

# SENSing and ACTION to support mobility in Ambient Assisted Living

Specific Targeted Research Project - FP6-IST Contract no.: 045622 Start date: January 1st 2007

## Premise



It has been demonstrated that **physical-activity**-based interventions can improve functioning in older people, both with and without age-related pathologies. Evidence suggests **more effect** when interventions take place over **longer time periods**, when interventions are **individually tailored**, and when interventions also include **exercises in the home environment**.

## Goal

The ultimate goal of the project is to assist older people in maintaining **independent mobility** and **daily life activities** and **prevent injuries** by allowing medical professionals to initiate interventions in the **home environment**.

An effective wireless **home-monitoring and intervention system** could promote:

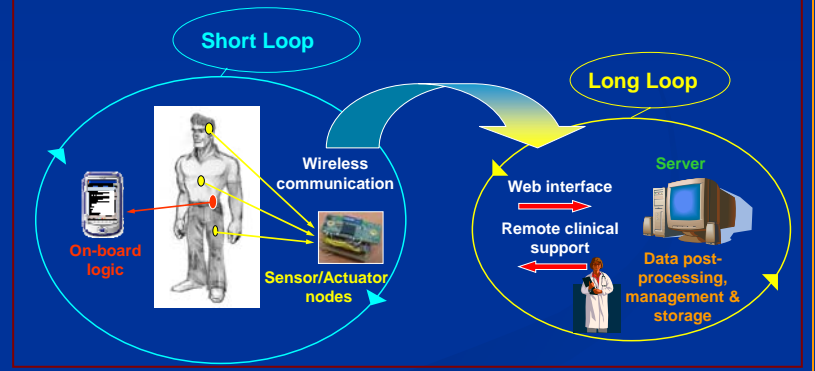
- i) early detection
- ii) improved documentation of changes over time and in response to intervention, and
- iii) enhance our ability to treat and reduce **fall risk**.



## The project objective

The consortium will contribute to this goal by: **developing, testing, validating, and making ready for the market**, a **body area networked system for mobility monitoring and conditioning**, where network nodes incorporate miniaturized **sensors** and **actuators**.

## Major Technological challenges



## The project at-a-glance

**WP1**  
Project Management

**WP6**  
Dissemination & Exploitation

**WP2**  
State of the Art & Determination of Users' Needs

**WP3**  
Design & Prototyping of the Device

**WP4**  
Telemedicine Application Development

**WP5**  
User Testing & System Validation

30 months duration - 424 Man-Months effort - 4M€ budget

