



Active & Healthy Ageing

Relevant Projects



1. **AGNES: Ageing in a Networked Society**

Ref n°	Project title		AGNES: Ageing in a Networked Society					
Name of the Legal Entity	Country	Overall project value (EUR)	Proportion carried out by candidate (%)	No of staff provided	Name of client	Origin of funding	Dates (start/end)	Name of partners if any
KMOP	Greece, Austria, Germany, Spain, Sweden	2,500,000.00	8	8	Ambient Assisted Living Joint Programme	Ambient Assisted Living Joint Programme	07/2009 - 12/2012	Umeå University (SE) - Fraunhofer Gesellschaft (DE) - Universidad Nacional de Educación a Distancia (ES) - Modern Families (AT) - Municipality of Umeå (SE) - Can Controls (DE) - Athens Information Technology (GR)
Detailed description of project						Type of services provided		
<p>AGNES was implemented by a large consortium of 10 partners and 2 subcontractors, in 6 European countries. It was funded by the Ambient Assisted Living Joint Programme under the coordination of the Department of Informatics at Umeå University. It focused on improving the mental and physical wellbeing of elderly people living alone at home, who often suffer the effects of social and physical isolation - including cognitive decline, low activity levels and poor mood states. AGNES conducted novel technological interventions in an area that is emerging as a new frontier in ageing research. The project used scientifically-based knowledge on the psychology of ageing to create innovative technology and intervene in the lives of target users in specific and carefully selected ways.</p> <p>AGNES initially provided a basic ICT platform to create and maintain an easy-to-use web-based social network for individual elderly persons. This platform was then used to stimulate the elderly person in a variety of ways. The in-home system was enhanced with sensing technology to infer the subjective and objective states of the elderly person along carefully selected parameters. Timely information is then passed to the network on the activities and subjective state of the elderly person (e.g. presence, state of wellness, etc.).</p> <p>The project has developed innovative new applications to support the needs of family and carers, and to help reduce healthcare costs by improving care provision and extending the period of independent and successful living of the older person in their own home. It also answered the need of the elderly person to feel useful and have a meaningful role, be involved in the family and society yet independent, and have an improved quality of life. With AGNES technology, informal carers, friends and family members have greater access to information about the person, and those at a distance are enabled to keep in touch and share activities with their elderly family member or friend, and to know their current condition.</p>						<p>KMOP as an end-user organisation in this project tasked to provides access to elderly people and assists in all user involvement activities in Greece Specific services provided involved the following:</p> <ul style="list-style-type: none"> ▪ Contribution in the definition of the research methodology ▪ Contribution in the definition of end-user needs and system design specifications ▪ Selection & recruitment of the research sample and application of psychological assessments in Greece ▪ Selection and recruitment of Greek pilot end-users ▪ Coordination of field trials of the developed system (prototype 1 & 2) in Greece, including continuous channeling and generation of end-user feedback ▪ Promotion and dissemination activities to future end-users, central and local authorities and other key stakeholders ▪ Exploitation of results 		

2. TRAINUTRI - TRAINING and NUTRITION senior social platform

Ref n°	Project title		TRAINUTRI - TRAINING and NUTRITION senior social platform					
Name of the Legal Entity	Country	Overall project value (EUR)	Proportion carried out by candidate (%)	No of staff provided	Name of client	Origin of funding	Dates (start/end)	Name of partners if any
KMOP	Greece, Spain, the Netherlands, Switzerland	3,478,165.00	11	8	Ambient Assisted Living Joint Programme	Ambient Assisted Living Joint Programme	05/2010 - 09/2012	Planet Media Studios SL (ES), UPM Research Centre (ES), Universidad Carlos III de Madrid (ES), Collinear Technology Solutions (NL), MobiHealth B.V. (NL), University of Geneva (CH), NetUntion (CH)
Detailed description of project						Type of services provided		
<p>The TRAINUTRI project aimed at raising consciousness about self-wellness among seniors, enabling the exchange of knowledge related to physical and nutritional healthy habits. The main objective of this project was the improvement of the quality of life of older persons by helping them develop healthy habits (keeping them physically active and actively involved into their health maintenance) through personalized and monitored exercise (adapting to their age and conditions) in virtual or real environments, and improvement of their nutritionist habits.</p> <p>Contrary to other similar projects under the AAL programme, TRAINUTRI targeted active and non-dependent elderly persons between 50 and 65 of both sexes, as potential users demonstrating more interest in adopting a healthy lifestyle. It also aimed at enabling seniors to share and exchange healthy habit-related activities, experiences and knowledge, allowing them to keep and enrich their social relationships while they age in their preferred environments.</p> <p>These were acknowledged as direct contributions of the ambient assisted living system that the TRAINUTRI project sought to develop to the improvement of the quality of life of the target group that should be considered alongside several significant indirect contributions, like the ones derived from the social networking component of the project aimed at promoting enhanced social inclusion, and interaction between older persons. In this sense, the social networking platform that the consortium developed to support the self-wellness ICT system was built around the principle that strong and reliable social bonds is essential for maintaining a good quality of life.</p>						<p>KMOP as an end-user organisation in this project tasked to provides access to elderly people and assists in all user involvement activities in Greece Specific services provided involved the following:</p> <ul style="list-style-type: none"> ▪ Design of the User Requirement and Specification methodology ▪ Coordination of end-user needs assessment in all partner countries & compilation of the report ▪ Selection and recruitment of Greek pilot end-users ▪ Coordination of field trials of the developed system in Greece, including continuous channeling and generation of end-user feedback ▪ Validation and acceptance users tests ▪ Promotion and dissemination activities to future end-users, central and local authorities and other key stakeholders ▪ Exploitation of results 		

