

## Session 1/2

# Seniors in the Centre of Innovation for Active and Healthy Ageing

*Mona Marill*

**E-Seniors, Paris - France**



# E-Seniors, citizens' organisation

## E-Seniors in a nut shell

- **End-user** association, created in 2006 and based in Paris;
- Projects for healthy and active ageing;
- Provides ICT-training and varied digital workshops for seniors;
- Works with and for **active and autonomous seniors** but also in local partnerships notably with care centers and Parisian municipalities.



## Key role in research and innovation projects:

- Project ideation with a **bottom-up approach**
- Definition of **use cases, requirements, user profiles**
- **Iterative testing** with target users
- Final validation
- Ethical issues
- Communication within citizen networks



# Project ideas about...

## Motivated in joining Project Ideation for healthy and active ageing

- Prevention of health and wellbeing by introducing **behavioral change**;
- Physical and cognitive stimulation with the usage of **gamification, augmented reality, exergaming...**;
- **Adapted and motivating digital tools** in the prevention and care process that are complementary to human contact (*do not replace it*);
- **Scaling up** results from previous research and project outcomes



# Cooperation Profile Offer



#H2020PartnerHealth

## Identified H2020 topics

- In general, all calls related to prevention in health, well-being and/ or digital services for senior citizens
- BHC-29-2020, DTH-02-2020, DTH-04-2020, DTH-10-2019-2020, **DTH13-2020**, HCC-08-2020 ...

## Relevant expertise as a dynamic and trustworthy end-user partner

- Associated partner in the **EIT Health** Community (EU structure)
- **Horizon2020** projects: *Mindspace*, *Emphatic*, *ICT4life*
- **AAL** projects: *Topic*, *Sonopa*, *Assistant*, *Nacodeal*
- **FP7** projects: *Alfred*, *Seacw*
- **Erasmus+** projects: *Reset*, *More*, *Click Clever...*

# Contacts

## **Mona Marill, European Project Manager**

- [monamarill.consulting@gmail.com](mailto:monamarill.consulting@gmail.com)
- +336 81 79 69 85
- Skype: monakom



## **Monique Epstein, Director of E-Seniors**

- [monique.epstein@gmail.com](mailto:monique.epstein@gmail.com)
- +336 2439 64 34
- Skype: monique.skype

