



## ENABLE NEWSLETTER

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July 2008, issue 2

Editor: **Information Society Open to Impairments**, [www.e-isotis.org](http://www.e-isotis.org)

Welcome to the 2nd edition of the ENABLE Newsletters. ENABLE is designed to provide a better quality of life for elderly people and people who may have to live with restrictions on their daily lives. The purpose of this European project is to develop a wearable system that will facilitate support services to “enable” vulnerable and elderly people to continue to live independently.

This Newsletter will share the activities of each partner and also stimulate further interest in the outcomes among potential investors, stakeholders and end user organisations. As a reminder the current partner list consists of 10 partners from 7 European countries all with an outstanding experience in differing fields, all driven by a common interest in issues related to the elderly population of the EU

The project has been busy working on the development of prototypes, discussing the next stages in the product development; involving end user groups to gain feedback on how the device could and should be developed. Each partner has really been powering ahead to make the ENABLE project a real success. As previously mentioned the Newsletter will look to include updates, feedback and comments from all who receive and have an interest in this project. Please don't omit to this issue about specific cases that ENABLE project can provide support. Also note that the unique visits on our website are around 600 per month, a very significant number that shows the interest to the project of our stakeholders. Additionally, we report on the events where ENABLE was present and which papers were produced so far.



## ENABLE objectives

- Assist in carrying out daily activities;
- Monitor health and activity;
- Improve access in emergency situations;
- Facilitate social contacts;
- Extend independent living at home;
- Improve the quality of life for those involved in care and support;
- Facilitate improved care provision and cost effectiveness;
- Minimise in-hospital stay time;
- Improve the quality of life for elderly people;
- Support for palliative care;

## The Challenge

The EU population is an ageing one. It is therefore essential for this sector to have both regular access to medical care and assistance in times of need. According to the ENABLE survey, the use of mobile telecommunications by elderly people varies across the EU. Explanations for this may include a lack of experience with new technologies, lack of knowledge of the pilot user trials are being organised in the Belgium, the Czech Republic, Greece and UK with a range of people from different social-economic backgrounds, with and without medical needs, with varying levels of independence and ability

benefits or usability issues and also socio-economic factors. The ENABLE project will allow appropriate support services to be realised through use of a user focused device.

## Expected Outcomes

ENABLE consortium are developing a wearable device that integrates a range of service capabilities and functions that are configurable for many of the needs of elderly people and other vulnerable groups as follows:

- Communication and alarm service from anywhere;
- Assist in locating a person who wanders;
- Falls prevention monitoring;
- Life style monitoring and environment control services;
- Supports for people with visual impairments;
- Medication and activity reminders;
- Assistance for people with dementia;
- Long term condition management services.



## Specific Cases that ENABLE can support

### Paddy Doyle living with Dystonia

Paddy Doyle lives with Dystonia. Dystonia is a neurological (brain) disorder that affects muscles and movement. It is estimated that over 40,000 people in the UK have some form of dystonia ([www.nhsdirect.co.uk](http://www.nhsdirect.co.uk)). Because the condition is difficult to diagnose, this number may actually be higher.

It can affect males and females of any age, some mildly and others severely. In adults it is more common after the age of 40. Dystonia in a child is different from dystonia in an adult. It is most common between the ages of 5 and 16. Often the leg or foot is affected first, and the rest of the body including the legs and back. Childhood dystonia is also known as dystonia muscularum or primary torsion dystonia and it is usually inherited.

If you have dystonia, your brain sends

the wrong signals to some of the muscles in your body. This can cause repetitive muscle spasms, contractions and twitches which can be painful or uncomfortable. None of your other brain functions such as memory are affected.

Dystonia is not a life-threatening condition but it can have a huge impact on your quality of life. It can affect work, relationships, and normal everyday tasks like driving. It can make social interaction difficult.

People with conditions such as Parkinson's disease and Huntington's disease may experience dystonia as a symptom of their condition.

People like Paddy Doyle are the one of many disease areas that will benefit from enable, once it is fully developed and operational. As the above text states, loss of independence is a key factor to people with dystonia (<http://www.paddydoyle.com>).

## Fall prevention and Fall Consequences –European statistics

In the UK falls among the elderly cost the government £981 million a year, researchers estimate almost 60% of the cost is borne by the NHS, with the

remainder spent on long term care. It was found around 650,000 people over 60 were taken to Accident and Emergency departments after falling, and over 204,000 were admitted to hospital. Falls are the leading cause of death from injury among people over 75 in the UK. Over 85 per cent of all fatal falls are in people over the age of 65.

