



RESILIEN-T

Technology driven self-management for building resilience among people with early-stage cognitive impairment

AAL-2018-5-82-CP

Deliverable D4.2 – Dissemination Plan

Project information	
Project acronym:	Resilien-t
Project name:	Technology driven self-management for building resilience among people with early stage cognitive impairment
Reference number	AAL-2018-5-82-CP
Project Duration:	01-03-2018 28-02-2021 (36months)
Co-ordinator	IRCCS-INRCA
Partners in the project	Università Politecnica delle Marche
	University of Toronto
	BSD design
	Switzerland Innovation Park Biel/Bienne AG
	GoldenAge SARL
	Vilans, national expert centre for the long-term care for The Netherlands
	Compaan
	Careyn

Document information	
Workpage	WP5t
Leading partner	SIPPB
Due Date	31-05-2019 Update 31/08/2022
Type	Report
Dissemination level	PU
Actual submission date	

Dissemination level	
PU	Public
PP	Restricted to other programme participants (including the Commission Services)
RE	Restricted to a group specified by the consortium (including the Commission Services)
CO	Confidential, only for members of the consortium (including the Commission Services)

Versioning				
No.	Version	Date	Implemented by	Comments
1	.1	03-06-2019	Alisa Vikhoreva	Adjustment from Draft to first version
2	.2	13-12-2019	Jonathan Gäumann	Operational plan of dissemination
3	.3	23-07-2020	Jonathan Gäumann	Update the dissemination plan
4	.4	12-08-2020	Jonathan Gäumann	Update dissemination plan
5	.5	08-02-2021	Jonathan Gäumann	Update dissemination plan
6	.6	20-12-2021	Jonathan Gäumann	Update dissemination plan
7	.7	31-08-2022	Björn Olbricht	Update and finalisation of dissemination plan

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List of Acronyms

AAL	Active & Assisted Living
EU	European Union
IRCCS - INRCA	L'Istituto nazionale ricovero e cura anziani (INRCA) è un Istituto di ricovero e cura a carattere scientifico (IRCCS) pubblico
MCI	Mild Cognitive Impairment
No.	Number
SIPBB	Switzerland Innovation Park Biel/Bienne
WP	Work Package

Executive Summary

This is a deliverable of WP4, pertaining the Task 4.2. The Work Package 4 aims to ensure strong visibility of the project and efficient dissemination of the results at each of the implementation phases. Further goals are exploitation activities such as defining market needs, market niches, developing a market deployment strategy, and creating a business model for an EU- and Canada-wide exploitation plan.

The deliverable D4.2 “Dissemination plan” presents the target groups, list of dissemination channels and the general strategy on dissemination towards the target groups through the channels available. The activities that have been undertaken up to this point as well as the planned dissemination activities for the future will be presented. All partners will disseminate the project’s results in their own countries and at the European and Canadian level.

1. Introduction

Mild Cognitive Impairment (MCI) is an age-related condition, in which an individual has mild but measurable changes in cognitive abilities that are greater than would be expected for their age. These changes are noticeable to the affected person and to family members and friends, but do not affect the individual's ability to carry out everyday activities. Approximately 15 percent to 20 percent of people aged 65 or older have MCI.

Scope of this document

The objective of this deliverable is to present a general strategy for dissemination and communication for the RESILIEN-T project with the focus on the activities to be performed during the first half of the project up until month 18.

- First, the target groups that the project wishes to address are defined.
- Second, the dissemination channels and instruments which are available to disseminate through are presented.
- Following this a schedule for dissemination actions is defined. It will serve as a guideline for the first half of the project.

The action plan for the second half of the project will be provided with the deliverable update at month 18.

This deliverable is part of Work Package 4 "Dissemination and exploitation" Task 4.2 "Development of dissemination plan, communication materials and channels". All partners participate in this task.

Rules of dissemination

The rules for dissemination are set in AAL communication guidelines, the National Grant Agreements, and in the Consortium Agreement.

