



**FINAL
PROJECT REPORT**



Report date	06/03/2017
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TABLE OF CONTENTS

1A. PROJECT	3
1B. PROJECT partners.....	3
1c. PUBLISHABLE PROJECT RESULTS SUMMARY	4
2. deliverables submitted and milestones achieved during the PROJECT	5
3 a. Project results - scientific/technical project results.....	6
1. WP1 – Project Management.....	6
2. WP2 – User requirements and methodology for assessment	7
3. WP3 – ICT platform development.....	8
4. WP4 – Exploratory developments	10
5. WP5 – Pilot study and overall assessment.....	12
6. WP6 – Dissemination, exploitation and business plan	14
3 b. Project results – BUSINESS MODELS & indicators	16
3 C. Project results – END USER indicators	18
3 D. Project results – Other indicators.....	19
4. Financial information - other comments	22
5. AAL jp PROGRAMME.....	23
6. updated PROJECT partners' contact details	25

PUBLISHABLE PROJECT INFORMATION (TO BE USED BY AALJP)

1A. PROJECT	
Project full title	Remote Home-Physical Training for Seniors
Project acronym	MOTION
Project No.	AAL-2012-5-031
Project Website	http://www.motion-project.eu
Project duration	• Starting date: 01/09/2013 • Termination date: 31/12/2016
Coordinator's name and details	Full name: Jean-Pierre SAVARY E-mail address: jeanpierre.savary@sielbleu.org Telephone number: 0033 1 46 62 00 73

1B. PROJECT PARTNERS			
No.	PARTNER ORGANISATION NAME	PARTNER ORG. ACRONYM	AAL NATIONAL FUNDING AGENCY
1 (coord.)	Sport Initiative Et Loisirs Bleu	Siel Bleu	Agence Nationale de la Recherche (ANR)
2	Neolinks SARL	Neo	Agence Nationale de la Recherche (ANR)
3	Université de Caen Basse-Normandie – UMR UCBN/INSERM U1075 “Mobilités: Attention, Orientation et Chronobiologie”	COMETE UniCaen	Agence Nationale de la Recherche (ANR)
4	M3 Connect GmbH	M3C	VDI/VDE Innovation
5	Cup 2000 S.p.a	C2K	Ministero dell’ Istruzione, dell’ Università e della Ricerca (MIUR)
6	Luxembourg Institute of Science and Technology	LIST	Fonds National de la Recherche (FNR)
7	Schulthess Klinik	Schulthess	Staatssekretariat für Bildung, Forschung und Innovation (SBFI)
8	Alma Mater Studiorum Università du Bologna	Unibo	Ministero dell’ Istruzione, dell’ Università e della Ricerca (MIUR)
9	Arx IT SA	Arx IT	Staatssekretariat für Bildung, Forschung und Innovation (SBFI)

1C. PUBLISHABLE PROJECT RESULTS SUMMARY

The MOTION project aimed to develop a remote service of adapted physical activities for seniors over 65 years.

APA is a relevant non-drug therapy offering the following benefits for its users:

- Prevention of physical capacities, allowing the users to pursue their daily activities, while staying at home, e.g benefitting from its social environment
- A perceptible decrease of falls and fractures, as well as a better autonomy
- A decrease in the risk of chronic illness and a diminution in the risk of relapse
- Prevention from social isolation

Through the development of a dedicated platform and the co-conception of APA programs delivered by trained coaches, the MOTION project resulted in a service ready to market, that will be sold by APA providers in Europe through different channels (depending of the business context of each provider, but mainly targeting either individual users or health insurances)

The project's deployment will face two main barriers:

- A technical barrier regarding bandwidth capacities of the end-users. It is expected that this barrier will decrease over time. This limit concerns a minority of potential users.
- A business barrier as the providers will have to integrate the service into their existing offers.

The project carried out three main innovations

- A remote APA program, with physical, physiological and psychosocial benefits validated by scientific studies
- A dedicated environment built with the end-users through a co-construction approach
- The development and integration of new sensors for remote APA, for which a patent is currently filed

The MOTION project had many stakeholders. All of them were integrated during the project either directly through the project's activities (pilot sites with seniors and coaches) or through dissemination events (scientific congress, workshops)

CONFIDENTIAL PART OF THE REPORT**2. DELIVERABLES SUBMITTED AND MILESTONES ACHIEVED DURING THE PROJECT**

In this section, please provide details in case your project deviated from the Description of Work (work plan) with respect to delivery dates, achievement of milestones or changes in planned outputs; please indicate whether and to whom (AAL NFA/NCP) the changes have been communicated.

Delays at the middle term, leading to a change of the Description of Work and a 4-month extension.

The project faced only main change, which was a delay in the development of the first prototype of the MOTION platform.

