

ROADMAP

Lessons learned and Main Outputs

EU-Japan Virtual coach for smart ageing

The overall objective of e-VITA is to improve well-being of older adults in Europe and Japan and thereby promote active and healthy ageing, contribute to independent living, and reduce risks of social exclusion of older adults.

www.e-vita.coach

Main Outputs

e-VITA Coaching System

Built to empower older people well-being, our system included several innovative components like chatbots for nutrition and physical exercise, use cases configurator, knowledge graphs for active and healthy living and ageing.





e-VITA Social Platform and Physical training APP

In our pilot sites and living labs, we have set up a social platform through which local stakeholders (e.g., sports clubs, NGOs) can offer services or events to older people, thus facilitating intergenerational exchange.

Conversation-based coaching devices and sensors

From social robots and holograms to environmental and physiological wearable sensors, e-VITA tested everything to guarantee sociality and acceptance to different groups of older people!





Methodology to design technology for older

adults

Living Labs' praxlabs methodology used in e-VITA uniquely evaluates and refines emerging technologies with stakeholders in real-world settings, bridging the gap between innovation and practical application.

Ageing Equal Podcast

We welcomed speakers working on ageing issues, such as researchers, advocates for older people's rights, older and younger people sharing their experiences and expectations.





The project has received funding from the European Union H2020 Programme under grant agreement no. 101016453 The Japanese consortium received funding from the Japanese Ministry of Internal Affairs and Communication (MIC), Grant no. JPJ000595.



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Lessons Learned

IMPORTANCE OF USER-CENTRIC DESIGN

FIGHT AGEISM: OLDER

SAME'

PEOPLE ARE NOT 'ALL THE

The project revealed the diversity

and individual differences within

the older population, including in language barriers and in digital

skills, emphasizing the need for

personalization and inclusivity.

NEED FOR TRUST AND

Address data security explicitly

communication regarding how

data is used. Give users control

over what data they share and

and ensure transparent

who has access to it.

SECURITY

Invest in intuitive design and user training to make technology more accessible to older individuals. Simplifying procedures, sharing ownership and providing clear instructions can significantly improve adoption.



SUSTAINABILITY AND ACCESSIBILITY

To address economic barriers, innovative funding models such as public funding, health insurance benefits, subscriptions, or leasing options should be explored. This type of technology is still highly expensive and not accessible to older people.



Recognize the diverse needs and preferences within the target population by offering customizable features, including language options, and by making the technology adaptable to various levels of tech-savviness.



MULTIDISCIPLINARY APPROACH

Collaboration with different professionals and stakeholders as older people family, healthcare providers, municipalities, developers, reserachers, etc., in codesigning sessions can enhance the value and effectiveness of the project.



F **R** EDUC

EDUCATIONAL PROGRAMS AND SUPPORT

Implement digital education programs targeted at older individuals and their family to boost their confidence in using new technologies. Providing ongoing support and reassurance can help mitigate fear and resistance if they exist.



ENSURE INTEROPERABILITY OF SYSTEMS

Incorporating e-VITA and new technology into existing systems and ensuring it is not seen as a substitute for human interaction but as a complement, posed significant challenges.



総務省 Ministry of Internal Affairs and Communications



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