


## Objectives

### FrailSafe aims to:

- 1) Better understand frailty and its relation to other health conditions.
- 2) Identify quantitative and qualitative measures of frailty through advanced data mining approaches meant to predict short and long-term outcome and risk of frailty.
- 3) Develop real life sensing and an intervention platform.
- 4) Provide a digital patient model of frailty sensitive to several dynamic parameters, including physiological, behavioural and contextual.
- 5) Create “prevent-frailty” evidence-based recommendations for older persons.
- 6) Strengthen the motor, cognitive and other “anti-frailty” activities through the delivery of monitoring alerts, guidance and education.
- 7) Achieve the above through a safe, unobtrusive and acceptable system for the ageing population while reducing the cost of health care systems.

Interested? Follow us on:

 Twitter: @EUFrailSafe

 Facebook: /frailsafe

## Who are we?

A European partnership of nine partners from six countries who have decided to join forces to find solutions to delay the onset of frailty:

- **University of Patras** (Greece)  
Coordinator  
<http://www.upatras.gr>
- **Smartex** (Italy)  
<http://www.smartex.it>
- **Brainstorm Multimedia** (Spain)  
<http://www.brainstorm.es>
- **Age Platform Europe** (Belgium)  
<http://www.age-platform.eu>
- **CERTH/ITI** (Greece)  
<http://www.iti.gr>
- **MATERIA group** (Cyprus)  
<http://www.materia.com.cy>
- **Gruppo SIGLA S.R.L.** (Italy)  
<http://www.grupposigla.it>
- **Hypertech S.A.** (Greece)  
<http://www.hypertech.gr>
- **University Hospital (CHU) of Nancy and INSERM** (France)  
<http://www.inserm.fr>

For more information  
Prof. Vasilis Megalooikonomou  
vasilis@ceid.upatras.gr



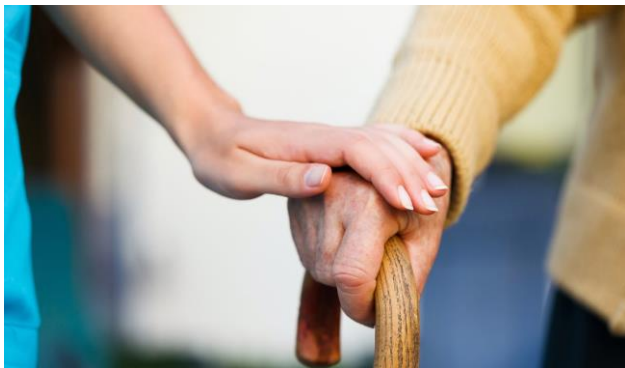
**Bridging health data and new technologies to delay frailty**

[www.frailsafe-project.eu](http://www.frailsafe-project.eu)



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 690140 - Duration: January 2016 – December 2018

## What is frailty?



The term **frailty** is defined as a syndrome characterized by diminished strength/ endurance and reduced physiologic function that increase an individual's vulnerability for developing increased dependency, and/or death.

Frailty relates to:

- Weight loss and/or fatigue, weakness, low activity, slow motor performance and gait abnormalities.
- Vulnerability to stressors and major health care implications
- Impact on the planning and delivery of health and social services.

Frailty together with functional decline and disability are common conditions among older people and are increasing with ageing.

However, frailty is a dynamic and not an irreversible process; it seems preventable, may be delayed or reversed.

## What is the FrailSafe project?

FrailSafe is an EU-funded project which started in January 2016, with the aim of delaying frailty by developing a set of measures and tools, together with recommendations to reduce its onset. FrailSafe brings together partners from Greece, Spain, Italy, Belgium, France and Cyprus.

To achieve the objectives, FrailSafe will combine state of the art information technologies and data mining techniques with high-level expertise in the field of health and ageing. The project is funded by the European Research Programme Horizon 2020 and will last three years.

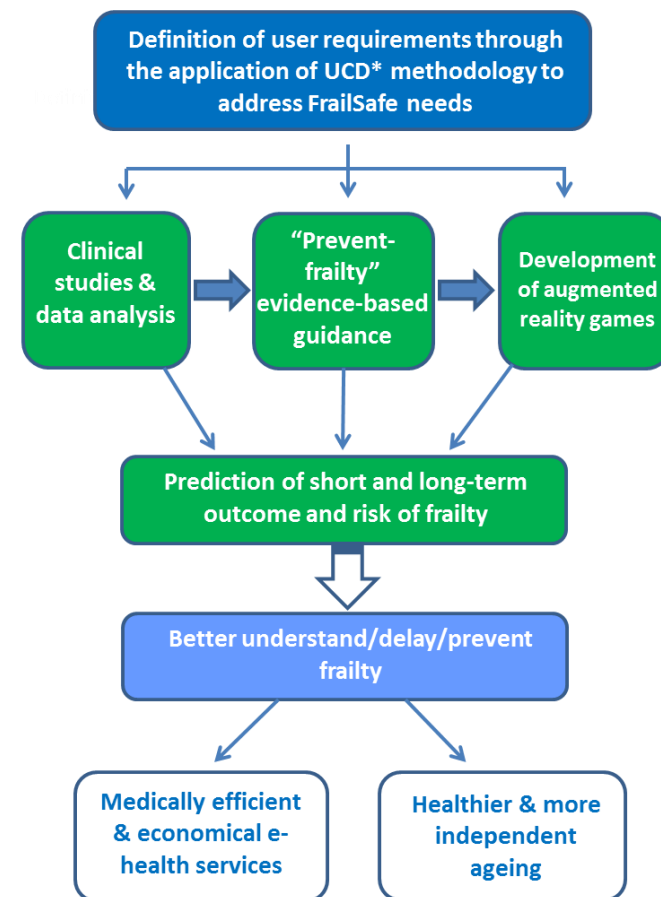


[www.frailsafe-project.eu](http://www.frailsafe-project.eu)

## FrailSafe main outputs

FrailSafe will deliver two key outputs:

- a real life sensing and intervention platform offering physiological reserve and external challenges
- a digital patient model of frailty sensitive to several dynamic parameters, including physiological, behavioural and contextual.



\* UCD = User-centred Design methodology