3. HOPE: Smart Home for Elderly People

Ref n°	Project title		HOPE: Smart Home for elderly People					
Name of the Legal Entity	Country	Overall project value (EUR)	Proportion carried out by candidate (%)	No of staff provided	Name of client	Origin of funding	Dates (start/end)	Name of partners if any
KMOP	Greece, Italy, Spain	2,087,000.00	8	7	Ambient Assisted Living Joint Programme	Ambient Assisted Living Joint Programme	04/2009 - 03/2011	Rhodes Telematics SA (GR) - TRACS (IT) – FORUS (IT) – UOGRGG (IT) – ACI (ES) - CITIC Foundation (ES) - CETEMMSA Technological Centre (ES) - I2S SA (GR)
Detailed description of project						Type of services provided		
<p>The AAL project Smart Home for Elderly People (HOPE) developed an integrated, smart platform that aimed at enabling elderly people with Alzheimer's disease to use innovative technology for a more independent life, easy access to information, monitor their health, and serve as a source of inspiration for users as well as for people working with assistive devices.</p> <p>The general objective of this project was to produce an ICT solution that would increase quality of life of elderly with Alzheimer's diseases. The specific objectives of the project were to:</p> <ul style="list-style-type: none"> ▪ Enable elderly with Alzheimer's disease (AD) to remain independent and self-reliant for longer ▪ Slow down the progress of AD ▪ Reduce the need for carers ▪ Cut the cost of assistance ▪ Facilitate for family members of AD person <p>To meet the above objectives, the HOPE partnership developed a self-operated, self-adjusted, innovative intelligent IP Based Universal Control Box (UCB) that uses intelligence to manage the various connected subsystems and devices within a residence of the elderly people enabling them to perform by themselves activities they were not able to do before and which are important for their daily personal life.</p>						<p>KMOP as an end-user organisation in this project tasked to provides access to elderly people and assists in all user involvement activities in Greece Specific services provided involved the following:</p> <ul style="list-style-type: none"> ▪ Contribution in the definition of the System Concept and User Requirement Analysis ▪ Continuous feedback on System Architecture and Design ▪ Coordination of end-user needs assessment in all partner countries & compilation of the report ▪ Selection and recruitment of Greek pilot end-users ▪ Coordination of field trials of the developed system in Greece, including continuous channeling and generation of end-user feedback ▪ Validation and acceptance users tests ▪ Promotion and dissemination activities to future end-users, central and local authorities and other key stakeholders ▪ Exploitation of results 		

