

# PHARAON PORTUGUESE PILOT

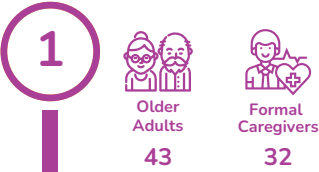


## Objective

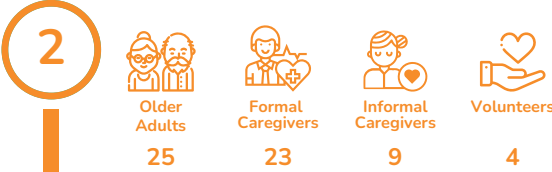
The Portuguese pilot aims to develop and implement citizen-focused solutions and design an integrated care system (planning, integrated infrastructures and processes, knowledge sharing).

## PARTICIPANT ENGAGEMENT

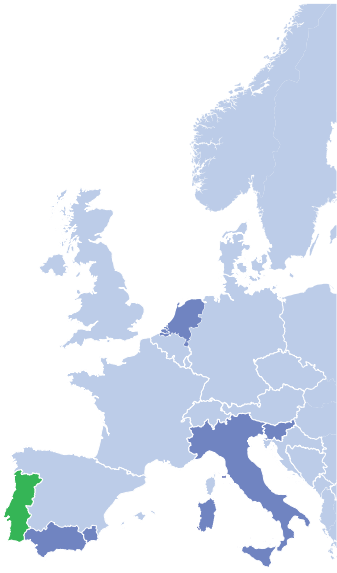
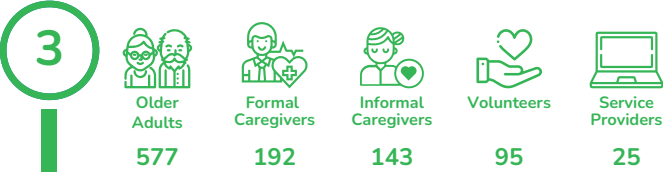
### Co-creation



### Pre-validation



### Pilot



## PILOT SERVICES

GOAL	SERVICES	DESCRIPTION	TECHNOLOGY
<p>Promote healthy and active ageing by facilitating community participation and reconnection with natural urban areas through social networking and citizen science technologies.</p> <p>Mobile APPs that support older adults in social networking</p>	<p><b>Engage with the Community</b></p> <ul style="list-style-type: none"><li>SENTAB services:<ul style="list-style-type: none"><li>- Proximity volunteering</li></ul></li><li>Citizenzen<ul style="list-style-type: none"><li>- Together City and Nature and City Audit Tours</li></ul></li></ul>	<p>This service offers two ways to "engage with the community": (1) the establishment of a network of volunteers supporting older adults and (2) an app that encourages societal participation. It will be made possible by friendly interactive APPs that let older adults schedule activities and chat with peers/volunteers. Older adults will also be invited to learn about the benefits of regular exposure to natural blue and green urban areas, enabling them to report ways in which these environments could be improved and preserved.</p> <p>134</p> <p>More active participation in the community, improving older adults' socialisation, digital literacy, and cognitive stimulation.</p> <p>30</p> <p>Enjoy the beneficial restorative effects arising from society's involvement with blue and green areas. Report aspects to be improved in these areas with a view to their conservation.</p>	<ul style="list-style-type: none"><li>SENTAB</li><li>Citizenzen</li><li>Tablet</li><li>Smartphone</li></ul> <p>42</p> <p>Enhance positive emotions and a more active participation in the community. Facilitate direct access to older adults, allowing to better support them.</p> <p>30</p> <p>Increase participation in community life and reconnection with natural blue and green areas recognized as beneficial and contribute to their preservation.</p> <p>53</p>
<p>Promote healthy and active ageing by enhancing capacity through technology.</p> <p>This service allows to improve digital, soft and caring skills, as well as enrol in initiatives.</p>	<p><b>Build capacity</b></p> <ul style="list-style-type: none"><li>SENTAB services:<ul style="list-style-type: none"><li>- Carer Campus</li></ul></li></ul>	<p>Digital platform that allows older adults and carers to share knowledge and experiences through mentoring and learning contents, improving Digital skills, Soft skills, and Caring skills including Self-Management; as well as the enrolment in initiatives such as digital literacy training and information sessions on relevant topics.</p> <p>154</p> <p>Enhance autonomy, promote participation in society, and support active and healthy aging through education and training.</p>	<ul style="list-style-type: none"><li>SENTAB</li><li>Tablet</li><li>Smartphone</li></ul> <p>99</p> <p>Promote participation in community life and support active and healthy ageing.</p> <p>128</p>
<p>Promote healthy and active aging by ensuring a safe and comfortable environment through technology.</p> <p>This service aims to monitor and report health status and behaviours; assist in activities of daily living, and to facilitate access to proximity services.</p>	<p><b>Safe and comfortable environment</b></p> <ul style="list-style-type: none"><li>GlobalCare<ul style="list-style-type: none"><li>- Integrated Care</li></ul></li><li>Zensi<ul style="list-style-type: none"><li>- Ambient Assisted Living</li></ul></li><li>SENTAB<ul style="list-style-type: none"><li>- Services on Demand</li></ul></li></ul>	<p>Ambient Assisted Living is a service that allows older adults to: 1) define assistive technologies automations and monitor and report health and behaviour status, providing a comprehensive assessment of their care needs and assuring the safeness and comfort of the environment; 2) Order goods and services from local providers, e.g., medications, laundry, food, home repairs and refurbishment, transportation, or other activities (music, sports, dance, painting, etc).</p> <p>GlobalCare-65 / Zensi-25</p> <p>More sense of security, comfort and higher confidence in the use of technology.</p> <p>148</p> <p>Empower older adults with increased autonomy, resulting in positive emotions through the ability to easily order goods and services.</p>	<ul style="list-style-type: none"><li>GlobalCare</li><li>Zensi</li><li>SENTAB</li><li>Tablet</li><li>Smartphone</li><li>Sensors</li></ul> <p>GlobalCare-40 / Zensi-10</p> <p>Improve Emotional Well-being of caregivers; Reduce caregiver burden through the support of technology</p> <p>Zensi-15</p> <p>25</p> <p>Enhance self-esteem and the sense of utility by engaging in community participation through the provision of a service to older adults. Increase knowledge on older adults' service needs through the improved access to this client segment.</p>

## CONCLUSION

In summary, initiatives that foster social cohesion and alleviate isolation have the potential to bolster close-knit communities. By employing digital tools, we encourage autonomy and enhance access to local services while nurturing proficiency in sustainable practices and cultural heritage. In addressing the main challenge of technology acceptance among Portuguese participants, we conducted numerous training sessions and closely monitored their progress to overcome this obstacle.



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