

A Mobile Companion for Seniors

Presentation of
“Smart Companion” and “Smartphones for Smart Seniors”

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1. Why Smartphones for Seniors?

Context



- Population is getting older
 - 30% will be +65 in Europe by 2060 (Eurostat, 2011)
- Trends suggest that smartphones will be the dominant status quo
- With time, smartphones should also reach seniors
- If designed with seniors' needs and characteristics in mind, smartphones have potential to:
 - Prevent isolation
 - Promote autonomy, and greater quality of life
 - Improve health condition

2. Smart Companion

A permanently available companion

- The aim of Smart Companion is to develop a companion which is permanently available to help and support users in their daily actions
 - **Redesign effort of ordinary communication tools** already included in conventional phones
 - Contacting relatives and friends by calling and receiving calls, sending and receiving voice and text messages, making video conference calls, contacting an emergency line
 - **But also the beyond** the common cases of communication where the phone becomes a 'real' **permanent companion accessible at all times and helpful in numerous situations**
 - Monitoring heart and lung functions, detecting and predicting falls, helping as a navigator, creating and managing to do lists, remembering to take medication or visit the doctor, entertaining the user by playing music and radio or by displaying photos and videos



3. From Smart Companion to...

Smartphones for Smart Seniors



Internal project developed
@ Fraunhofer Portugal

Smartphones for Smart Seniors
QREN Project (National funding program)

Seven Partners:

Microsoft

Fraunhofer Portugal

Optimus (mobile operator)

Two universities

Two SMEs

Microsoft | Development Center
Portugal



- The internal project Smart Companion (SC) generated the necessary input for an external project: Smartphones for Smart Seniors (S4S)

- S4S will be the first commercial result of SC

4. Smartphones for Smart Seniors

Project Goals

- Improve access to the information society
- Promote autonomy, independence and quality of life of seniors
- Prevent social isolation and legacy preservation
- Support the maintenance of their health and functional capabilities
- Increase the efficiency of health care services targeted at seniors
- Applications for this context and target audience should:
 - Give access to calendars, to do-lists, weather forecast, trip planners, reminders for doctors appointments
 - Lead to the redesign of common communication tools, such as calls and messaging, and the design of new ones, such as video conferencing and storytelling applications
 - Enable monitoring of health signals and of physical activity, cognitive stimulation, medication reminders, access to personalized health information
 - Create, maintain and improve communication with caretakers

