



INNOVATION IN GERIATRIC MEDICINE

**SMARTPHONE AND ICT BASED SOLUTIONS
FOR THE DETECTION AND PREVENTION OF
ACCELERATED FUNCTIONAL DECLINE**

Wednesday 10th October 2018, 10:00 – 13:00
Berlin, Robert Bosch Foundation

The PreventIT consortium invites the EUGMS participants for a free pre-conference symposium on **Wednesday 10th October 2018**

Address

Robert Bosch Stiftung GmbH

Repräsentanz Berlin

Room: **ATRIUM**

Französische Straße 32

10117 Berlin

Time

10:00 until 13:00

Followed by a lunch reception in the *Lampenraum*

Registration

Due to limited seating free registration via email (life@rbk.de) is essential!

Please use the following subject header: *PreventIT symposium*

Press release

With the upcoming retirement of the baby boomer cohort, we are being faced by a great number of older people who might place an excessive burden on the healthcare system in their requirement for treatment of age-related conditions and functional decline. We need to shift our focus from treatment of age-related disease, to its prevention. This risk-reduction strategy against functional decline will have to involve the use of novel health technologies to alleviate the pressures on health care personnel, and develop tools that empower people to self-manage their own health and function. This strategy is sometimes referred as “Dr. You”.

In one of the first trial of its kind, the EU funded PreventIT consortium views the advent of ubiquitous smartphone use and wearable devices as an excellent opportunity to enable healthy and active ageing. Using an evidence-based exercise paradigm and personalised behavioural change interventions based on exercise and activities which are embedded into

daily life, recently retired seniors are empowered with the interventions that will decrease their risk for age-related decline. ICT-based smartphone technology is used to give users advice and feedback on their physical behaviour and motivate life-style integrated activities. Whether this novel approach is more or equally effective compared to a traditionally delivered exercise programmes will be revealed! The symposium will be the first time that the 6 month of the RCT will be presented to the public.

Symposium programme

Time	Topic/Title	Chair
10:00-10:45	The project at a glance including 6 month results Prof Beatrix Vereijken (NTNU)	Prof Jorunn Helbostad & Prof. Dr. med. Clemens Becker
10:55-11:15	New assessment strategies for baby boomers Prof Andrea Maier (VU)	
11:20-11:40	Behaviour change: applying health psychology Dr Elisabeth Boulton (UMAN)	
11:45-12:05	Implicit training: integrating exercise into daily routines Dr Stefanie Mikolaizak (RBMF)	
12:10-12:30	mHealth: the smartphone is your coach A/Prof Sabato Mellone (Unibo)	
12:35-13:00	Advanced analytics to interpret physical activity: the complexity metrics Dr Wei Zhang (EPFL)	