4. "Help at Home" programme for the elderly and persons in need – 2

Ref No	Project title		"Help at Home" programme for the elderly and persons in need - 2					
Name of legal entity	Country	Overall project value (EUR)	Proportion carried out by legal entity (%)	No of staff provided	Name of client	Origin of funding	Dates (start/end)	Name of consortium members, if any
KMOP	Greece	822,000.00	100	24	Greek Agency of Local Development & Administration (EETAA AE)	Ministry of Labour & Social Protection - O.P. "Human resources development" 2007-2013 (NSRF)	06/2011 - 12/2011	N/A
Detailed description of project						Type of services provided		
<p>With a focus on integrated service-delivery and safeguarding of the rights to equal and non-discriminatory treatment of disabled persons, this project addressed the gaps in care provisions between the health sector and other available alternatives for older people and disabled with long-term care needs. With financial support from the Greek Agency of Local Development and Administration, this project was carried out under a new policy framework that included contracting schemes for NGO service providers.</p> <p>The "Help at Home" programme supported individuals with long term care needs, focusing on partially independent disabled persons and the elderly, in addition to those with mobility dysfunctions and special problems. The number of beneficiaries reached through the current project included 34 in Athens, 27 in Piraeus, 22 in Maroussi, 14 in Kimi Evia, 25 in Thessaloniki, 122 in Alexandroupolis, 157 in Komitini and 10 in Ksanthi; totaling 411 individuals.</p> <p>Each support unit was run by a small team of professionals, which comprised a social worker, a nurse and a family assistant. Services provided by the project included post-discharge, preventive and rehabilitative care through counselling and psychological support, nursing care, family assistance and companionship, aiming to reduce unnecessary visits to hospitals and other health care facilities and replace or supplement informal family support.</p> <p>The support provided enabled them to continue living at home with an acceptable quality of life, thus protecting an important aspect of their human rights. Priority was given to those who live alone, those who do not have the full support of their family, and those whose income does not permit them to procure similar services.</p>						<p>Services provided included:</p> <ul style="list-style-type: none"> ▪ Management and operation of eight "Help at Home" units in different Greek regions ▪ Development and implementation of community –based social services (at municipality level) for persons with long term care needs ▪ Social and psychological support to elderly/ disabled through regular home visits by a social worker (needs assessment, advisory and counselling services, referrals, etc). ▪ Nursing home care services encompassing: assessment, personal care, maintaining personal hygiene, bed hygiene and comfort, maintaining and improving mobility, pressure sores prevention, monitoring and control of vital signs, and counselling and preventive advice with the beneficiary and his/her family. ▪ Help with house duties by the family assistant encompassing: cleaning services, assistance with clothes hygiene and running various errands, cooking, and other such support with day-to-day issues. 		

5. "Help at Home" programme for the elderly and persons in need – 1

Ref No	Project title		"Help at Home" programme for the elderly and persons in need - 1					
Name of legal entity	Country	Overall project value (EUR)	Proportion carried out by legal entity (%)	No of staff provided	Name of client	Origin of funding	Dates (start/end)	Name of consortium members, if any
KMOP	Greece	96,300.00	100	6	Planning and Development District Attica	Ministry of Labour & Social Protection - O.P. "Human resources development" 2007-2013 (NSRF)	08/2010 - 12/2010	N/A
Detailed description of project						Type of services provided		
<p>This project addressed the gaps in care provisions between the health sector and other available alternatives for older people with long-term care needs. It is part of the social services reform in Greece aiming to promote independent living for elderly and disabled persons and prevent long-term institutionalised care in nursing homes or similar institutions.</p> <p>Initiated by the Ministry of Health and Social Solidarity in 1998 and subsequently expanded and promoted by the Ministry of Labour and Social Protection, this project started as a pilot programme in two municipalities, and was soon recognized as a national best practice, having since been extended nationwide. The "Help at Home" programme was initially run by municipalities across the country with financial support from the Third Community Framework; a financial responsibility that was afterwards transferred to the Greek Agency of Local Development & Administration under a new policy framework that included contracting schemes for NGO service providers.</p> <p>The "Help at Home" programme supported individuals with long term care needs, focusing on partially independent disabled persons and older people, in addition to those with mobility dysfunctions and special problems. Numbers reached through the current project included 75 individuals in Athens and 62 persons in Piraeus. The support provided enabled them to continue living at home with an acceptable quality of life, thus protecting and safeguarding an important aspect of their human rights. Priority was given to those who live alone, those who do not have the full support of their family, and those whose income does not permit them to procure similar services. It involved specialised, well-organised, multi-disciplinary teams of three professionals per unit.</p>						<p>Services provided included:</p> <ul style="list-style-type: none"> ▪ Management and operation of two "Help at Home" units in different parts of Attica ▪ Development and implementation of community –based social services (at municipality level) for persons with long term care needs ▪ Social and psychological support to elderly/ disabled through regular home visits by a social worker (needs assessment, advisory and counselling services, referrals, etc). ▪ Nursing home care services encompassing: assessment, personal care, maintaining personal hygiene, bed hygiene and comfort, maintaining and improving mobility, pressure sores prevention, monitoring and control of vital signs, and counselling and preventive advice with the beneficiary and his/her family. ▪ Help with house duties by the family assistant encompassing: cleaning services, assistance with clothes, hygiene and running various errands, cooking, and other such support with day-to-day issues. 		