

Note: The information given in this document is still preliminary until partner contracts and funding allocations are finalised.



Project Information

Project Short Name	a ² e ²
Project Full Name	Adaptive Ambient Empowerment of the Elderly
Project Reference	aal-2008-1-071
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Background of the Project

Dramatically aging Western societies present a growing concern for health care institutions as the expected expenses will be exceeding available budgets. Diabetes type II and cardiovascular diseases are two of the most prominent health problems that can be significantly prevented and much more effectively controlled by adopting a healthier lifestyle. Physical exercise is the key element for better fitness, weight control and thus for the overall physical and mental health of an individual. However, most people still favor sedentary lifestyles even despite being advised otherwise. This motivational gap cannot be overcome by information alone but requires an ongoing prompting and feed-back loop that enables sustained behavior change. Virtual technology in combination with bio and ambient sensors can fill the gap and hereby effectively improve the health of the target population.

Visions and Objectives of the Project

a²e² stands for an innovative ICT solution designed to prevent or/and manage elderly individuals' chronic diseases through an increase in physical activity, resulting in better physical and mental health, ultimately improving the quality of life of its users. Building on existing infrastructures, a²e² combines elements of virtual avatar technology, bio and ambient sensors, as well as digital gaming. Features and the functional combination of those elements are guided by state-of-the-art expertise in health communication and psychology. The goal is an adaptive, easy-to-use and "fun-to-be-with" virtual coach that empowers senior individuals to establish and maintain a healthy and rewarding lifestyle for longer periods of time. To achieve such high levels of end user acceptance and enjoyment, elderly individuals are fully involved in the design and validation process.

Project Partners and Funding

Full name	Short name	Country Code	Type of Organization	Final granted budget in EUR
Center for Advanced Media Research Amsterdam (CAMERA) at VU University Amsterdam	VUA	NL	Research Organization	540.836
Hospital IT AS	HOS	NO	SME	616.000
VTT Technical Research Centre of Finland	VTT	FI	Research Organization	808.500
Mawell Ltd	MAW	FI	SME	110.000
Amsta	AMS	NL	Healthcare Provider	536.622
			Total	2.611.958