As a reminder, every communication, public presentation, or document aimed at the dissemination of the project shall include at least the logo of RESILIEN-T project, the logo of the AAL IP and that of EU.

The following sentence shall also appear in all the mentioned supports aimed at dissemination of the project:

Co-financed by and the logo of AAL EU and National funding authority.

Every publication or public presentation carried out by partners must be first shown to the consortium for comments and for their information (see more details in the Consortium Agreement). Dissemination activities shall be compatible with intellectual property rights, confidentiality, and the legitimate interests of the owner of the Results.

All partners taking part in the project are involved in the dissemination activity.

According to a shared program, every partner will have to:

- Contribute to the project promotion and to the dissemination of its results.
- Help identify potentially new interested stakeholders.
- Contribute to the project website.
- Contribute to social networks.
- Participate in relevant events where the project can be introduced and displayed.
- Promote the organisation of focused events by publicizing them on the project website.
- Provide the logo of their own organization, and add a link to project website in their organization website.

- Make reference to all relevant funding bodies in every dissemination artefacts.
- Forward to the WP4 leader the dissemination material used to revise the dissemination plan and for the publication on the website if applicable.
- Report to the project coordinator and to other partners all dissemination activities performed.

2. General principles

General strategy

The goal is to raise awareness of the project, from its concept to its progress and to the final results. The knowledge gained is to be shared among the shareholders and the public sector. A properly carried out dissemination increases exploitation possibilities and opportunities by increasing the network.

As RESILIEN-T project has a user-centric approach and had many activities of co-working with the end-users it is very important to introduce the project concepts and partial results to the targeted audiences and obtain their feedback for guiding the development of the RESILIEN-T system.

Dissemination and exploitation of the project results are closely entwined. By creating a network of interested groups dissemination activities lay groundwork for future exploitation of the project results. To achieve optimal results dissemination must also be integrated into the exploitation strategy.

Dissemination is a continuous process. As the project progresses more material for dissemination will become available, which enables enrichment of the dissemination materials and allows a continuous flow of information that must be maintained in all the appropriate channels. The continuous updates also ensure that the project does not fade from the consciousness of the target audiences.

Dissemination target groups

The fundamental requirement for formulation of a dissemination strategy is the identification of the target groups. Each of the target groups will have to be approached differently. The expected target audiences can be summarized in the following three groups:

- End-users - this group includes the end-users of the RESILIEN-T system as well as their representatives
- Policy makers and enterprise – this group comprises of potentially directly involved as actor or financier in the exploitation of the results
- Scientific community – this group is made of researchers and academics who will support the project and benefit from it from a scientific point of view

It is possible for these categories to overlap. For purpose of simplicity the following classification of stakeholders only one designation was assigned per target group. The following table describes the target groups identified with their general categories.

Name	Interest, expectations	Needs
End-users (B2C) People with mild cognitive impairment People with subjective memory complaint Informal caregivers/family members	<ul style="list-style-type: none"> • Keep their independence • Don't want to be stigmatized • Must accept their situation and control it 	<ul style="list-style-type: none"> • Assistance in managing their day • Feeling like part of community
Care organisation (B2B) Homecare service providers Elderly care centres	<ul style="list-style-type: none"> • Delivers the best care • Need to manage the prof caregivers 	<ul style="list-style-type: none"> • Solution that reduces work effort • Make work more efficient

Welfare organisation formal caregivers	<ul style="list-style-type: none"> Want to increase efficiency Need to compensate for the shortage of staff Need to save time and energy 	<ul style="list-style-type: none"> Need help with managing the daily routine of the patients.
Regional/local authorities (B2A) Cantons Municipalities Public associations	<ul style="list-style-type: none"> Want to organise health care provision for the citizens 	<ul style="list-style-type: none"> Need well-functioning care organisations
Governments authorities	<ul style="list-style-type: none"> Define healthcare regulations 	<ul style="list-style-type: none"> Want a high level of care
Insurance company	<ul style="list-style-type: none"> Want to increase customer numbers with low risk of healthcare costs 	<ul style="list-style-type: none"> Solution that decreases costs by improving quality of life and maintaining health, mental or physical
Suppliers of lifestyle products/service	<ul style="list-style-type: none"> Want to sell their products 	<ul style="list-style-type: none"> Need of users and customers
Competitors	<ul style="list-style-type: none"> Sell their product 	<ul style="list-style-type: none"> Be better than their competition