This delay was due to the replacement of a senior developer of one IT partner, which was unexpected. This delay impacts all the project's schedule, since the partners had to postpone the running of the pilot sites.

This change led to a change of the Description of Work, which was accepted by the AAL and the NCPs in December 2015 and resulted mainly in an extension of 4 months of the project duration.

Withdrawal and replacement of the planned Healthstation

Another deviation is the withdrawal of the planned Healthstation (D4.3). Several factors, explained in details in D4.3, led to this withdrawal: lack of space available at some attendees' side, only a few numbers of stations were available for the experiment, potential ethics problems due to health data storage. The concerned partner, coordinated with the pilot sites partners, decided to develop a prototype muscle sensors, which was tested during the pilot sites' course, and led, at the end of the project, the partner to file a patent.

AAL and the NCPs have been informed of this withdrawal at the second review of the project, held in June 2015.

Has the project been finalised in line with the Description of Work?

YES ☒

NO ☐

PARTLY ☐

IN CASE OF DEVIATION, PLEASE EXPLAIN:

Has the project achieved its expected results as described in the Description of Work?

YES ☒

NO ☐

PARTLY ☐

IN CASE OF DEVIATION, PLEASE EXPLAIN:

3 A. PROJECT RESULTS - SCIENTIFIC/TECHNICAL PROJECT RESULTS

Provide a summary of the confidential results, including:

- The progress per work-package
- The performance of the project consortium (added value of cooperation, added value and performance of each partner etc.)
- Scientific/technical achievements during the course of the project
- End-user services developed during the course of the project
- Other confidential information

1. WP1 – Project Management

The MOTION project established since the beginning a collaborative management structure, based on the establishment of a project board and using remote tools to coordinate the partners' actions.

More specifically, the project put in place

- A collaborative intranet
- A physical consortium meeting every 6 months
- Regular and frequent phone conferences between two consortium meetings

During the course of the project, adaptations have been made, mainly resulting in an intensification of the collaboration between the partners. Working on the same principles as the general structure, sub-groups emerged on three topics

- Specific coordination on WP3 for the three IT partners
- Specific coordination on WP5 for the two partners responsible of the implementation of the pilot sites
- Specific coordination between the IT and pilot sites partners to adapt the MOTION platform development during the tests

The main difficulty encountered by the project was a delay in its execution in its mid-term. This delay was caused by the departure of the main software developer of one IT partner.

The partnership reacted by

- Adapting the DoW to the new situation – which resulted in a change of the project's Part B, which has been accepted by the NCPs in December 2016
- Strengthening cooperation on the IT development to shorten the execution of the new schedule

On a general basis, the project delivered all its outputs with a 4 months delay compared to the original plan, with no financial deviation.

2. WP2 – User requirements and methodology for assessment

The WP2 was of most importance during the course of the MOTION project as it drafted the basis both for the IT (specifications) and pilot sites (design of the training program, preparation of the studies) deployments.

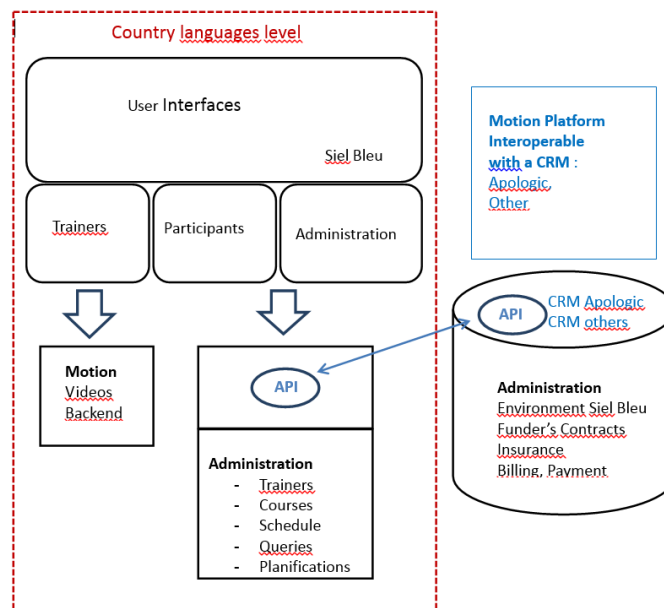
For the IT specifications, we relied on the existing in adapted physical activity organization and translated it into IT requirements, allowing us to develop the back-end of the MOTION platform. This back-end is coupled with a multipoint videoconference system and human-machine interfaces concerning all MOTION users (coaches and elderly)

Ergonomics used a co-design approach with the users to ensure the acceptability of the service. We defined the methodology of ergonomics in two dimensions:

- Human-machine interfaces
- The frame of the activity, as situated in a collaborative environment between the coach and the end-users

A methodology of adapted physical activities was designed with the users. Its objective is to develop strength, flexibility, balance and aerobic capacity. A comparative evaluation will be conducted between two situations:

- Face to face session
- Video-conference sessions



MOTION platform architecture as defined by WP2

3. WP3 – ICT platform development

WP3 dealt with the IT developments of the MOTION project. Carried out by four partners, the IT developments have been installed and enhanced in direct liaison with the experiments of the two pilot sites.

