

Overview on the Italian trial



June 2016

Overview of the city of Genova, Italy

The Italian pilot on stage

After the end of the UK pilot study, we are starting with the Italian one. The second round in Italy is going on in Genova. After testing the DOREMI solutions and intervention inside Residential care setting in UK, during the Italian pilot we will test it in private apartment. The second round in Italy is involving 17 people over 65, that will test the DOREMI Technologies and Homecare intervention for 45 days. Liguria Region is the most aged region in Europe; the percentage of population over 65 is 27, 7%. About 725,247 inhabitants, 200,606 are ultra 64 years age classes (figures for the year 2013). The general increase in life expectancy is a major achievement related to the improvement

of social progress and health conditions. However, more years of life does not always correspond to a better quality of life compared to an expectation of living in Italy, 85 years for women and 80 for men, among the highest levels in the world, there is an expectation of healthy life constantly decreasing and amounted to 61 years for women and 62 for men. Chronic degenerative diseases associated with aging play a particular role in affecting the quality of life leading to a rise in medical and care costs. The aging population also raises new societal challenges, which require a global response and effective in the short term. For this reason, maintaining active surveillance and



active and healthy lifestyle in the four areas of the DOREMI intervention: nutrition, cognitive, physical and social. The results of the baseline assessment have been used to define a personalized nutrition plan that has been distributed to the subjects assigned to the intervention group. After the end of the training phase, has been started the intervention one at 9th of June 2016, that will last until 22th of July.

monitoring systems on the elderly population is essential in order to plan preventive actions correct and targeted and to assess over time the interventions put in place. Homecare interventions to promote active and healthy lifestyle to prevent risks related to aging and degenerative disorders need to be implemented to face off this urgent societal challenge.

The DOREMI intervention target this relevant issue for the Italian and Ligurian Population and the DOREMI pilot study is the first step in this path. From May 2016 the SI4life staff in collaboration with all technical partners started the installation of the equipment at subjects' home. After setting up the DOREMI solution at the end of May started the training phase, composed by 3 meeting during which the subjects have been trained by SI4life and CNR IFC staff to use the ICT tools and DOREMI apps. The subject included in the control group received guidelines for

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