1	AIT Austrian Institute of Technology	AIT	FFG / AT	588.601	196.261
2	Hochschule Luzern Technik & Architektur – iHomeLab	IHL	State Secretariat for Education, Research and Innovation (SERI) CH	317'866.04	329'580.02*
3	50plus GmbH	50p	FFG / AT	78.646	52.432
4	New Design University	NDU	FFG / AT	202.352	67.451
5	SenLab d.o.o.	SEN	Ministrstvo za izobraževanje, znanost in šport	149'122,30	52'648,26
6	Szenographie	SZE	State Secretariat for Education, Research and Innovation (SERI) CH	94'183.33	87'060.60*
7	Ibernex	IBE	Ministry of Industry, Energy and Tourism	138,641.60	215,811.58
8	soultank AG	SOUL	State Secretariat for Education, Research and Innovation (SERI) CH	130'647.92	143'778.28*
9	Schweizerisches Rote Kreuz Luzern	SRK	State Secretariat for Education, Research and Innovation (SERI) CH	50'911.67	41'408.48*

\* Remark: Provided figures may be misleading due to changes in currency exchange rates during the project. Please refer to the Swiss national reporting for calculations in Swiss Francs (CHF).



## 1C. PUBLISHABLE PROJECT RESULTS SUMMARY (1 PAGE)

**In this section, please present the results of your project, including the following information:**

- *what is your product/service (result of the AAL JP project work)*
- *what needs/problems does your product/service respond to*
- *what are the target groups of users and payers*
- *what is the technological innovation of your product/service (in terms of novelty of concept, approach to the development etc.)*
- *what is the social innovation of your product/service (benefits to society and economic impact)*
- *which type of end-users have been involved in the project (how many and in which way)*
- *what is the expected time to market and what are the main possible barriers*

“Is my mum doing okay right now?” This question is present in the mind of informal caregivers. Feelings of burden, stress, and even burn-out are common results of their manifold tasks. For reassurance of the Assisted Person’s wellbeing, regular phone calls or visits are the current solution, causing even more stress. Most Assisted Persons do not want to put more burden on their Informal Caregiver or disturb them in their busy daily life. They often perceive their own problems as minor.

With this in mind, RelaxedCare has identified three goals:

1. To answer the question “is my mum doing okay” in an easily comprehensible and unobtrusive way by providing wellbeing information.
2. To provide an easy way to stay connected with your loved ones, with low communication barriers.
3. To combine these functions in an aesthetically-designed lifestyle product that is fun to use, increasing the bonds within families.

### The RelaxedCare Solution

RelaxedCare is the new entirely new way of communicating and caring: allowing more communication from the Assisted Person’s side while unobtrusively keeping Informal Caregivers worry-free and informed about the Assisted Person’s wellbeing state.

The RelaxedCare system consists of the aesthetically-designed cube and a smartphone app. At the Assisted Person’s home the cube is connected to a smart home system. Innovative behaviour pattern recognition methods detect the wellbeing state of the user, including activity level, social interaction and daily life routines. On the caregiver’s side, the wellbeing status is displayed in a pervasive way via the wellbeing indicator on the RelaxedCare cube and the app.

The Cube also enables both sides to send simple messages using an innovative interaction design: placing tiles with specific icons on top of the cube. Asking for help, requesting a call or saying “I am thinking of you” has never been simpler than with RelaxedCare.

Taking the stress out of people in caregiving situations increases the quality of life of both – the Assisted Person and the Informal Caregiver.

By providing basic information about the wellbeing every time and everywhere at a glance, the time-consuming and low quality communication should be minimized to allow a more joyful, personal and high qualitative communication.

This reassurance will help Informal Caregiver to live a more pleasant life, while still being connected to the Assisted Person. The Assisted Person at the same time can be reassured that someone is there.

Offering the Assisted Person a low-barrier way to ask for assistance will make it easier to ask for help when needed. The fun to use the user interface will enhance communication including all family members.

Minimizing the burden of caregiving will allow informal caregiver to be in this role for a longer period of time. As they are the most important pillar of the care system, this will allow the Assisted Person to live longer in their preferred living environment.

The RelaxedCare system is available as a fully functional, well designed prototype. It was tested by 13 user pairs in field trials, and more than 200 people in care situations were involved in the design process, early testing and lab testing. We have a clear plan what would have to be changed for the future.

As at the current prototype state RelaxedCare is based a lot on hardware, a redesign of the “inner life” has to be planned. Hence a market entry will take at least another 18 months.