The MOTION IT platform is formed by the combination of multiple elements, both concerning hardware and software aspects.

The platform has been conceived and assembled since the early steps of the project. Unfortunately, one of the senior developer of one IT partner left the project, his replacement generated delays for the production of the first MOTION prototype.

This prototype was released in September 2015 and improved since, especially by using the return of experience of the Caen and Bologna pilot sites.

The last version of the MOTION platform is 1.5.1, released in December 2016.

Hardware

Several hardware solutions have been implemented or tested during the MOTION project. This aspect was important to better understand which solutions were the most appropriated by the end-users.

The consortium tested and implemented mainly two configurations

- Mini PC
- All in one PC

Tablets have also been tested between partners to determine technical feasibility.

Software

All of the IT partners of the MOTION project contributed to the development of the MOTION platform. Each partner brought its expertise to integrate the different elements needed by the platform

- Back end
- Client and interface
- Audio/video
- Sensors

Building on the early specifications, the MOTION system has been improved constantly during the pilot sites' tests, and then adapted to the needs and returns of the end-users.

A professional designer created a simple and user-friendly interface.

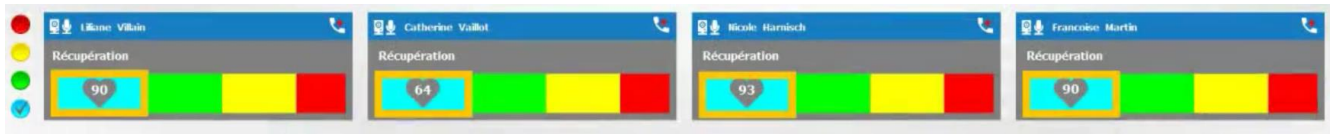
Sensors

Integrating sensors to the MOTION platform has been one of the challenge of the project. This functionality was essential to the development of the MOTION service and the design of APA remote training.

The consortium developed a user friendly Qt Widget allowing to display Training intensity based on captured heart rate. The Widget displays the four distinct intensity zones, namely Recuperation, Low, Medium and High Intensity. The current intensity was returned by the linear position of a beating heart on the intensity scale. The heart furthermore provided an indicator (arrows) showing the user in which direction his intensity has to be changed to reach the exercise target intensity.

This functionality was essential for the project for two reasons

- It helps the coach to adapt the rhythm of the APA session for each participant
- It prevents security issues



MOTION heart rate widget captured from a session of the Caen pilot site

4. WP4 – Exploratory developments

The objective of the 4th work package was to explore promising options to integrate the acquisition of physiologic and kinematic data in performed workout sessions.

The results are the development of a prototype muscle force sensor which led to the filing of a patent, as well as the exploration of new potential developments for the deployment of the platform.

Studies and specifications

The first task conducted under WP4 was a state-of-the-art study of 50 existing sensors that can be applied in order to receive data about training aspects relevant for the MOTION system. Heart rate has been identified as the most appropriate parameter for estimating individual workout intensity based on personal resting and maximum heart rate values.

This led to the creation of a documentation and specifications by LIST, which have been analysed and commented by pilot sites partners (SielBleu, C2K and UNIBO)

Development of a prototype muscle sensor.

Started during the second half of 2015, the development is based on an open Internet of Things platform from Texas Instrument: CC2650 SensorTag 2.

This open-source firmware has been customized to fit the MOTION requirements. Customization effort included increase of sample rate from 10Hz to 50Hz and incorporating the Motion driver provided by the manufacturer (Invensense) of the MPU-9250 (Motion Processing Unit) incorporated in SensorTag hardware.

The prototype was first demonstrated during the Second Mid-Term Review on 2nd of December, 2015, in Nancy.

Improvements of the prototype, tests during the pilot sites and patent

Following the demonstration of the prototype, efforts were made to integrate the sensor into the MOTION platform, in order to begin the experiments at the pilot sites.

This has been successfully done, and the pilot sites gave precious returns on the technical uses and needs of the coaches and the attendees.

In parallel, the functionalities of the sensor were extended by adding several additional measurements. For instance, integrating the calculation of balance measurements, or the addition of a pedometer, which gives the coach the possibility to assign a kind of *homework* to participants. (hence having a follow-up and impact between two remote sessions)

Additional functions through Centre of Mass (COM)

Using acceleration data from its IMU (Inertial Measurement Unit), the sensor measures the displacement of the wearer's COM (Centre of Mass) in both the anterior-posterior and medial-lateral plane.

