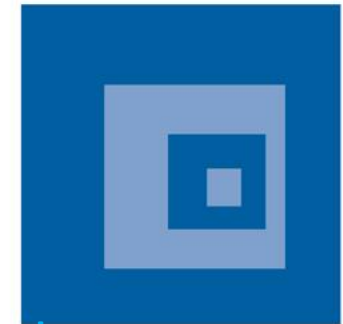


Exercise - 3 hours



The exercise will focus on building a proposal structure starting from the [5W method](#):

- WHY? Define project objectives: 1 general objective and 3-4 specific objectives.
- WHAT? Define project results (tangible or intangible) and reflect about their impact and exploitability
- HOW? Define how project activities are broken into different work packages, and how project phases relate to each other (e.g.: research and information collection, experiments and testing; co-creation and engagement; dissemination; communication....).
- WHO? Which are the needed beneficiaries (partners) in order to reach the project's objectives and tackle the "challenge".



Objectives

WHY?

- General Obj.
- 2/3 specific Obj.



Specific challenge: PH

[PHC-21-2015 - Advancing active and healthy ageing with ICT: Early risk detection and intervention](#)

Citizens in an ageing European population are at greater risk of cognitive impairment, frailty and social exclusion with considerable negative consequences for their quality of life, that of those who care for them, and for the sustainability of health and care systems. The earlier detection of risks associated with ageing, using ICT approaches, can enable earlier intervention to ameliorate their negative consequences.

Scope: Proposals should focus on early risk detection and intervention: specifically ICT based solutions which support active and healthy ageing by enabling early detection and minimisation of risks associated with ageing, including (but not limited to) cognitive impairment, frailty, depression and falls.

Proposals should demonstrate the link between changes in behaviour and subsequent negative consequences of ageing by unobtrusive behavioural sensing, and large scale collection of data readily available in the daily living environment of older individuals. Proposals should also design ICT based interventions countering identified risks, as well as innovative treatments and therapies based on early detection.

Proposals should build on multi-disciplinary research involving behavioural, sociological, health and other relevant disciplines, and on stakeholder engagement in order to be driven by relevant user needs to ensure end-user acceptance (including gender aspects). Full account should be taken of relevant data protection aspects.

The Commission considers that proposals requesting a contribution from the EU of between **EUR 3 and 4 million** would allow this specific challenge to be addressed appropriately.

Expected impact:

Evidence for the benefits of risk detection and intervention, based on proof of concept and involvement of relevant stakeholders

Clear improvements of outcomes for individuals, care systems and wider society from new therapies and interventions based on early risk detection in comparison with current practices.

Global leadership in ICT based innovation for active and healthy ageing.

Type of action: **Research and innovation actions**



Process

HOW?

- Choose your work packages
- Choose the main tasks of the WP

N.B. All proposal shall include:

- In the choice of tasks, think about the difference between RIA and IA
- One WP on Project Management
- At least one WP on Exploitation/Dissemination/Communication – you can consider splitting into different WP.



Results

WHAT?

Which are the main outcomes of the project?

Are they also exploitable?



Consortium

WHO?

Chose the relevant partners according to skills

N.B.: Take into consideration the differences between RIA and IA in the choice you make



Budget

Plan the needed resources (man months, materials, consumables)

Think about the duration of the project



Topic Keywords

Early detection of risks → early intervention

ICT approaches

Behavioural sensing

Data collection

Stakeholder engagement



About targets

- Elderly at risk regarding loss of function
- Elderly with low physical activity levels
- Size of target group: (i.e. between 15% and 25% of the ≥ 65 population)
- Target settings: i.e. home care, care homes, rehabilitation facilities, hospitals



Some Ideas



Advanced Sensing and Monitoring




Health Data Analytics and Recommendations



Activation Through Personalized Mobility Devices iStander




Some Ideas



Non-intrusive
technological devices
for early detection of
frailty



Personalized Intervention and Social Interaction



Alert doctors and family
members in case of
sudden falls, loss of
balance or orientation



Some Ideas

<https://youtu.be/PfGjmTwhV7c>

<https://youtu.be/GPuBpx4TZY4>