Table 1. Dissemination target group

Dissemination channels

The goal is to raise awareness among a broad set of audiences; therefore, an equally broad spectrum of dissemination channels is needed.

- **Digital**
The online dissemination channels play a central role in the project dissemination plan. The website will be used as the connection piece for all the dissemination channel and will be used to inform on the project concept, development, partial results, and activities all of the stakeholders and interested groups. A part of the information will be released on chosen social media channels.
- **Face-to-face**
Despite the electronic communication having increased influence, the personal face-to-face communication remains unique and indispensable as a dissemination tool. Each partner shall suggest a list of local, national, or international events in which to participate and to promote the project or to present accepted paper and/or posters at relevant conferences. In addition, the consortium partners shall coordinate among themselves to organise different events, such as workshops or specialized information sessions, at international conferences or other relevant events. The RESILIEN-T consortium partners will participate at fairs and other commercial events with booths distributing information materials like leaflets.
- **Traditional media**
Traditional media such as newspapers, radio, or TV, are an important communication channel. Many older people are used more to getting information from newspapers rather than the internet. Press

releases regarding the concept, newest developments, announcements of upcoming events organised by the project partners, and information of interest to the public shall be prepared to involve the press and the wider public that comes with it.

- Scientific journals / specialised press
Articles for specialized and scientific press must be elaborated and published throughout the project development to appeal to the scientific community and professionals in the field pertaining to the topics and themes of the project. The scientific results should be written, published in relevant scientific journals, and presented at national and international conferences.

All consortium partners will collaborate to create a list of dissemination opportunities and contacts associated with their respective institution to be used for raising the awareness and spreading the results of the RESILIEN-T project.

Dissemination success indicators

To assess the effectiveness of the dissemination activities a set of success indicators must be defined. If the target values are met, then the activity is regarded as successful. If they are not met it is possible to intervene and adjust the dissemination strategy and plan if determined as necessary by the consortium.

These target values listed below are only to present a basic set of references that aims to give an easily measurable indicator of success. The overall success of the dissemination depends on many factors that are not always easily measurable or not always as easy to present in a report.

Table 2. Dissemination success indicators

Indicator	Target value	Results as of 31.08.2022
No. visitors to our website	≥ 1000	6434
No. of leaflets distributed	≥ 500	+/- 200
No. of presentations done	≥ 5	6
No. or workshops held	≥ 5	2
No. of scientific publications in peer-reviewed journals	≥ 1	4

3. Dissemination instruments

Project logo

The logo is the image which represents the project brand. It provides the RESILIEN-T consortium and the RESILIEN-T system with a corporate identity thus facilitating project recognition in the world and enabling more homogeneity in all the consortium activities, especially when concerning interaction with external parties.

The logo was designed by BSD design, a member of the project consortium, and chosen for its simple and smooth design that is easily recognizable. It is imperative that the logo is used with all the dissemination instruments, consistent with its style, in order for it to be effective as corporate design.



Figure 1. Project logo

Website

The project website is the first and most widely accessed dissemination channel. It is the first-place people will seek out once they have received a leaflet, attended a presentation, or have otherwise come in contact with the RESILIEN-T project. As such it is of high importance to all target groups.

The homepage is available under: <http://resilien-t.eu>

The website will publish all the information about the project that is meant for public access. This includes the project concept, project development, main results and the business and service models. It will provide information about initiatives such as events, participation at conferences, workshops, and etc. It will also provide access to various dissemination documents and other downloadable content. The website will be updated regularly to inform on the progress of the project.

