

City4Age

DAEM S.A.



European
Commission

Horizon 2020
European Union funding
for Research & Innovation

Elderly-friendly city services for active and healthy ageing

Research and innovation project funded by the European Commission under Horizon 2020.

Objectives:

- Enable Ambient Assisted Cities or Age-friendly Cities
- Creation of an innovative framework on ICT tools to enhance early detection of risk related to frailty and Mild Cognitive Impairments (MCI)
- Promotion of personalised intervention to improve daily life of elderly population and positive behaviour changes

Coordinator: Politecnico di Milano

Pilot implementations: Madrid, Athens, Montpellier, Singapore, Lecce, and Birmingham

Strategy

Social policy is one of the five axes of Municipality of Athens Strategic Plan:

- The effective support of socially vulnerable citizens groups facing economical and social problems is in priority
- Among all initiatives, the focus on improvement of senior citizens' every day life is highlighted. The modernization of Friendship Clubs in terms of equipment and of organization of new activities is one of the prioritized activities

Main objective

Through the Athens pilot strategy we expect to:

- Enhance citizen awareness, behavioral learning and cultural adaptation to new technologies
- Improve senior citizens' everyday life quality
- Promote policy making by citizens for citizens
- Reduction of social isolation
- Reduction of senior citizens' number in nursing homes

Target Group

In Friendship Clubs, senior citizens:

- find human warmth and **social support**
- enjoy **recreational activities**
- familiarize with the problems of old age
- are assisted in adapting to the new conditions of life and co-existing harmoniously with younger people
- are provided with a supportive environment

Target group

- Two Friendship Clubs are selected in the Municipality of Athens (Kipseli and Neos Kosmos)
- Two groups of 20 elderly are involved
- Male or Female
- Members of Friendship Clubs
- Frequently attend the Friendship Club and participate in activities
- Moving independently
- Good physical and mental condition
- Perhaps some of them are affected by frailty or will be affected during the pilot implementation

Athens Pilot Implementation

Initial approach

- Meetings with the members of the Friendship Clubs
 - Presentation of the project objectives
 - Presentation of the aim of members' participation
 - Description of the application to be deployed
 - Questionnaire filled in by the participants



Data Collection

- In parallel with the data already available by the Friendship Club, a questionnaire was created as a complementary tool in order to illustrate elderly's profile
- Feedback requested focused on three categories:
 - demographics
 - daily routine
 - participation on Friendship Club's activities



City: Athens

Friendship Club:

Interviewer:

QUESTIONNAIRE

A. Please answer to general questions:

1. **Name & Surname:**

2. **Sex:**

Male Female

3. **Age:**

4. **Educational Level:**

Illiterate Elementary School Secondary Education

Higher Education Master's degree

5. **Marital Status:**

Single Married Divorced Widower

6. **Number of children**

None One Two Three and more

7. **Do you live alone?**

Yes No

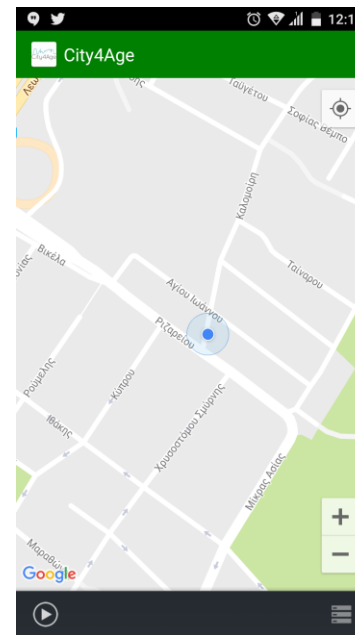
Athens Pilot Implementation

Scenarios - Mobile Application

The daily participation of the members will be monitored in diverse activities through mobile application.

Scenarios:

- Senior Citizens' participation in activities of their club (eg theatre, workshops, chorus, cooking classes, painting workshops)
- Senior citizens' participation in activities out of club (eg. one-day trip, excursions, walking time to preferred places, resting time)

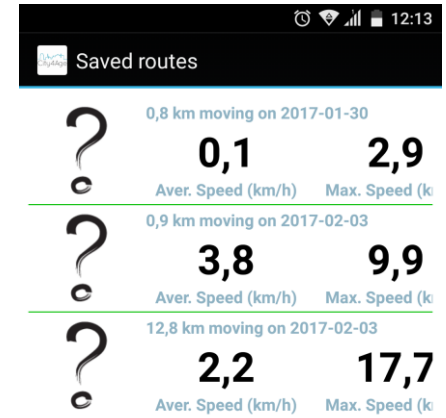
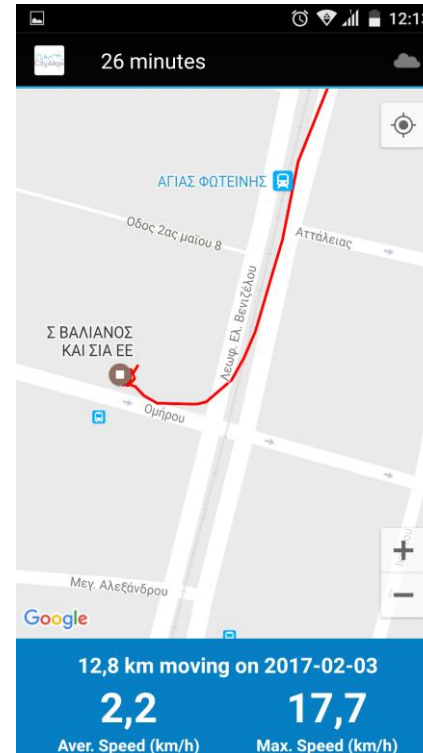


Athens Pilot Implementation

Scenarios - Mobile Application

Intervention aims to

- improve the quality of everyday life
- correct negative patterns of behavioural change
- provide assistance when necessary



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Thank you!



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