

## Research

We propose a holistic view of interrelated frailties: cognitive decline, physical frailty, depression and anxiety, social isolation and poor sleep quality, which are a major burden to older adults and social and health care systems. Early detection and intervention are crucial in sustaining active and healthy ageing (AHA) and slowing or reversing further decline.

The main aim of my-AHA is to reduce frailty risk by improving physical activity and cognitive function, psychological state, social resources, nutrition, sleep and overall well-being. It will empower older citizens to better manage their own health, resulting in healthcare cost savings. my-AHA will use state-of-the-art analytical concepts to provide new ways of health monitoring and disease prevention through individualized profiling and personalized recommendations, feedback and support.

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