The website is currently in English only, as it is the international language. Some downloadable publications, such as the leaflet, are available in all languages of the consortium partners.

Social Media

To ensure as wide diffusion of information as possible, it was decided to present some of the project material on the most popular social media networks, which are used by informal caregivers and general public, and researchers and professionals of the field.

A project account will be created on Facebook and Twitter.

During the project, the dissemination materials, project development as well as information pertaining event participation will be continuously posted onto these channels.

Leaflet and posters

A brochure containing all the substantial information on the project has been designed in two versions, one for dissemination to the end-users and general public, and another for dissemination among scientific and professional audience. The brochure has been translated to all the languages of the consortium partners. It is an item that is easy to make a large number of and take them to all the events, conferences, workshops and forums to hand them out in a large number. The audiences can take the leaflet and read it thoroughly at a later point.

The current version of the leaflet contains the project concept and general goals. An improved version containing the first project results will be realized once the system development has been finished and the trials have started.

In addition to the leaflet, a poster and a rollup have been created for use in networking events, forums, workshops and conferences. All partners are encouraged to create or modify existing dissemination materials to allow country specific dissemination for particular audiences.

Templates

A set of templates for Office documents shall be prepared. A basic Microsoft PowerPoint presentation with basic project information shall be made available for all consortium partners on the project shared folder. This ensures cohesive and uniform dissemination and appearance of the project while at the same time allowing modifications to match the particular audience.

Presentation video

A presentation video has been created to present the project. It is a short promotional type to present the project and recruit participants for the field trials. Other videos with preliminary results and interviews to partners and participants in the trial have been used to present the project results.

4. Dissemination plan

This section outlines the main processes of the dissemination based on the target groups and dissemination instruments presented in the previous sections. Here, the steps to build up the dissemination process, a flow of information, the timing of dissemination activities and the appropriate sharing of tasks among the consortium partners are outlined.

Each consortium member must play a role in dissemination according to their skills and capacity. The high-level coordination is undertaken by the leader of the Dissemination Work Package (WP4) and supported by the project coordinator.

Timely and effective dissemination is an essential part of the project and crucial for future exploitation of the project results well beyond the duration of the project itself. It allows for the benefits generated during the project to be accessed by the whole society. Ensuring that the gained knowledge and exploitable foreground is protected and any duplication of research and development activities is avoided is also a major part of the efficient dissemination strategy.

Two of the success key of dissemination is regularity and being up-to-date. Regular in the sense of the necessity to maintain the interest towards project achievements, and up-to-date in the sense of providing fresh content as well as being aware of new opportunities where project dissemination can take place.

This means that we can classify dissemination activities into main 3 types:

- Continuous activities (e.g. update of project website);
- Regular activities (e.g. writing newsletters);
- Occasional activities (e.g. attendance at conferences).

Table 3. Programmed dissemination activities.

Activity & message	Channel	Time	Target
Project update <i>Tell people what is happening in the project in just a few sentences to keep them on board and interested.</i>	Digital Presentation Newsletter	Once a month Update Next edition	Visitors & followers Participants Readers
Results of WP1 Cloud platform <i>Explain the main findings in the development of the cloud platform to show the possibilities to a more specialised audience</i>	Digital Standard presentation Newsletter	September 2020 Update Next edition in dec 2020	Visitors & followers Participants Readers
Recruitment for field trial <i>Explain to people what we are doing and motivate them to participate</i>	Digital Local media Video	Regularly since sep 2020	End users Care organisation