Several metrics can be extracted from the path described by COM wandering. By placing a 95% confidence ellipse (an ellipse covering 95% of all data points) over the path, one gets a good single metric for overall stability. For a person standing perfectly still, the surface of the ellipse will be very small since COM hardly wanders. For persons suffering from balance disorders, COM sway will be much more pronounced and consequently ellipse surface will increase. On top of that, we are able to

measure total length of the described COM path, maximum displacement in each plane and the average speed of displacement in each plane. Observing those metrics over time will give the coach good insight in participants progress with respect to their sense of balance. It should be noted that scientific literature states that the same metrics could be used to estimate the likelihood for risk of fall in subjects.

Based on the development and results achieved during the project, LIST decided to file a patent application around the muscle sensor.

New developments

A direct feedback of the pilot sites is that people having a natural tendency to hold their breath while performing exercises, the coaches had to remind participants numerous times to keep on breathing. Hence LIST investigated the detection of breathing rate. Through the study of scientific literature, a publication showing the possibility to measure breathing rate using a body worn accelerometer has been found and can be used for further developments.

Another non-achieved development is the implementation of the muscle sensor into a smartphone. LIST developed an app, only available on iOS for the moment, who worked as a proof of concept. From a technology readiness level point of view, we would place the overall sensor at the threshold towards TRL 4.

These developments can be pursued and integrated at future steps of the MOTION platform commercialisation.

5. WP5 – Pilot study and overall assessment

The experiment at the two pilot sites with 10 people in Bologna and 15 people in Caen organized in mini-groups of four people connected to the same session managed remotely by a coach enabled to establish acceptability of concept on several dimensions. This concept is at the service of adapted physical activities, with a co-design approach involving the users with a health prevention objective.

Preparation of the pilot sites

The preparation of the pilot sites took care of the several dimensions of the MOTION experiment, with the purpose to provide an optimal MOTION prototype. The preparation work was collaboratively done by the “pilot sites partners”: SielBleu, C2K, COMETE and UNIBO, and included:

- Characteristics of each pilot site
- Recruitment of seniors and coaches
- Ensuring the privacy and ethics requirements within each local Ethical Committee procedures
- Verifying the users' and coaches' insurance conditions
- Establishing rules for the purchasing of the different equipment needed

Another important task of the preparation phase was to conduct an ergonomics study, in a co-design approach with the users. The ergonomics study ensured the evaluation of the collaborative work situation between coaches and users:

- Identification of the criteria in terms of organization and communication with the aim of optimizing the session
- Evaluation of the co-design approach with the users: individual or crossed interviews, comments and suggestions, recorded and non-recorded observations.
- The final objective of this approach is to establish an activity model and a reference manual to train the coaches into this collaborative work situation.

Running of the pilot sites

The recruitment process in Caen has been different than in Bologna. In Caen, Siel Bleu and Comete have worked directly with stakeholders of the ecosystem (mutual insurer, pension fund, local authorities ...), whereas in Bologna C2K has organised workshops with potential users and actors of the ecosystem.

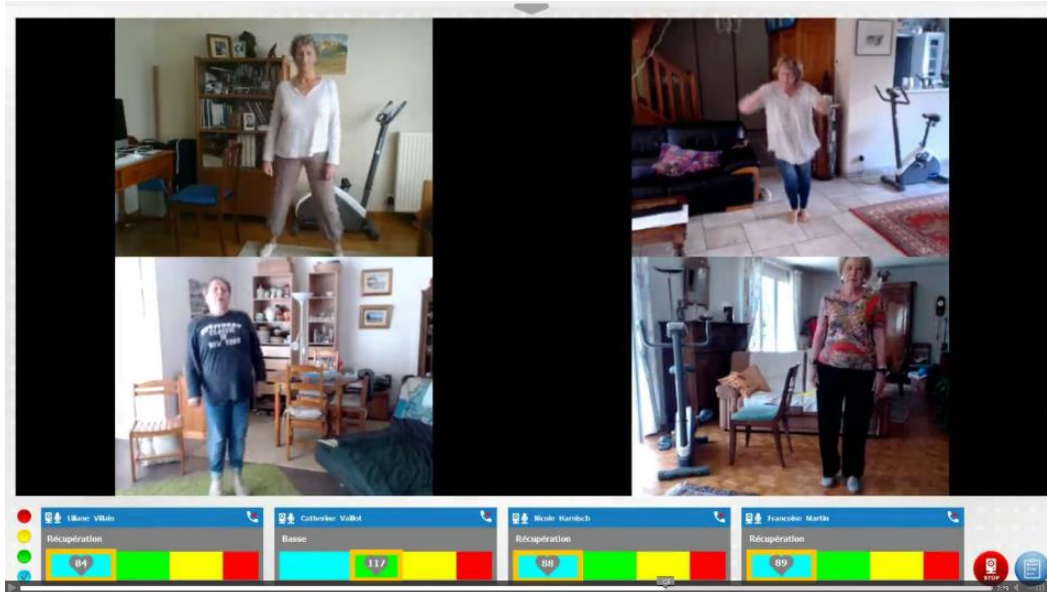
The pilot sites started running in Bologna in December 2015 and in Caen in March 2016. Hardware were delivered at seniors' homes according to their selection and the training sessions were delivered using the second software version of the MOTION client and backend.

