ReMember-Me Newsletter Issue# 1

ReMember-Me

MARCH 2021

www.rememberme-aal.eu

AAL PROGRAMME

European Commission

What is ReMember-Me?

ReMember-Me is a system that offers an innovative paradigm taking under consideration not only cognition, but also emotional wellbeing, activity and sleep patterns and socialization, promoting human interactions in the context of cognitive fitness and decline and offering individualized suggestions for a healthy brain.

Objectives of ReMember-Me Project

The main objective of the system is to detect and prevent cognitive decline early on, in healthy older adults and also in older adults with Mild Cognitive Impairment.

ReMember-Me aims to **function in 3 main levels**:

- Offering **monitoring**.
- **Detection** and **personalized training**.
- **Being integratable** in older adults' everyday life patterns.

This system will include:

- **Sleep, activity and mood assessment**, orientation in time.
- Alternating-daily, short-assesment **exercises**.
- And **socialization** through knowledge sharing.

Meetings

Kick off (28th April 2020):

ReMember-Me's project kick-off meeting was organized on the 28th of April 2020 through a **virtual Consortium Meeting** due to the situation caused by the outbreak of COVID-19 in Europe.

The **ReMember-Me** AAL funded project coordinated by **Materia Group**, a social enterprise in Cyprus aiming to provide a holistic range of support, care, nursing and rehabilitation services to older adults and their families, launched its activities on April 28 the 2020, with a virtual Kick-Off Consortium Meeting.

ReMember-Me is comprised by another **7 partner organizations, from Romania, Italy, Spain, Hungary and Belgium**.

Plennary Meeting (15th January 2021):

On 15th of January 2021 took place **ReMember-Me**'s second plenary Project meeting. Due to the COVID-19 pandemic, the event was conducted entirely online.

The aim of the meeting was to present each partner's performed work until December and discuss over the following steps to follow for the success of the project.

Recent Events

ReMember-Me AAL Project partner Fondazione Santa Lucia receives James Robots from Zora Robotics NV

Neuropsycholysis researcher **Federica Piras**, together with the team from the Neuropsychiatry laboratory of the **Santa Lucía Foundation**, is studying the possibilities offered by robots to keep cognitive functions constantly functioning, even at home, especially in the elderly.

ReMember-Me Project, still in an early stage of development, aims to verify the effectiveness of an intelligent system potentially capable of detecting and preventing at an early stage the cognitive abilities, in particular memory, attention and language.

Neuroscience is confirmed as a research field where medicine, biology, physics and cognitive sciences merge to study the brain and develop possible therapies for diseases that affect the nervous system.

Enacting creation through interactions. Co-creation phase completed!

Starting from the first week of December 2020, researchers at **Foundation Santa Lucia** (https://www.hsantalucia.it/), along with colleagues from other end-user organizations of the **ReMember-Me project**, implemented the co-creation process bringing together older adults, their families, health care professionals and commercial users to assist with the **ReMember-Me** product development.

In accordance with actual COVID-19 policies, most interactions took place remotely. During the digital or face-to-face sessions participants were shown a short presentation of the **ReMember-Me** system (project objectives, images of all devices and description of usefulness), had experience of some system functions through digital/paper mock-ups provided by our partner ArtOfInfo Kft and answered open questions regarding the system.

Older adults with or without cognitive problems were enthusiastic regarding the potentiality of the **ReMember-Me** system to prevent a further decline of cognitive abilities (attention, memory, inappropriate responses inhibition) and to improve social inclusion. Families of persons with cognitive difficulties especially liked the possibility to be informed about their loved ones' cognitive/health status. Health care professionals (psychologists, speech pathologists, medical doctors) specifically valued the multidomain nature of the system and the possibility to remotely monitor their patients.

This interactional creation phase will surely help the **Remember-Me project** to better focus on users' experiences and to endorse users' needs.

ReMember-Me will be using James Robot from Zorabots to develop and validate our solution

By ordering the social **robot James** delivered by **Zorabots**, a Belgium robot company, the **ReMember-Me project** research part will be launched in 4 European countries, as an effort to develop a solution to detect and prevent cognitive decline early on.

The system will consist of the James robot, screen games and sensors, which will capture data on the person's status and engage the user in interesting and personalized brain training schemes according to their routines and preferences.