Results of WP2 App and interface develop <i>Explain the main findings in the development of the app and interface develop to show the possibilities to a more specialised audience</i>	Digital Standard presentation Newsletter Specialised press	December 2020 Update Next edition in dec 2020 2021	Visitors & followers Participants Readers Specialist
Update field trials 3 WP3 <i>Show the activities in the field trials and the first discoveries</i>	Digital Standard presentation	Mai 2022 Update	Visitors & followers Participants Readers Local populations and authorities
Results business and exploitation plan WP4 <i>Show the business and exploitation plan for RESILIEN-T</i>	Digital Presentation	August 2022 Update	Visitors & followers Participants Readers
Results field trials WP3 <i>Explain the final results about how RESILIEN-T is affecting people's live</i>	Digital Presentation Local media Scientific press Professional press	August 2022 Update	Visitors & followers Participants Readers Local population and authorities Scientific community / professionals
End results and project summary <i>Show the final results and summarize the last three years of project work</i>	Digital Presentation	August 2022 Update	Visitors & followers Participants Readers

For occasional activities, a list of planned and potentially interesting dissemination opportunities such as fairs, forums, scientific events and journals, marketing possibilities as well as the conventional media opportunities. Unlike with the continuous and regular activities, it is not possible to set all the occasional activities in stone ahead of time. This part of the document will be updated continuously as opportunities arise.

Table 4. List of dissemination opportunities for presentation and workshops.

Activity	Type	Date	Who	Why
ForItAAL	Forum	19-20.06.2019	INRCA	Presentation
AAL Forum Aarhus, Denmark	Forum	23-25.09.2019	To be defined	Booth
Dementia Lab	Conference	21-22.10.2019	UoT	Presentation
AAL Forum Trieste, Italy	Forum	10-12.05.2020	Cancelled	
AAL Forum / European Week of Active and Healthy Ageing	Online Forum	18-22.10.2021	Consortium	Virtual booth
Various webinar or presentation possibilities	Online or physical	TBD	Each partner	TBD

5. Dissemination activities

Below is the list of main dissemination activities performed during the project. All activities have been additionally disseminated over other dissemination channels such as the homepage, Facebook, Twitter and LinkedIn project accounts.

Partner	Date	Activity Type	Title
SIPPB, INRCA + all	Continuously from 25 march 2019	Homepage & Facebook posts on Kick off and consortium activity	
INRCA, UNIVPM	19-21.06.2019	Forum participation, presentation	AAL Forum in Ancona, Italy; presentation "AAL sensors and technologies for monitoring and assistance" Booth with poster , project demo and flyers distribution
INRCA, UNIVPM	19.08.2019	Scientific publication (published here)	"Assistive sensor-based technology driven self-management for building resilience among people with early-stage cognitive impairment"
UNIVPM	09.07.2019	Forum participation, presentation	International symposium on Measurements and Networking organized in Catania (Italy); Presentation "Assistive sensor-based technology driven self-management for building resilience among people with early-stage cognitive impairment"
INRCA+all	23-25.09.2019	Forum participation	Booth in AAL Forum in Aarhus, Denmark;
INRCA	27/09/2019	Project presentation during Researcher night	Presentation of the project and flyer distribution
Vilans	08.11.2019	Online publication (Vilans homepage)	"Helpt technologie mensen met dementie om meer te bewegen?"
Vilans	06.11.2019	Online publication (Vilans homepage)	"RESILIEN-T strengthens the resilience of older people living at home
Careyn	04.11.2019	Online publication (Careyn Homepage)	"Langer thuiswonen met geheugenproblematiek"
UofT	21-22.10.2019	Event participation, presentation (mention only)	Dementia Lab (Short mention about the project)
Vilans, Careyn	12.06.2019	Online publication (Vilans Homepage)	"Hoe zorg je ervoor dat mensen met lichte geheugenproblemen langer thuis kunnen wonen?"
SIPBB+all	continuously	Post on facebook, linkedin twitter	
Careyn, Vilans	10.09.2020	Online article	Article in "Geron", a Dutch (digital) magazine about getting older and society.
Compagn	20/11/2020	Presentation	Presentation of the coaching module at an online congress for professional caregivers organized by the city of Haarlemmermeerof
INRCA	22/11/2020	Presentation	Project presented during: Welfare in cerca di future. Webinar for social workers and expert in welfare
Careyn	30/11/2020	Article on local newspaper	Article pilot Resilien-T in the Netherlands


