

# COMFORTage

Prediction, monitoring and personalized recommendations  
for prevention and relief of dementia and frailty



Funded by  
the European Union



## COMFORTage Living Labs



Dementia stakeholder engagement



[www.comfortage.eu](http://www.comfortage.eu)

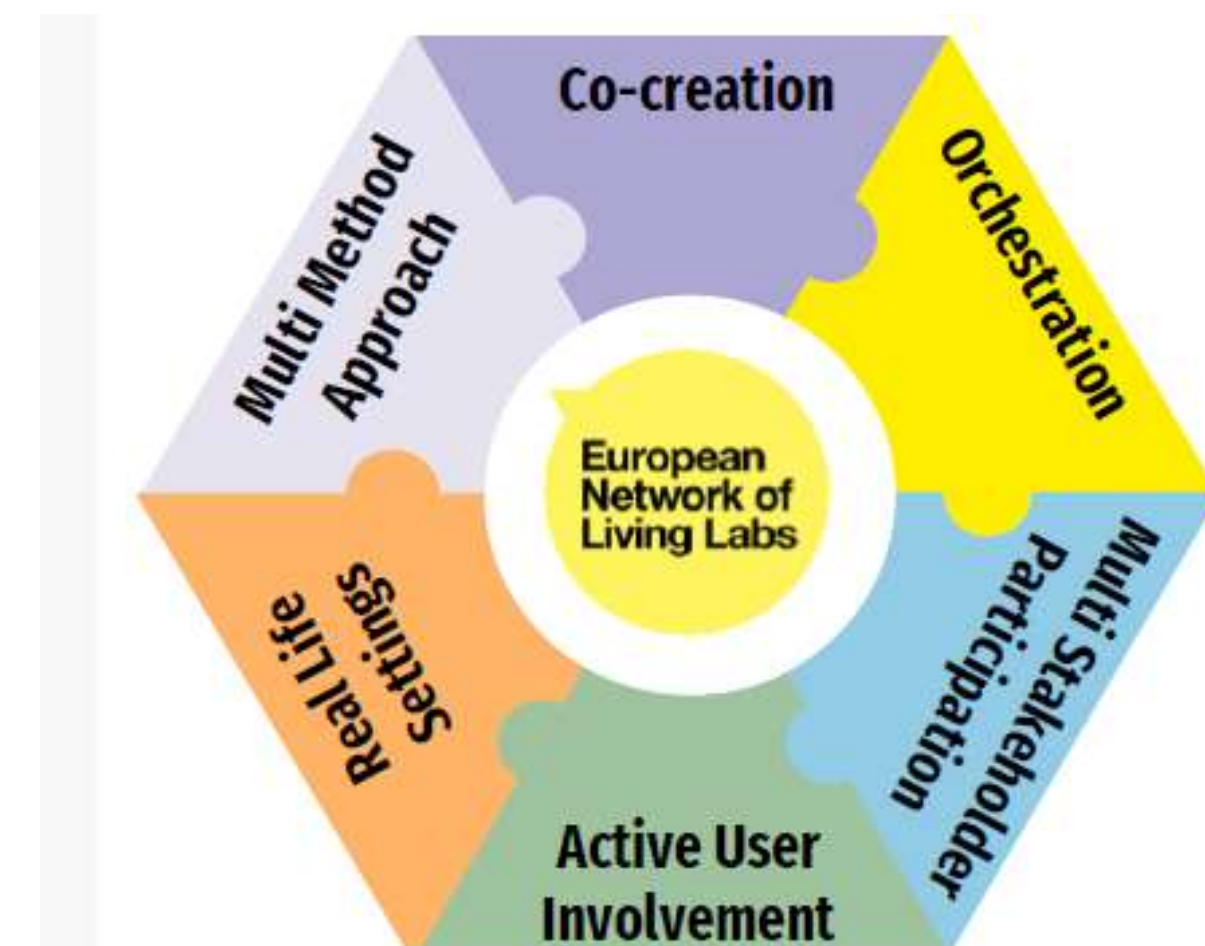
Antonis Billis – Senior Researcher, PhD (AUTH)