About one third of people aged 65 and over and more than half of the over 85's will fall at least once a year. Between 5 and 10 % of falls result in injury requiring medical attention. Every 5 hours someone dies after an accidental fall in the home. In addition there is the issue of Hip fracture. 86,000 hip fractures occur annually in the UK. 20% of all orthopaedic beds are used by hip fracture patients. Only 5 % of all falls result in a fracture, 1% of them is hip fracture.( Docobo Ltd. [www.docobo.co.uk](http://www.docobo.co.uk) )

According another study on injuries in the European Union 2003-2005 (Author Angermann, Robert Bauer, Georg Nossek, Nina Zimmermann) supported by the European Commission and the Health Consumer Protection refers to the frequency of falls of the elderly people that cause death.” Over the last ten years (given data availability) the standardized death rate for all injuries in the EU experienced a reduction of 20%. This decrease can be reported for all injury areas except for home and leisure, mostly falls in the elderly. This shows that further prevention efforts are required in elderly fall prevention in order to save more lives from injury death and to accelerate the decline of injury mortality”.

ENABLE is going to improve the access in emergency with a wearable system which will allow elderly to live well, undependably and at ease.

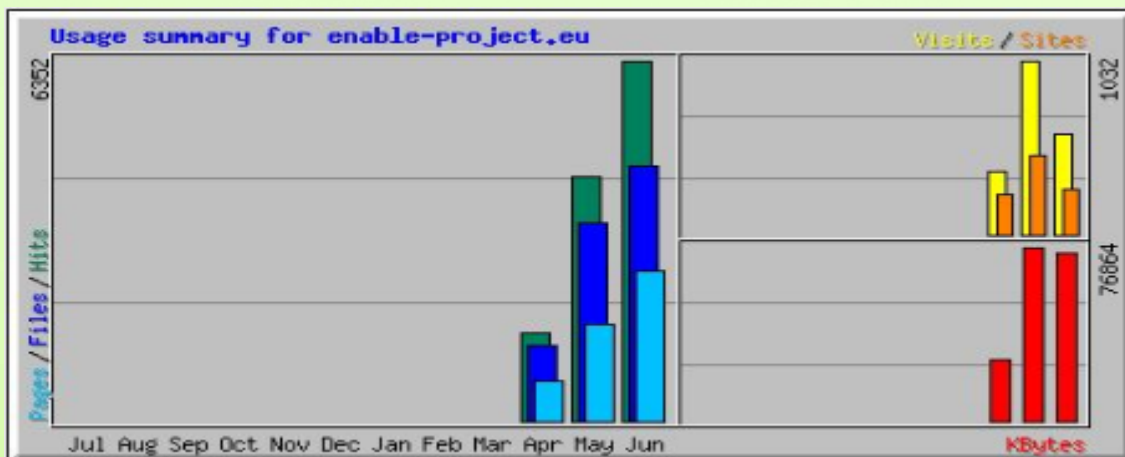


## ENABLE Website

Website Update

Graphical Tables showing the current usage stats of the project website

Our website receives on average 600 unique visits per month, which is a very significant numbers that shows the high interest that ENABLE project receives. More details follow below:



Summary by Month										
Month	Daily Avg				Monthly Totals					
	Hits	Files	Pages	Visits	Sites	KBytes	Visits	Pages	Files	Hits
<a href="#">Jun 2008</a>	352	249	146	33	264	74510	600	2639	4494	6352
<a href="#">May 2008</a>	138	112	54	33	465	76864	1032	1694	3482	4302
<a href="#">Apr 2008</a>	111	95	50	26	237	26975	375	707	1342	1554
<b>Totals</b>						<b>178349</b>	<b>2007</b>	<b>5040</b>	<b>9318</b>	<b>12208</b>