UNIVPM	23-25.06.2021	Presentation	Special session titled "Wearable sensors in the era of remote and continuous monitoring of physiological and physical parameters" at the 16th edition of IEEE International Symposium on Medical Measurements and Applications (23rd to 25th of June 2021).
UNIVPM	September 2021	Scientific publication (published here)	Our colleagues from Università Politecnica delle Marche, Sara Casaccia and Lorenzo Scalise, with their partners of UNIVPM, published a scientific paper about "Assessment of Domestic Well-Being: From Perception to Measurement" by integrating RESILIEN-T in their work.
UNIVPM	September 2021	Presentation	Speech about "Ageing well in living Environment" in September."
BSD	14-10-2021	Article (link here)	RESILIEN-T: Il ruolo del Co-Design e dello storytelling per l'Active Living
UNIVPM	2-3.11.2021	Workshop, presentations	UNIVPM presented our project during a speech titled "Measurement procedure for daily motion and sleep classification in ageing people using smartwatch data
BSD	Continuously	Posts	Various posts on Twitter and facebook with link to Resilien-t project
Compaan	January 2022	Newsletter, (published here)	Information about Resilien-t add-on called "Vitality" and webinar on 17 th of February.
Compaan	February 2022	Webinar, (published here)	Webinar about preventive effect of care technology in district nursing with over 350 viewers.
Compaan	2022	Posts (published here)	Several posts provided via LinkedIn via Compaan
SIPBB	May 2022	Event, (published here)	Invitation of seniors from Residenz au Lac (Biel) not only have a look at the facade of the new building, but also an insight into what is happening at the SIPBB, the marketing/events department gave a short tour of the FABLAB, battery lab and the Swiss Smart Factory and Swiss Health Tech Center offered. With candidates from field trials of the project this event is based on the project.
BSD	15-06-2022	Lecture	Lecture during the PhD summer school "Active & Healthy Ageing, WellBeing and SmartLiving: Challenges and Enabling Technology" about CoDesign for ActiveLiving
Careyn	01/12/2020	Article newspaper	Local newspaper in Rozenburg, the Netherlands
Careyn	11/03/2022	Article LinkedIn	Information and recruitment https://www.linkedin.com/in/regina-krijger
Careyn	14/04/2022	Article newspaper	Regional newspaper about resilien-t and recruitment Dankzij dit 'geheugentablet' kan Hennie (76) langer thuis blijven wonen Voorne-Putten AD.nl
Careyn	19/04/2022	Presentation to recruit participants in Brielle, Westvoorne and Hellevoetsluis	Presentation and showcasing Resilien-T and Compaan

Careyn	03/05/2022	Digital newsletter Municipality of Rotterdam	Information about Resilien-T and recruitment participants https://www.nieuwsbrievenrotterdam.nl/nieuwsbrief/?id=31b93a5a-2a39-4bc0-b27f-0291c298ffa&idc=22761&ida=85420#name22761
Careyn	20/05/2022	Article LinkedIn	Information about Resilien-T https://www.linkedin.com/in/regina-krijger
Careyn	21/06/2022	Article LinkedIn	Information about Resilien-T https://www.linkedin.com/in/regina-krijger
Careyn	Jan-May 2022	Events to recruit participants (bitterballenbijeenkoms) in Rozenburg, Spijkenisse and Zuidland	Presentation and showcasing Resilien-T and Compaan
Careyn and Vilans	October 2021	Article newspaper	Local newspaper in Rozenburg, the Netherlands
Compaan	January 2021	Presentation	Presentation for existing customers.
INRCA+ All	18/10/2021	Booth at virtual event	Virtual booth at EWAHA
INRCA	21/01/2022	Post	Facebook post to announce the start of recruiting
INRCA	28/01/2022	Article	Article on local newspaper
INRCA	25/05/2022	Post	Video Interview with one participant to the trial
INRCA	20/06/2022	Post	Post on the consortium meeting
INRCA	21/06/2022	Presentation	Presentation of preliminary result to the participant to the experimental trial
INRCA SIPPB	2021-2022	Post	Various facebook posts
Univpm	13/08/2021	Publication	Scientific publication about: "Assessment of Domestic Well-Being", IEEE Instrumentation & measurements magazine https://ieeexplore.ieee.org/abstract/document/9513641
Univpm	30/11/2021	Presentation	Presentation of LTC workshop 2021 about social innovation in Long term care
Vilans	25/08/2022	Presentation	Joint Artificial Intelligence Network
Vilans	May 2022	Stand exhibition	Care tech conference