Remember-me also aims to enhance family members confidence and engagement in caring for their relatives and improve the tools for healthcare professionals in their practice.

Journal Watch:

Journal Watch aims at introducing you to some publications written by consortium members of the ReMember-Me Project.

Technical University of Cluj-Napoca publishes a new paper titled "A physiotheraphy coaching system based on kinect sensor"

A new paper from the **Technical University of Cluj-Napoca** has been published in the **2020 IEEE 16th International Conference on Intelligent Computer Communication and Processing (ICCP)**

Sărătean, M. Antal, C. Pop, T. Cioara, I. Anghel and I. Salomie, "A Physiotheraphy Coaching System based on Kinect Sensor," 2020 IEEE 16th International Conference on Intelligent Computer Communication and Processing (ICCP), Cluj-Napoca, Romania, 2020, pp. 535-540, doi: 10.1109/ICCP51029.2020.9266178.

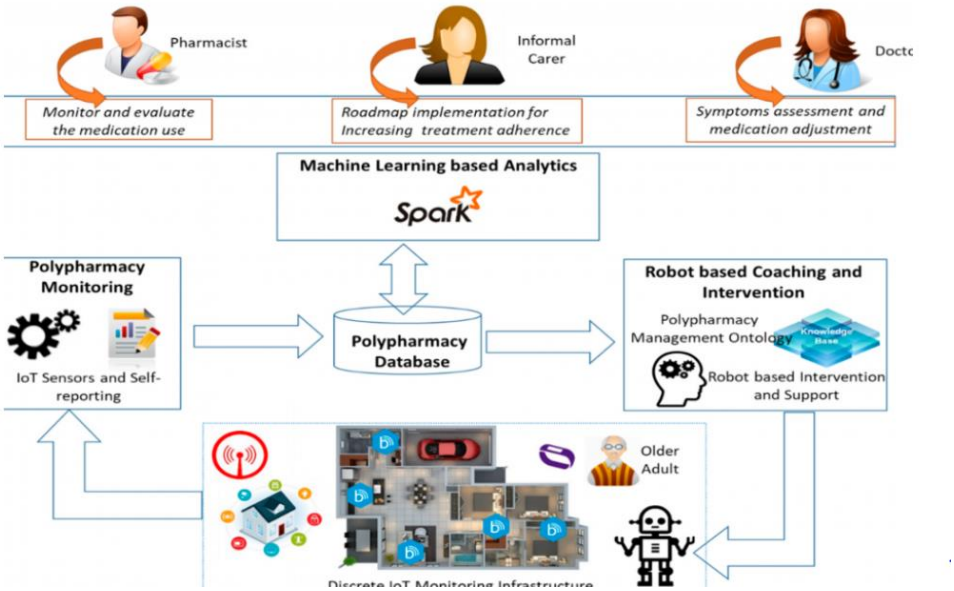
This paper addresses the issue of performing physiotherapy treatments remote, at home, by proposing a personal coaching system capable of surveilling the correctness of the exercises and the adherence to the rehabilitation program established by doctors. For identifying the performed exercises, we use a Microsoft Kinect Sensor on top of which we have developed an exercise-detection algorithm part of a recognition module and a user-friendly web interface. The results show that the proposed solution can be successfully used for performing remote physiotherapy exercises, guided by physiotherapists, which brings a major advantage in scenarios as the one brought by the SARS-CoV-2 (COVID19) context.

Technical University of Cluj-Napoca publishes a paper about remote physiotherapy treatments

Technical University of Cluj-Napoca publishes a paper that addresses the issue of performing physiotherapy treatments remote, at home, by proposing a personal

coaching system capable of surveilling the correctness of the exercises and the adherence to the rehabilitation program.

Smart Environments and Social Robots for Age-Friendly Integrated Care Services (Open Access Article)



In the context of the ReMember-Me project, the Technical University of Cluj-Napoca published a Communication article in the International Journal of Environmental Research and Public Health, a Quartile Q1 Web od Science Open Access Journal with 2.849 Impact Factor, entitled "**Smart Environments and Social Robots for Age-Friendly Integrated Care Services**". This article belongs to the Special Issue Feature Papers "Age-Friendly Cities & Communities: State of the Art and Future Perspectives"

Follow us on our Social Sites

You can follow ReMember-Me and learn about our latest news and updates, **click here to follow**!