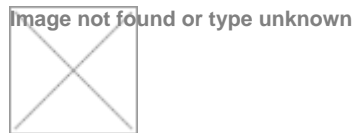


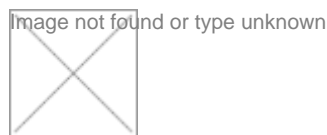
## Home



*Age and Ageing*, January 2021

### The My Active and Healthy Aging ICT platform prevents quality of life decline in older adults: a randomised controlled study

[read more](#) <sup>[1]</sup>



#### 2 September 2020 - My-AHA results in brief

##### **CORDIS - UE research results**

##### **New system helps predict and prevent frailty** <sup>[2]</sup>

The elderly are prone to frailty, but assessing risk and preventing deterioration is difficult. A new system identifies at risk patients and gives individual advice to support active and healthy ageing.

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**Source URL:** <http://www.activeageing.unito.it/en/home>

#### **Links**

[1] <http://www.activeageing.unito.it/en/publications>

[2] <https://cordis.europa.eu/article/id/421962-new-system-helps-predict-and-prevent-frailty>