In Bologna, 12 seniors and 3 coaches have been recruited. 132 training sessions were delivered using the MOTION platform.

In Caen, three groups were formed: a remote group, a face-to-face group and a control group, for a total of 43 seniors recruited and 6 coaches (4 coaches for the face-to-face group, 2 for the remote sessions). 80 training sessions were delivered using the MOTION platform from March 2016 to January 2017, with two sessions delivered per week. 32 sessions were delivered face-to-face. More especially 32 remote sessions were delivered using the COMETE protocol for the overall assessment and establishment of the proof of concept of the service.

32 training sessions were delivered using the MOTION platform.

There were just a few dropouts at both pilot sites during the tests, that occurred for medical reasons.



A remote session at the Caen pilot site

SielBleu and C2K had extended exchanges in order to coordinate the pilot sites experiments. As well, COMETE and UNIBO worked closely with the pilot sites partners in order to conduct the assessment studies of the project.

Finally, a day-to-day coordination was put in place between the IT partners and the pilot sites partners, in order to ensure maintenance and give feedback for the improvement of the MOTION platform.

Results of the pilot sites

The important result is that the experiments done at the pilot sites demonstrated the proof-of-concept of the MOTION service. This proof of concept took into account several user's test dimensions:

- Technical use linked to MOTION service's ergonomics.
- The ergonomic evaluation of the collaborative work situation between the coach and the users.
- The psycho-social benefits to the users in Caen and Bologna
- The development of the physical and physiological capacities

More specifically, our studies showed that the users wait for sessions each week and are happy to participate in them. The MOTION program met their needs and expectations and the sessions brought them benefits: energy, pleasure, a relaxing moment in their day, moral and physical wellness. It also brought them more dynamism and tonicity and motivated them to be more mobile and active in general.

Our studies also demonstrated that the program has improved the quality of life of older adults regardless of the diffusion mode, whether traditional face-to-face or innovative videoconferencing. Furthermore, objective measurements showed that the strength and the aerobic capacities are enhanced. The biological rhythmicity is also improved.

In light of these results, the pilot sites proved that the use of videoconferencing is a relevant and effective method for maintaining and improving the overall health of an elderly population.

6. WP6 – Dissemination, exploitation and business plan

WP6 had three different objectives in the MOTION project

- To study the European legal framework and ensure the conformity of MOTION activities and developments with ethics requirements
- To disseminate results of the project to the main stakeholders
- To set-up a business plan

Ethics and legal requirements

Ethical issues have been addressed during 2015 by:

- Gathering detailed information of the MOTION partners for ethical requirements with regards to full consent, personal data protection, privacy, security, dignity, accessibility, usability, risks assessments and insurance. This task was done in compliance with AAL European project guidelines, national laws and ethical committee advices
- Providing ethical information in the documents to be created by the partners, focusing on protocol and management of experimentations in France and Italy, exploitation of inputs, data storage and protection.
- Ensuring that the pilot sites and the assessment works fulfill their legal obligations regarding local ethical committees' agreement.

As requested by the AAL officer's recommendations after the review focusing the compliance of MOTION commercial exploitation plans with the Consumers Rights Protection Directive and legal issues, a new document on this topic was achieved in December 2015.

Dissemination activities

The MOTION project had several target audiences (end-users, APA professionals, health professionals, funders) that have been reached through different activities and media, following the dissemination plan created at the beginning of the project.

Altogether, the dissemination activities of the project reached more than 100 000 persons. All media has been used by the partners:

- Organization of workshops and events
- Participation to fairs
- Webcommunication
- Articles in scientific journals
- Articles in newspaper

A more detailed view of the dissemination activities can be read in the table 3.D

Business Plan

The Business Plan for the MOTION service commercialization was prepared in three phases:

- The first draft established the working hypothesis and assumptions, including a first evaluation of the service cost, the costs linked to the project deployment and the transferability of the business plan in Europe

- The first complete version was delivered in December, 2015 and included additional elements, such as a SWOT analysis, different commercialization scenarios and detailed economic projections
- At the end, a third version of the business plan was produced, which enriched the first complete version with the results and feedbacks of the pilot sites, as well as a deeper analysis of the deployment potential in Italy.

3 B. PROJECT RESULTS – BUSINESS MODELS & INDICATORS

Please insert here a short summary of the **business model** selected for your product/service (max. ½ page). If not explained in the publishable summary section, please describe:

The MOTION service offers remote adapted physical activities (APA) to seniors.

