

European Union funds project for fight against frailty 16 countries in Europe, Asia and Australia join forces to fight the effects of frailty and support prevention

In January 2016 the project my Active and Healthy Aging (my-AHA) started. Under the coordination of the University of Turin a team from 16 EU and extra-EU countries started to fight age-related frailty. Physical as well as cognitive frailty is in the focus. Early detection and intervention programs shall support in decreasing negative effects on people and increase the quality of life.

Aims and Relevance: 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.

Approach: An ICT-based platform will detect defined risks in the frailty domains early and accurately via non-stigmatising embedded sensors and data readily available in the daily living environment of older adults. When risk is detected, my-AHA will provide targeted ICT-based interventions with a scientific evidence base of efficacy, including vetted offerings from established providers of medical and AHA support.

These interventions will follow an integrated approach to motivate users to participate in exercise, cognitively stimulating games and social networking to achieve long-term behavioural change, sustained by continued end user engagement with my-AHA.

Become a part of it: To achieve the goals of my-AHA the project team is looking for people who are volunteering to take part in a two year lasting study. Requirements are easy to come by: be over 55 and living in one of the following countries:

EU: Austria, Belgium, Germany, Italy, Spain, Sweden, United Kingdom

Extra-EU: Australia, Japan, South Korea

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