

Getting ready for the DOREMI final concert!



The Pensioners: the magazine for and by older people of Brighton & Hove

September
2016

The final concert of the DOREMI project

After 3 years of activities, DOREMI products have started to orchestrate active ageing and its 2 trials have been completed. It is high time to share with stakeholders and the general audience what the project has achieved and what its legacy will be!

Rendez-vous then in Brussels, on **25 October 2016** for the final conference of DOREMI, which orchestrated active and healthy ageing since 2013

Venue: Tuscany Region – EU Office,
Rond-Point Schuman 14, Brussels

Closest Metro/Train Station/bus stop:
Schuman

The conference will highlight the DOREMI approach to support older people's independent living in the field of nutrition, physical and cognitive activity.

What will you hear?

Session 1: **Empowering EU citizens on healthy lifestyles: The DOREMI environment**

How to eat well and healthy? How to monitor your physical activity and stimulate your brain? Get an overview of the DOREMI environment and its tools, and hear about the feedback of a 78-year old tester from the UK!

Session 2: **DOREMI data collection, analysis and results**

Get an insight of the pilot sites and their activities in Italy and in the UK. DOREMI partners will point out their experience in practice and share their lessons learnt.

Session 3: **Synergies among EU Projects on frailty and unhealthy dietary habits in older people**

The interaction and mutual exchange with other European and International partners and projects have been enriching elements in the DOREMI journey. This session will explore them in detail.

Session 4: **Economic opportunities created by digital technology in EU older people**

Last but not least, DOREMI wanted to reach out to its market and benefit its end users with the products developed. Following the European Commission's advice on the mobilization of stakeholders, the DOREMI Coordinator, Prof. Parodi, will provide the results of the exploitation efforts to apply the project's solutions in practice.

Have a look to the agenda [HERE](#).

In order to register, contact: llenia.gheno@age-platform.eu
By October 15th

The voices of the DOREMI users

The [DOREMI Final Conference](#) will highlight the approach implemented to support older people's independent living in the field of nutrition, physical and cognitive activity: it will provide an overview of the DOREMI environment and its tools, the feedback of a 78-year old tester from the UK pilot site, health professionals and private companies on the exploitation and commercialization of the DOREMI solutions.

The participants to the DOREMI pilots played cognitive games, exercised and monitored their diet, all this while setting up great social circles. The DOREMI solutions have been excellent for the residents in UK as it formed friendships in a group of residents who otherwise might not have got the chance, while encouraging a healthy lifestyle and active mind. The cognitive games have been very well received by the participants, with many of them playing as often as they can and growing attached the dog avatar!

While some of the residents were quite skeptical of the tablet and the apps at first, with some training, they soon became proficient and were using it not just for the project, but also for their own enjoyment.

The system, however, needs to face the reduced ICT alphabetization of older people, which is rather prevalent among Mediterranean countries.

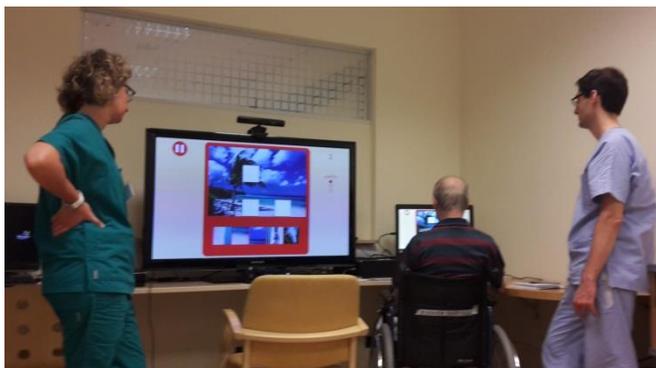
It is moreover important to point out that in the B2B market clients are mostly regional healthcare services and hospitals or private hospitals, who rely on cost-effectiveness paradigms and are often reluctant and slow in introducing changes. On the other hand, in a B2C model where the final clients are end-users (older people or caregivers), it might be possible to find early adopters but the margins are lower there.

Some quotes can better help understand the feelings around the solutions proposed:

"Some find it very useful and challenging, some of us including myself do not want to be "medicalised" in this way (...) I do not want to become dependent on following the data", End-User, July 2016

"DOREMI could give an indication if we are going wrong in our lifestyle. Being a carer, it could impact on our lifestyle, but we are very busy and wouldn't always have time to use it", Care-giver, July 2016

"We think clients can quite easily and effectively use DOREMI approach", Care Institution, July 2016



Casa di Cura del Policlinico is a fully integrated multi-speciality clinical centre based in Milan. It aims to provide both inpatient and outpatient services mainly directed at neurological patients. The clinical centre started piloting the DOREMI cognitive games with Imaginary as a means of enhancing the actual rehabilitation program. The pilot involved 15 participants (post-stroke patients; patients with Parkinson disease or with Multiple Sclerosis) between 50 and 85 staying in the clinic for a rehabilitation program which lasts, on average, a period of two months.