APA is a relevant non-drug therapy offering the following benefits for its users:

- A perceptible decrease of falls and fractures, as well as a better autonomy
- A decrease in the risk of chronic illness and a diminution in the risk of relapse
- Prevention from social isolation

The benefits of the MOTION APA program have been proven through scientific studies.

The product will be sold by adapted physical activities providers.

Several solutions are envisaged to do so: individual offers of APA sessions; sessions included in a “Activity Package” that could be offered by Health Insurance, or the inclusion into larger social platforms.

These possibilities would be exploited by the providers, regarding their own offers and business environments.

The business environment is positive for the MOTION service: few competitors exist in the EU and MOTION is the only program offering dedicated APA activities to seniors, that have been validated by scientific studies and specially designed for its target audience.

The ergonomic design of the MOTION service makes it unique. [A proof of concept video](#) demonstrates the operability and acceptability of the service by the end-users.

Please answer the questions below, if possible:

What is the **targeted range of manufacturing/service costs** per product/service unit (€, € per month etc.)?

The MOTION business model defined a monthly subscription as the base unit for the service's deployment.

The targeted range of the service cost is 57€/month.

What is the **estimated size of the targeted market** in Europe for your product/service (in €)?

The MOTION service targets the seniors over 65 years. At its maximum size, the market was of 96 million of people in 2015¹ and is expected to reach 105 million in 2030.

In your business model, **who will pay** for the product/service (you can tick more than one box):

- | | | | |
|---|---|--|--|
| ☒ End user (older person) | ☐ Informal carers | ☐ Formal care providers | ☒ Public subsidies |
| ☒ Insurance | ☐ Other (add if necessary) | ☐ not yet decided | |

¹ Population of EU 28 – source : Eurostat

In your business model, who will take the decision about purchase of the product/service (you can tick more than one box): ☒ End user (older person) ☐ Informal carers/family ☐ Formal care providers ☐ Public subsidies ☒ Insurance ☐ Other (add if necessary) ☐ not yet decided	
At what stage of development are you with your product/service (e.g. research, pilot, real life trial etc.)?	The MOTION platform attained TRL9 at the end of the project.
When will your product/service be ready for market?	Although further developments are planned in the near future, the MOTION service is ready for market and the first commercialization actions planned for 2017.
What type of further research/development is necessary to finalize the product (technical, adoption, market research etc.)?	The main development to bring the product to the market is to finalize the first commercial offer of the product and to integrate this new service into the daily activities of the concerned partners.
What further investments are necessary to launch product on the market?	The main investments necessary to launch the project are - Prospection and selling - Recruitments of coaches - Integration of the service in the commercial offers of the concerned partners
The only certification need by the MOTION service is that the APA are performed by qualified coaches, hence delivered by APA providers. MOTION service does not address a market niche, but targets seniors over 65 years. Moreover, as the APA field is expanding, the MOTION service can be extended to a larger population (and be adapted to enterprises' needs for instance). Another development field is to design APA activities that will target more precisely people suffering from chronic diseases (cardiovascular or respiratory diseases for instance) Finally, the only technical limit to the deployment of the MOTION platform is a bandwidth limitation on the user's side. This limit has however, been reduced during the pilot sites' phase and concern a minority of people. It is expected that, both through bandwidth needs of the service and the increase in capacities, this limitation will not stand at short or middle term.	

3 C. PROJECT RESULTS – END USER INDICATORS

In the section below, please provide the information you have gathered during your project on primary, secondary and tertiary end-users² of your product/service. Note that secondary end-users can be formal and informal carers (see footnote). For the indicators cited below, please provide information if available; any other qualitative or quantitative information on beneficiaries can be provided instead.

The MOTION project had many stakeholders. They all have been involved throughout the project and are the following:

- Senior people.
- Coaches
- Health professionals (Comete's team and general practitioners of the end-users of the pilot sites)
- Policy makers

Senior people were especially involved as key actors of the project, and have been included in all phases of the pilot sites activities (preparation, running and feedbacks) through a participative co-conception approach.

This led to obtain a positive physical, physiological and psychosocial impact of the developed service.

Overall 55 seniors have been recruited to participation to the project: 12 in Bologna and 43 in Caen; 37 women and 18 men.

In Bologna, the mean age were 75,8 years, with participants from 66 to 86 years old, whereas in Caen the mean age were 73 years, with participants from 67 to 80 years old.

Seniors were located in various areas, from urban to peri-urban and rural areas.

The project suffered 4 dropouts of senior, who could not attend or follow the MOTION sessions due to health problems.

9 coaches (3 in Bologna, 6 in Caen) have been involved in the project.

The coaches were an important part of the project as not only did they deliver APA training sessions, but through various roles such as groups animators and psychological support all along the program.

