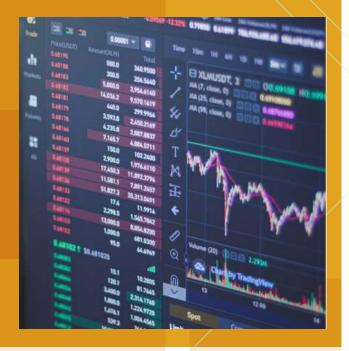
niCE-life Newsflash Nr. 4

Digital tool for monitoring of frail elderly and preventive of cognitive decline (O.T2.4)

Pilot testing of a digital platform within the eCare network in Bologna, IT



YouBos MONITORING PLATFORM

> • A platform named YouBos ensuring a higher level of engagement of the senior citizens through a virtual community and promoting the creation of new relationships, sharing contents, activities and events offered by voluntary organizations on the territory, taking care of the frail seniors, often isolated, helping them by using digital tools to discover new relational models.

niCE-life

Development of an integrated concept for the deployment of innovative technologies and services allowing independent living of frail elderly



Project partners

in Bratis LEPIDA SCPA, I The City of Warsaw, PL ite of Public Health





YouBos Monitoring platform

MAIN GOAL OF THE TOOL

- To facilitate the access mainly of the seniors and their caregivers to needed information and support with the contents published on the website platform
- and prevent their cognitive decline.

BENEFITS

- Virtual socialisation
- Increase of the activism of the seniors
- Healthy lifestyle
- Reduction of the digital divide and users' social isolation
- Improvement of the acceptability and usability of the technologies by the seniors
- Socio-cultural factors (e.g., social supports, disruptive life events) and social environmental factors (e.g., transportation, housing)
- Reduction of the digital divide



The developed monitoring platform titled YouBOS is nurtured within the eCare network in Bologna. YouBOS has become an information medium for the seniors in a participatory model and exchange of skills.

• To provide support to three main project target groups: senior citizens, caregivers and elderly care institutions

• To engage the elderly to take an active part and thus co-create the contents of the platform through specific thematic areas

• Reduction of the risk of isolation related to psychological factors (e.g., depression, anxiety)

• Better access to the services available in the local contexts thanks to the improvement of the digital competences.

FIND MORE ABOUT niCE-life

Project webpage: https://www.interreg-central.eu/Content.Node/niCE-life.html Facebook: https://www.facebook.com/nice.life.interreg/ witter: https://twitter.com/niCElifeCE