## What are Living Labs?

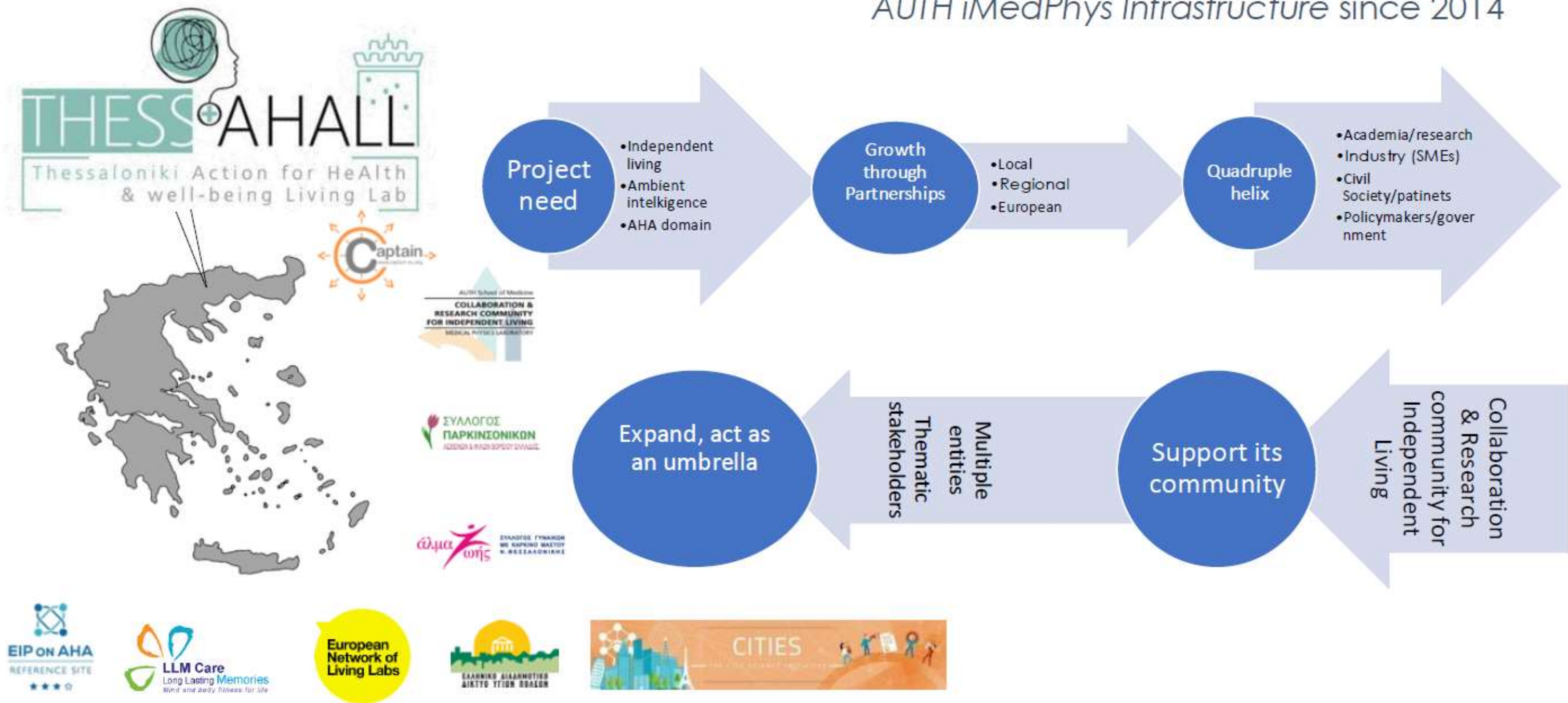
Living Labs are **open innovation ecosystems in real-life environments** based on a **systematic user co-creation approach** that integrates research and innovation activities in communities, placing **citizens at the centre of innovation**