The main objective of this trial is to check the usability of the games, to analyse the degree of motivation and satisfaction of the users and assess the sustainability of the DOREMI solution. Additionally, the organisational impact within a clinical context has been evaluated in order to assess the potential of adding the suite into the standard rehabilitation program as well as considering the opportunity to use these types of solutions at home for tele-rehabilitation.

From Milan to Singapore....

Another set of test of the DOREMI games apps took place in Singapore. With ageing brings increased risk of chronic diseases, bereavement, isolation and end-of-life concerns: O'Joy Care services, a voluntary welfare organisation in Singapore, helps older persons, their families and/or caregivers to deal with these issues and concerns.

The DOREMI partner Imaginary from Italy has been successful in liaising with them and in placing the

project at their service, as the below letter witnesses.

"We are honoured and excited about the introduction of DOREMI, a proved gamification platform, to our centre. This is an important first step towards our development of "virtual" Health Oriented Ageing (HOA) to argument our "real" HOA programme.

The introduction of the virtual HOA will help us to engage firstly with older persons recovering at home after their discharge from the hospital; secondly with the more frail old-old whom may have difficulties to attend the real HOA and finally, with volunteers, young-old in the community, to do informed home visitation."

Jin Kiat, O'Joy Care Services, Singapore, September 2016

The "real" Health Oriented Ageing (HOA) is an arts activity-based community counselling programme that aims to strengthen all 8 dimension of wellness of older persons. These dimensions also known collectively as Self Mandala (by late Virginia Satir, world renown family therapist) i.e. physical, sensual, nutritional, emotional, intellectual, spiritual, interactional and contextual. HOA is designed as an integrated programme that reshapes and transforms the health of the aged by helping them uncover and develop their personal resources. Instead of focusing on lost abilities, the aged are encouraged to improve on what they have.

The 2 main trials cited here i.e. the Milan Clinic and the Singapore Care Services organisation illustrate the broad spectrum of potential beneficiaries of the applications developed for DOREMI by Imaginary. The successful Milan clinic trial was used to support clinicians and patients of all ages with pre-existing medical conditions in rehabilitation and clinician/patient empowerment whereas the Singapore trial was primarily aimed at elderly people without pre-existing conditions to provide a set of tools for healthy active ageing.

These two successful and positive outcomes which bridge both healthy and non-healthy users, clinicians

and non-clinicians as well as older and younger citizens is an illustration of the broad market potential at a global level.

From Singapore to Genova...

In August 2016 the IT pilot study has been concluded in Genova, involving 17 subjects. Both experimental and control groups have received training on Active and Healthy Aging protocols receiving guidelines on the different areas of the DOREMI interventions: nutritional, physical, cognitive and social.

During the intervention phase, the subjects lifestyle have been monitored through two different platforms. The clinical dashboard permitted to the staff to check clinical data detected by DOREMI hardware system (balance board, DOREMI bracelets, environmental sensors) and the activities performed day by day on the DOREMI game environment. The reasoning system, designed to daily update the personalized intervention plan, provided suggestions based on clinical breakthrough.

The KIOLA platform, instead, permitted to the technical staff to monitor the functioning of the DOREMI System components and identify any technical breakdowns and failures.

During the follow up phase all the tests administered during the baseline phase have been repeated. These will be used to verify the efficacy of the DOREMI intervention in improving health and quality of life of older adults.

Customer satisfaction has been evaluated at the end of DOREMI intervention in terms of usability, user satisfaction, engagement and interest in purchasing/using the System in the future.

The results of the interviews will be presented in the final deliverable of the project, but the global value of the experience has been considered good by all the involved subjects; the games proposed were “adapted to the capacity”, unless it has been highlighted a need of support, especially during the first steps of the intervention phase. The Food Diary was very appreciated, making users “able to monitor the eating habits”.

... and the highlight from the English pilot site

Last, but not least, the DOREMI pilot site in the UK allowed the team to get acquainted with Mr. Piggott, a 78-year old user from Milton Keynes. Mr. Piggott shares his experience on the tests he performed, and there is no doubt he also shares some of his British Humour! His feedback can be summarized by the following quotes of his:

“I have found the whole exercise interesting and challenging; it involved me, frustrated me, entertained me and badgered me into being active. I have learnt a lot and moaned a lot and I have kept on going.

All of the personnel have been fantastic, and I don't have any doubts that I have gained from the experience.

I hope our involvement and feedback will prove useful in refining the hardware and software.

It hasn't made me young again, it has helped to slow down getting older”.

Jack Piggott, participant at the EXTRACARE pilot site, United Kingdom, June 2016

For keeping in touch with the project, please write to doremi-fp7@ifc.cnr.it