Finally, the policy makers have been involved mainly through dedicated events (workshops) organized to demonstrate the results of the project.

²The MOTION project's virtual gym

3 D. PROJECT RESULTS – OTHER INDICATORS		
Patents , which are the direct result of the project work	LIST is filing a patent on its sensors developed throughout the MOTION project.	
Contribution to standards , which are the direct result from the project work	<i>The project gave no specific result on this line</i>	
Publications (scientific or other) , which are the direct result from the project work (please provide details)	UNIBO and C2K: “La palestra virtuale del progetto MOTION” in GRAPHIE n.72, anno XVII 2015 (ISSN 2281-9363)	
Other dissemination activities	<i>Please refer to the list below</i>	
Activity	Date	Medium
Presentation of the MOTION project at the Smart City exhibition 2013	17 October 2013 (Bologna)	Workshop
Presentation of the MOTION project at the AAL workshop: Future-proof AAL systems from visionary user cases to standardized integration profiles	19 November 2013 (Brussels)	Event
Congress SFTAG	28 & 29 November 2013	Poster
CARDIOOTECHNIX, NEUROTECHNIX and icsSPORTS conference in Rome	25 & 26 October 2014	Poster
Congress AFAPA	27, 28 & 29 November 2014	Event (Oral Communication)
Seniors’ recruitment and stakeholder event	22/09/2015	Workshop
Participation to the AAL Forum 2015 in Ghent	23/09/2015	Event
Live demonstration at Smart City Exhibition	14-16/10/2015	Exhibition
Seniors’ recruitment and stakeholder event	17/11/2015	Workshop
Tri-lateral (LU-CH-BE) matchmaking event	21/01/2016	Event
Workshop with recruited seniors	08/04/2016	Event
Article presenting the MOTION project in the website “SilverEco”, dedicated to the Silver Economy ³	21/04/2016	Webarticle
Poster presentation at the “XVIII° AFAPA days ⁴ ”	12 to 14/05/2016	Event
Communication at the “XVIII° AFAPA”	12 to 14/05/2016	Event
Workshop with recruited seniors and institutional representatives	31/05/2016	Event

³ <http://www.silvereco.fr/sante-des-seniors-le-projet-europeen-motion-experimente-en-france-et-en-italie/3156904> - In French

⁴ XVIII° days of French-speaking studies in APA (Adapted Physical Activities)

Article presenting the MOTION project	13/08/2016	Newspaper
Poster presentation at the conference "Le nuove tecnologie e il valore sociale della ricerca psicologica" ⁵	18/09/2016	Event
Booth at the AAL Forum	26 to 28/09/2016	Event
Workshop with recruited seniors & health organization	18/10/2016	Event
Workshop	15/11/2016	Event
Workshop with recruited seniors	30/11/2016	Event
Interviews with two attendees of the French pilot sites	December 2016	Youtube ⁶
Video "Proof of concept" available on the web		Video posted on the web
MGEN Guest Conference		Event
MOTION Website	Regularly updated	Web
MOTION Facebook page (for Italy)	Regularly updated	Web
Type and size of audience reached by dissemination activities	All stakeholders of the MOTION project have been reached through the dissemination activities: - End-users - APA professionals - Health professionals	
	The scientific publication issued by UNIBO and C2K reached around 1000 professionals	
	The article published by a French newspaper reached around 21 500 persons	
	The indicative coverage of all cumulated events is 9348 persons.	
	For a better understanding of the MOTION dissemination impact, we considered two categories of events: - Face-to-face events (such as workshops), where the contact with the participants is direct and on the specific subject of the project. The indicative coverage of this category is 398 persons - Fairs and poster presentations at congresses. Less focused with more potential people. The indicative coverage of this category is 8 950 persons.	

⁵ New technologies and the social value of psychological research

⁶ Interview 1 : <https://www.youtube.com/watch?v=A3TYWfyJgB4>

Interview 2 : <https://www.youtube.com/watch?v=AhP4pOc1Vzw>

Finally, our web audience is as follows

- MOTION website reached 7338 unique visitors during the project. Average is 222 unique visitors/month.
- C2K created a Facebook page dedicated to the project, who reached 35 likes.
- SilverEco website, which published a webarticle on the project, has an audience of 75 000 unique visitors/month
- MOTION interviews with trainees, posted at the end of the project, have been seen 41 times on YouTube.

Altogether, the indicative coverage of the dissemination activities of the project reached more than 100 000 persons. All stakeholders have been reached thanks to the use of different media and dissemination activities.

4. FINANCIAL INFORMATION - OTHER COMMENTS

Please check appropriate box:

The financial part of the project ☒ is in line with (or) ☐ deviates from the partner's Grant Agreements & Work Packages plans (personal efforts, other costs, etc.)?

