FINAL
PROJECT REPORT

– HERA –

Please send this report <u>ELECTRONICALLY</u> to the Central Management Unit (CMU) as well as a copy to the National Contact Persons (NCPs) of the coordinator and project partners

The coordinator of the project must submit this report within 60 calendar days after the final date of the project, on behalf of the consortium.

If you have any additional question, please contact the AAL CMU at CMU@aal-europe.eu, or your NCP (see details on www.aal-europe.eu/aal-ncp)

Report date	16/01/2012

PUBLISHABLE PROJECT INFORMATION (TO BE USED BY AALJP)

1A. PROJECT	
Project full title	Home sERvices for specialised elderly Assisted living
Project acronym	HERA
Project No.	*AAL-2008-1-079*
Project Website	www.aal-hera.eu
Project duration	• Starting date: *01/10/2009* • Termination date: *30/09/2011*
Coordinator's name and details	Full name: Dr. Manuchehr Ghazanfari E-mail address: manuchehr.ghazanfari@a1telekom.at * Telephone number: +43 664 66 28136 * * ***Both*** *e-mail address* ***and*** *tel. number must be provided.*

1B. PROJECT PARTNERS					
NO.	**PARTNER ORGANISATION NAME**	**PARTNER ORG. ACRONYM**	**TYPE***	**PROJECT COSTS: PUBLIC GRANT IN EURO**	**PROJECT COSTS: PARTNER OWN CONTRIBUTION IN EURO**
1 (coord.)	TELEKOM AUSTRIA	TAAG	Large	209.518,00	314.297,00
2	ALCATEL-LUCENT	ALDAG	Large	80.312,16	160.624,32
3	SINGULARLOGIC	SILO	RTD	306.575,00	306.575,00
4	SOLINET	SLNT	SME/RTD	446.044,73	148.681,58
5	PARIS DESCARTES UNIVERSITY	PDUNI	University	207.115,83	-
6	ROTES KREUZ	FKRK	*END USER*	151.200,00	50.400,00
7	HYGEIA	HYGEIA	*END USER*	90.979,00	91.010,00
*Please select one of these options: SMEs, Large, END USER, RTD, other					

1C. PUBLISHABLE PROJECT RESULTS SUMMARY *(1 PAGE)*

The HERA project provided a platform with cost-effective specialised assisted living services for the elderly people suffering from MCI or mild/moderate AD or other diseases (diabetes, cardiovascular) with identified risk factors, which will significantly improve the quality of their home life, extend its duration and at the same time reinforce social networking.

The HERA platform provided the following main categories of TV-based services:

- *Cognitive reinforcement services: These services enhance the cognitive functions of the users and aim at delaying the progression of the disease and include:*
  - *The hangman game*
  - *The images comparison game*
  - *The remember the story game*
  - *The shopping cart game*
- *Physical reinforcement services including the passive communication service.*
- *Patient specific home care services including*
  - *The blood pressure monitoring service.*
  - *The weight monitoring service.*
- *General home care services for elderly including:*
  - *The nutrition counseling service.*
  - *The reminders service.*

The HERA platform's architecture constitutes a pragmatic approach since:

- *All service functionality is provided at an external application server, which is accessible over the public Internet.*
- *The Set-Top-Box/TVset (or Internet-enabled TVs) provides the main Human Machine Interface for the elderly or the patient. The services provide Graphical User Interfaces, which have been designed and developed according to the elderly and patient needs.*
- *The application server may communicate with other home equipment such as medical devices.*

The target group is elderly people suffering from MCI or mild/moderate AD or other diseases (diabetes, cardiovascular) with identified risk factors. HERA provides solutions for aiding users managing their daily lives. Thus, by using the HERA platform and services, the time to be at home, rather than in an institution, is prolonged and relieve elderly from visiting the specialists often, while keeping them able to perform their daily activities and social interactions.

HERA includes HYGEIA hospital and FRK (Austrian Red Cross) who ensured the direct involvement of elderly users throughout the project lifetime, including the user requirements collection phase, as well as the user trials that were organised in two (2) phases during the project. Approximately 70 users (of which 30 cognitively intact elderly, patients with MCI or mild/moderate AD and 10 elderly patients with cardiovascular disease, overweight and diabetes) in the two pilot sites (Greece and Austria) were engaged who got trained and supported during the pilots. The consortium carried out different installations of the platform in individual elderly households as well as centrally (at HYGEIA and FRK premises) so as to prove the efficiency of the HERA results and ensure that the final outcome really meets end user and market needs.

HERA's concept is totally inline with service providers' and operators' business plans since it allows them offering value added services together with the standard Internet, double play or triple play services they provide. In that sense, the HERA platform and services have the potential to be applied and deployed widely in Europe. Many of the services have been already integrated in the A1TA IPTV commercial platform with an expected time to market within 2014.