Vilans	October 2021	Presentation	BMC study trip Germany- The Netherlands
Vilans and Careyn	March 2022	Presentation	Alzheimer Netherlands event
Univpm	13/08/2021	Publication	Scientific publication about: "Assessment of Domestic Well-Being", IEEE Instrumentation & measurements magazine https://ieeexplore.ieee.org/abstract/document/9513641

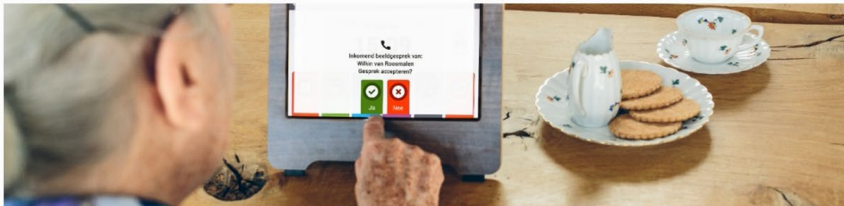
6. Annex

6.1 Website



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AAL-Call 2018 - Smart Solutions for Ageing well, RESILIEN-T project




June 7, 2019 Categories 0

The Project

AAL Forum participation in Ancona

Dear reader, We are pleased to announce that RESILIEN-T will be represented by our consortium partners at the upcoming AAL Forum in Ancona, Italy (19 to [...])




March 22, 2019 Categories 4


Kick-off meeting in Ancona 14-15.03.2019

The Kick-off meeting for consortium team took place in Ancona on 14-15.03.2019 in Ancona at the INRCA, one of the consortium partners. This meeting marks the [...]


Consortium Partners



Sponsors





National Funding Organisations



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6.2 Leaflet

If you are interested in helping us make the RESILIEN-T even more fun, please contact us.

RESILIEN-T

is part of the Active & Assisted Living Programme (AAL Programme), an initiative approved by the European Parliament and the Council of the European Union.

The RESILIEN-T consortium is a group of companies and institutions with complementary strengths and expertise, working to develop an ICT self-management solution to be used by independent and autonomous older adults with Mild Cognitive Impairment.

Project start date : 01/03/2019
Duration: 36 months Total

Consortium Partners

Nine partners - SME (4), Research Institutions (3) and end user organisations (2) – from Italy, Canada, Switzerland and the Netherlands.

Contact

Lorena Rossi (coordinator), INRCA (IT)


Email info@resilien-t.eu
Website www.resilien-t.eu



RESILIEN-T



A coach that helps you become RESILIEN-T



Are we only concerned about memory?

Have you been diagnosed with Mild Cognitive Impairment or are you worried about having one?

Worry not!


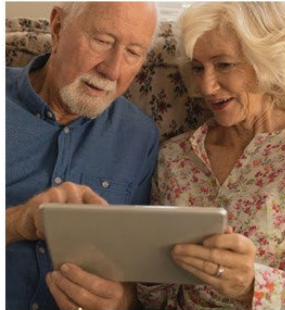
There is good scientific evidence that a healthy lifestyle including regular physical, social and cognitive activity plus good nutrition, can help to support memory and wellbeing.

Are you a care professional, looking after older adults with cognitive limitations?

Are you representing a community centre or another care giving organisation?

RESILIEN-T will deliver coaching services related to nutrition, physical activity, cognitive exercises, and social relationships.

