



Can technology support independent living among older people?

Elizabeth Mestheneos Ph.D.

50plus Hellas

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A Paradigm Shift ?

- Medical – from focus on single diseases or fragility to larger context of frailty and chronic diseases
- A.I.- Big data – individualization of causation leading to person centred prevention.

Confronting Ageing



- Increasing life expectancy not matched by longer healthy life expectancy.
- Many older people have increasing numbers of chronic conditions which are inadequately dealt with in the current health system
- Discussions about healthier older lives but unclear which preventive strategies work for each individual

Current health/care management

- The increasing demand for long-term care with associated high costs- public or private. Can people and systems afford this and is it what is needed?
- There is a shortage of care professionals in long term care – often poor pay, training and negative feedback and attitudes
- Family carers are becoming less numerically, relating to population demographics, women who form roughly 80% of family and informal carers, are increasingly in paid employment.

Background to care of frail

- Family/ informal carers' stress in managing care/ well being of their older person.
- Older people's increasing social isolation (not in jobs, social groups, families remote, friends and spouses dead) with associated mental health problems
- Improved overall housing standards and older peoples' preference for living in own homes.
- Better access to digital technologies; supported older people can use and enjoy them

Solutions via Frailsafe

- Measurements of forms of and progression in any frailty in older person
- Tailored actions for prevention by individual older person and links with health services
- In home support
- Real aid to family carers
- Real potential to reduce costs

How Can Technology Support Independent Living?

Yes – by supporting older person and family carers with information, advice, reassurance.

BUT - Developers, health/ care systems, individual customers face issues of

- costs,
- Accessibility/finding out which really works,
- Support/training for/in the technology



**Thank you for your
attention!**



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