



work with no stress about the stress

## The aims of the StayActive Project:

**Increasing autonomy and productivity in older workers.** StayActive allows the older adult to improve their management of work related stress; reducing the loss of productivity and health related costs thanks to the stress management capabilities of the StayActive project.

**Promoting empowerment and more equal access to services.** The StayActive project will allow access to stress management assistance at work to those who otherwise may not have access to it, or who may have had a restricted access due to the limitations on the services provided from the healthcare systems.

**To engage end users in the development process and research and test accessibility, usability and end user acceptance.** StayActive is designed thinking about the end user and their needs, and unfamiliarity for most end users with the use of these novel technologies. In this way, it has been decided that this complex system, will be designed to be run on a mobile system; which will need only a normal internet connection. The latter is to allow the mobile system to access all available StayActive services. The complexity of the ICT technologies and their interaction will be invisible to the end user, since the final StayActive will be unobtrusive, with an end user Interface designed based on the end user needs. StayActive will also be low power demanding. The end user will be actively involved throughout the different phases of the project; and finally will perform the end user field trials in realistic user scenarios.

**To create a product that has an impact on the end user audience and has social relevance.** StayActive will also allow elderly people to be direct users of technologies still in their initial market deployment phase and during the pilot tests. Also the first prototypes will be updated after the trial pilots and will be ready to send to market in the first year.

**To provide access to a novel ICT product for older workers.** The StayActive system will allow the older adult to take advantage of a novel ICT based product that allows the end user to efficiently manage their stress levels by having access to individualized services, healthy work habits recommendation, and biofeedback systems and games.

For more information please visit : [www.stay-active.net](http://www.stay-active.net)

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