In case of deviation, please give a short explanation:

The modification of the PartB accepted in December 2015 has been the occasion for the partners to bring substantial corrections to the original resources scheme.

Minor deviations happened, mainly due to the adjustment of PMs and salaries rates during the course of the project.

Apart from these minor deviations, the project followed mostly its financial plan and planned expenses.

Other comments related to financial part of the project:

The Italian partners encountered many difficulties to receive payments during the project.

This situation has implied additional effort to manage personnel resources and other expenses.

5. AAL JP PROGRAMME

Please comment, using your AAL project experience, on the main advantages and disadvantages of AALJP projects.

The partners collectively determined their feedback on the AAL program during the final conference of the MOTION project. They focus their comment on three topics: the design of the program, the preparation phase and the implementation phase.

Advantages

On the AAL's design

The partners appreciated the collaborative and multi-professional approach of the program. This approach provides a balanced mix of partners (universities, social actors, companies, ...). This mix is necessary to implement such projects

The partners also appreciated the collaborative approach through the comparison and exchanges on the different ways of working between the partnership. This is a source of knowledge and improvement for each structure.

On the preparation phase

AAL match-making events before the launch of each call was highly appreciated by the partnership. These events are particularly useful to find potential partners.

On the implementation phase

The partners appreciated the support provided both by the NCPs and the AAL CMU.

More particularly:

- On the CMU side, the review has been appreciated as a training, a catalyst and an adequate moment to improve the project's processes and results. Also the support given by the CMU is seen as an added value for the projects (AAL Forum for instance)
- On the NCPs' side, the partners want to point out the reactivity of the contact point and, on average, the quality of the support they received from the national contact points.

Disadvantages

On the AAL's design

The partners estimate that the AAL decentralized system generates several disadvantages throughout the entire cycle of the project. Several points are detailed in the paragraphs preparation and implementation phases.

The partners also estimate that the program should finance more mature projects (e.g select projects with a higher TRL), in order to have an impact closer to the market.

On the preparation phase

The disadvantage of a decentralized system is that the preparation phase is more difficult, especially to build a consortium, as they are different rules for each partner

Following the call for a higher TRL selection, the partners suggest stronger requirements at the beginning of the project, e.g that the projects are more described in details. Hence, the proposals

should not be limited to 33 pages.

On the implementation phase

The disadvantage of a decentralized system is that several financing bodies weaken the project as it gives less leverage to the project coordinator.

It also generates extra administrative work. For example: different reports in different languages using different templates generate at least ½ day of extra work per reporting per partner. This point is particularly seen as evitable as it generally consists in a duplication of information.

This also leads to financial issues:

- Financial process is uneven among the partnership (for instance in the delay of payments)
- This is especially the case for the Italian partners who had strong difficulties on this side. This impacts both involvement of Italian partners into the current projects, as well as their future participation.

The partners express their wish that the CMU could have more impact on the national bodies in case of needs and problems.

Finally, the partners want to express that the collaborative approach has also its disadvantages as different ways of working can lead to misunderstandings. More detailed proposals is seen as a way to avoid them from the preparation phase.

6. UPDATED PROJECT PARTNERS' CONTACT DETAILS ⁷					
No.	PARTNER ORGANISATION NAME	CONTACT PERSON		EMAIL ADDRESS	TELEPHONE NUMBER
		NAME	LAST NAME		
1 (coord.)	Sport Initiative Et Loisirs Bleu	Jean-Pierre	SAVARY	jeanpierre.savary@sielbleu.org	0033 1 46 62 00 73
2	Neolinks SARL	Grégory	GALIANA	gregory.galiana@neolinks.com	0033 3 83 47 60 22
3	Université de Caen Basse-Normandie – UMR UCBN/INSERM U1075 “Mobilités: Attention, Orientation et Chronobiologie”	Antoine	GAUTHIER	antoine.gauthier@unicaen.fr	0033 2 31 56 72 63
4	M3 Connect GmbH	Roland	HEINEN	r.heinen@m3-connect.de	0049 16 07 48 80 75
5	Cup 2000 S.p.a	Teresa	GALLELI	teresa.galleli@cup2000.it	0039 05 14 20 84 91
6	Luxembourg Institute of Science and Technology	Nico	MACK	nico.mack@list.lu	00352 27 58 88 23 06
7	Schulthess Klinik	Nicola	MAFFIULETTI	nicola.maffiuletti@kws.ch	0041 44 385 75 79
8	Alma Mater Studiorum Università du Bologna	Rabih	CHATTAT	rabih.chattat@unibo.it	0039 05 12 09 18 21
9	Arx IT SA	David	BENI	dbe@arxit.com	0041 22 344 45 10

⁷ Please insert here, for every partner organization participating in your consortium, the updated email address and telephone number of the main contact person. These persons might be contacted after the closure of the project for statistical enquiries related to impact assessment.