## Website Information and Data Analysis

In **April** 2008 the daily average of hits was 111 and 95 times the files were viewed, as long as the pages were viewed 50 times. Also the website [www.enable-project.eu](http://www.enable-project.eu) was visited times 26 times from people who expressed their interest. Although on a monthly basis we had 1554 Hits with 375 visits. The pages were viewed 707 times and files 1342 times. Continually in **May** the daily average of visits was 33 times. The pages of the site were viewed 54 times and files 112 times( and hits 138). On a monthly basis the site had 1032 visitors which showing that the interest increased. The pages were viewed 1694 times almost double times from the previous month. The files were viewed 3482 times comparing with April the views were triple. In **June** the daily average of visits was 33 times and pages 146 times. The files were viewed 249 times and comparing with previous month the number of viewers was double. In monthly basis the system recorded 600 visits. The pages were visited 2639 times and files 4494 times; both numbers compared with previous months we can notice big differences on people's interests about the website and the content of it. Finally the In total from all the last three months; 2007 the visits of the

site were 2007 times and pages were viewed 5040 times. Please note figures pre-April are not available due to a website update. Continues updates will be provided in each Newsletter.

### ENABLE PRESENCE

**ENABLE** project was promoted at Autonomia where informal discussions were held with potential stakeholders and also the website was shown. Some identified target groups attended the event, which was a great way to disseminate updates and advance further project knowledge. Overall the project was really welcomed and we gained some additional contacts who will prove to be very valuable in the future for the **ENABLE** project and consortium

**ENABLE** was also presented in the Socio-Anthropological Workshop on ICT and Ageing which took place on 2-3 June 2008 in Brussels. The main objective of the workshop was to explore the socioanthropological themes related to ICT and ageing, and to address the social and cultural meanings of this trend. Three areas of concern were discussed: Human-ICT Interaction in the Ageing Context, Techno-animism and Homeliness. The last day focused on the ethical perspectives related to ICT usage by

elderly. This was of particular interest to the ENABLE project, since monitoring and collection and subsequent data analysis takes place. The workshop was organised by the SENIOR project (Social ethical and Privacy Needs in ICT for Older People: A DIALOGUE ROADMAP).

**ENABLE** was presented in ICCHP which is The 11<sup>th</sup> International Conference on Computers Helping People with Special Needs which deals with the advancement in Assistive that Technologies (AT) and Information and Communication Technologies (ICT) have significantly influenced the life of people with disabilities. According changes in awareness and understanding of disability as well as social and legal frameworks, driven by Disability Rights and Independent Living Movements led to what is known as eAccessibility, Universal Design or eInclusion.

The more ICT and AT increases the potential to enable people with disabilities to take part in almost any area of life, the more eInclusion and eAccessibility become a common responsibility of all providing information and/or technology. ICCHP'08 gave special focus to the problems of people with disabilities in countries in difficult economic and political situations.

**ENABLE** was presented in the 10<sup>th</sup> National Conference of Gerontology in 7-9 February 2008 where scientists,

elderly and caretakers were informed about the project. ([www.gerontology.gr](http://www.gerontology.gr)).

**ENABLE** – A wearable system supporting services to ENABLE elderly people to live well, independently and at ease – was presented in the World Congress of Gerontology

**ENABLE** was presented in Workshop of the worldwide Alzheimer's Day in Greece which was organized by the Hellenic Gerontology Association.

**ENABLE** was promoted in Rehacare Exhibition 2007 where the attendees were informed about the project and the system.

**ENABLE** was presented also to *the British Gerontology Conference* which was held in September 2007 and several themes were presented such as Ageing Well and anti ageing, Social and community capital, Inclusion & Diversity, Environment and technologies (including IT), Older people's involvement etc



## ENABLE PUBLICATIONS -

### Papers and Articles

Each Newsletter aims to provide some further reading material that has been identified by the partners of the ENABLE project, in order to further update you on the particular technologies involved in producing the

wearable system, the potential market with which the device may be targeted towards and also other studies that further enhance the need for such a system. The following information will provide you with two publications that involve project partners and also elements of the ENABLE project.

Authors	Title	Venue
TUW	Beiträge zu IKT basierten Unterstützungssystemen für Senioren und Seniorinnen	<a href="http://www.ehealth2007.at/">http://www.ehealth2007.at/</a>
Paul PANEK 1,a, Georg EDELMAYER et al	ENABLE – A wrist worn device with integrated accessible services to support old people living independently and safely at home	AAAET 2007 CONFERENCE
Paul Panek & Wolfgang Zagler	Supporting Independently Living Seniors through ICT	Fortec -Vienna University of Technology CEIT –RALTEC panek@fortec.tuwien.ac.at <a href="http://www.fortec.tuwien.ac.at">www.fortec.tuwien.ac.at</a>
Stefan Parker, Gerhard Nussbaum, Helmut Sonntag, Franz Pühretmair, et al	ENABLE – A wearable system supporting services to ENABLE elderly people to live well, independently and at ease  A view on user's needs	11th ICCHP Conference 2008  <a href="http://www.icchp.org/">http://www.icchp.org/</a>