If after reading our brochure you are enthusiastic to learn more about RESILIEN-T, contact us to organise a workshop.

Have you noticed a change in the cognitive state of your loved one?

Are you sometimes worried about them when you are not there?

RESILIEN-T can help those you care about maintain their abilities and take better care of themselves.

RESILIEN-T aims to make technology that is fun to interact with, get advice and make suggestions.

Recruitment Leaflet: Version 7.0

6.3 Poster



The poster is titled "RESILIEN-T" in large, bold, dark blue letters. Above the title is a circular logo with a stylized 'i' and 't' inside. Below the title is the subtitle "Increasing resilience of older adults with MCI". The main body of the poster is light blue and contains several sections: a paragraph of text, two cartoon characters (a woman in an orange dress and a man in a blue shirt with a cane), and four white boxes with dark blue headers. The bottom of the poster features a collage of images related to aging and technology, including a tablet, a smartphone, and various photos of older adults. At the very bottom is a row of logos for partner organizations.

RESILIEN-T

Increasing resilience of older adults with MCI

Seniors with Mild Cognitive Impairment (MCI) are more likely to develop dementia^{[1][2]}. Research has shown that a healthy lifestyle and cognitive stimulation can reduce the risk of both the development and progression of dementia^{[3][4]}.

Aims

Resilien-T aims to increase the resilience of seniors with MCI by offering coaching services related to nutrition, physical activity, cognitive exercises and social relationships with a modular application on a tablet for seniors. The Resilien-T app supports seniors in the self-management of their health, which helps them to independently live at home longer.

Materials & Methods

The needs and wishes of seniors with MCI and informal caregivers are mapped by conducting first co-design sessions, using semi-structured interviews and design thinking methods such as cultural probes.

Results

Preliminary results indicate that seniors with MCI value their ability to engage in social contacts, physical activity and personal interests. Most seniors are willing to eat healthy, take a walk more often, participate in activity clubs and do puzzles to improve their health.

Conclusion

Preliminary results from the co-design sessions show that the fear of being unable to do what they love, becoming mentally and physically impaired and becoming a burden for their environment are motivations for most seniors to actively work on their health.

References

[1] Kantarci K, Weigand SD, Przybelski SA, Shiung MM, Whitwell JL, Negash S, et al. Risk of dementia in MCI: Combined effect of cerebrovascular disease, volumetric MRI, and 1H MRS. *Neurology* 2009;72(17):1519-25.

[2] Mitchell AJ, Shiri-Feshki M. Rate of progression of mild cognitive impairment to dementia: Meta-analysis of 41 robust inception cohort studies. *Acta Psychiatr Scand* 2009;119:252-65.

[3] Barnes DE, Yaffe K. The projected effect of risk factor reduction on Alzheimer's disease prevalence. *Lancet Neurol*. 2011 Sep;10(9):819-28.

[4] Francesca Mangialasche, Miia Kivipelto, Alina Solomon and Laura Fratiglioni. Dementia prevention: current epidemiological evidence and future perspective. *Alzheimer's Research & Therapy* 2012 4:6.

Contact information

Logos at the bottom: Vilans, Cereyn, Compaan, bsd, University of Toronto, Switzerland Innovation, GoldenAge, AAL Programme, and the European Union flag.

6.4 Rollup



RESILIEN-T

**Change
is part
of living,
keep
resilient!**



Resilien-T is a coaching platform designed to support older people in achieving a full state of well-being, through personalized stimuli and motivation. Being resilient means to become aware of the own potentialities and to actively counteract the everyday difficulties related to aging. The technical simplicity of the Resilien-T platform, a tablet-based system enriched with common sensor devices, is matched with a sophisticated multidisciplinary approach regarding coaching, based on positive psychology.

Thanks to easy-to-use devices, Resilien-T will train the older people in remaining active, while doing what they like.

"A coach is someone that sees beyond your limits and guides you to greatness!"
Michael Jordan



Coordinator • Lorena Rossi, IRCCS INRCA Italy

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