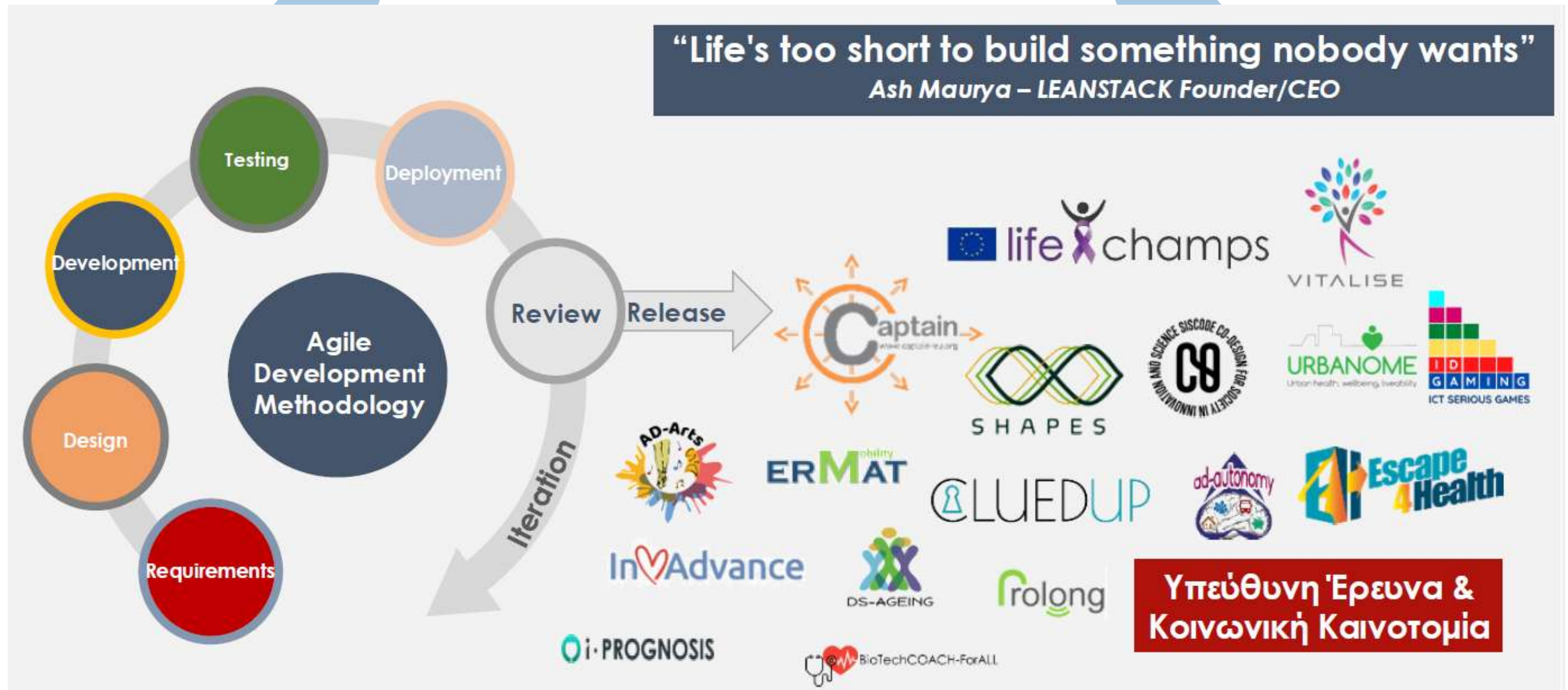
# Thessaloniki Action for Health & Wellbeing Living Lab

AUTH iMedPhys Infrastructure since 2014





# Real-life experimentation & research





## Key testbeds/technology infrastructure



**Living Environment Simulation (eHome)**

**Healthcare Transitions  
space**

**Human Centrifuge &  
Rehabilitation Living Lab**

# COMFORTage approach

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**Pilot Category #E – Active–Ageing Observatory: Study of Digital Innovation Hubs and Living Labs for improving wellbeing and QoL**

**1** **DIH & LLs are resilient research and innovation infrastructures holding great potential**

**2** **Integration of research and innovation processes in real life settings**

**3** **Co–Design and development of ICT–enabled tools and apps.**



# Pilot scenarios



Pilot #11: Collective Intelligence and LL for fighting isolation and loneliness of the older adults (INTRAS)



Pilot #12: Creation of future-proof, viable and active-testing environment for older adults (CERTH)



Pilot #13: Utilizing mHealth technologies towards Active Age-Living (AUTH)





# Pilot #13 - Objectives

- Understand, identify, and prioritize participants' needs concerning the adoption of mHealth solutions
- Specify the needs and requirements of healthy older adults and those with frailty and sarcopenia for utilizing mHealth technologies.
- Identify additional challenges and concerns from their point of view
- Create scenarios that reflect real-life activities which can be carried out using mHealth solutions in a Living Lab environment.



# Pilot #13 - Methodology



**Step 1: Recruitment**  
Design Pilot Protocol  
& Ethics  
Participants  
Recruitment



**Step 2: Data  
Collection**  
Participatory  
methodologies & Co-  
Creation sessions



**Step 3: Data  
collection**  
Piloting Testing of  
Experiential activities  
and Technologies



**Step 4: Final  
Analysis**



# Living Labs & EHDS – a look into the future

- **Fostering Trust and Transparency** - Open Communication & Feedback Loops
- **Enhancing Accessibility and Inclusion** - User-Centered Design, Digital Literacy Programs  
e.g. understand data-sharing mechanisms, Community Engagement e.g. data altruism  
awareness campaigns
- **Creating Meaningful Incentives** - Purpose-Driven Initiatives & Health and Wellness  
Benefits
- **Enabling Collaborative Governance** - Citizen Advisory Panels & Co-Design Workshops





COMFORTage

THANKS

For your attention



Ask us everything  
[info@comfortage.eu](mailto:info@comfortage.eu)



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