Despina Kanellopoulou	ENABLE – A wearable system supporting services to ENABLE elderly people to live well, independently and at ease	Magazine 'Support' of the Psychogeriatric Association ' O Nestor'
e-ISOTIS	ENABLE – A wearable system supporting services to ENABLE elderly people to live well, independently and at ease	Greek Newspaper 'Lifeline' (Lifeline is a publication aimed at the Elderly) <a href="http://www.lifelinehellas.gr">www.lifelinehellas.gr</a>
ZIV	Elderly people with health problems and live at home	Article in the GENERACE magazine general public

### Interesting News

**New CEN Project Committee 385 on Services for sheltered housing for the elderly (CEN BT Resolution C30/2008). CEN has recently created a new CEN Project Committee 385 on Services for sheltered housing for the elderly (CEN BT Resolution C30/2008).**

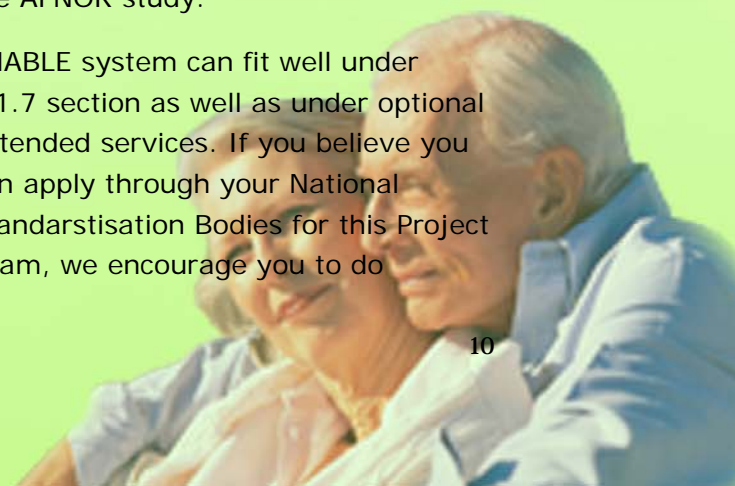
The Secretariat of this PC has been allocated to ON.

Sheltered housing for the elderly is becoming an increasingly popular way of living for elderly persons and is expected to increase in popularity in the coming years, with many also opting to live in such housing in another Member State. The terms 'service living', 'assisted housing' and 'attended living' are also used.

The aim is to develop a standard with

quality requirements for services and service providers for sheltered housing for the elderly. The proposed draft structure is also given in the attached ON proposal. The standard would define minimum quality requirements and serve as a point of reference for providers of sheltered housing. The aim is to also increase transparency for consumers in relation to these services. As mentioned at the Services WG meeting, this initiative has similarities with the AFNOR feasibility study on residential home services (under CEN Programming Mandate M/371), and it is the intention of ON to take into consideration any relevant findings of the AFNOR study.

ENABLE system can fit well under 4.1.7 section as well as under optional extended services. If you believe you can apply through your National Standardisation Bodies for this Project Team, we encourage you to do



so. This will be very useful for the standardization activities in WP12 that CAR leads

### **How you can become involved in ENABLE activities**

**Special interest group**, is a group of stakeholders (geriatricians, neurologists, social scientists, psychologists, carers and family members, technology providers, therapists, professors) interested in a particular subject who discuss the subject at meetings or via an online service. ?

#### ***SIG General Objectives***

To encourage professionals to enhance their knowledge and skills by providing a venue where they can share with and learn from other professionals regarding their field of interest for ENABLE.

#### ***SIG Specific Objectives***

- To maximize inter- and multi-disciplinary approaches in the practice of each profession
- To provide a venue for professionals to exchange ideas on various evaluation and treatment techniques within their profession and with other disciplines
- To participate in the formulation of policies related to their field of specialization.
- To establish a pool of resources for and of specialists through linkages and networking

### **Provisional Workshop Announcement**

You can also get involved by participating in one of our workshops. Provisionally the next workshop is planned in February 2009 in Prague (Czech Republic) under the EU Presidency. More details will follow soon.

