



LIVING LAB: HEALTH INNOVATION EINDHOVEN

Improving social inclusion through improving health and social contacts.

What are the objectives of the project?

The objective of the project is to support older people in independent living at home with help of ICT.

Timeline

The project started in 2010 and ended in January 2011.

Background

Within the larger context of demographic change and the ageing of the population, ICT/telecare solutions are being used to compensate for the lack of health care personnel and therefore lack of quality of care.

Who is responsible for the project's implementation?

Brainport Health Innovation.

How does the project work?

The Living Lab method starts with the assessment of the elderly persons' needs (in this case, Turkish senior citizens). These are then analysed and on that basis, the appropriate ICT equipment is provided.

A small group of senior citizens (mostly with a Turkish background) in the district Doornakkers, that were not in good health (high blood pressure, overweight or lonely) were asked how they thought they might improve their health. Losing weight and improving their physical condition were the most frequent reactions. The group was provided with a touch screen computer with a built-in camera and electronic instruments to measure their blood pressure, weight and physical activity. A lifestyle coach provided face-to-face feedback on the progress on the physical activities and organised group physical activities (via the computer). With the help of Skype and the touch screen, the elderly persons were able to contact family and friends at home and abroad easily.

What are the results of the project?

- Improved physical health (weight loss, decrease of blood pressure and intake of medicine, improved physical condition)
- Improved mental health (decrease of feelings of loneliness and homesickness through all the Skype-contacts)
- Improved informal care by family and friends (quick check up through Skype instead of daily visits)
- Improved ability to speak Dutch (through the frequent contacts with the Dutch-speaking lifestyle coach via Skype).

In their use of the ICT solutions, the elderly people were supported by young coaches from the district.

Was the project evaluated and were there any follow-up activities?

The project was monitored and evaluated by a researcher of the Technical University in Eindhoven.

This Living Lab approach (using the city to test out various new (ICT) projects) is used frequently in Eindhoven. The examples in two other districts include promotion of safety and neighbourhood contacts, an Interreg IVB project on dementia, an Ambient Assisted Living (AAL) project to promote smart kitchen equipment, the Digital local and regional Agenda and the strategic plan 'Smart Living 2020'.

In general there is a lot of interest (from cities, universities, business) to invest in and further develop the possibilities of new technologies for the wellbeing of citizens.

What lessons did you learn?

When using technology in social innovation it needs to be kept in mind that it is vital to start with the needs of the potential users of ICT equipment. There is no use in developing an ICT solution and to putting it on the market if people are not going to use it.

How is the project funded and what resources (financial and human) are dedicated to its delivery?

The project is a part of the Branport Health Innovation programme of the Eindhoven/Branport region. The city of Eindhoven as well as the Province Noord-Brabant funded this specific project in Doornakkers.

Who is the contact person for the project?

Janine Cosijn, City of Eindhoven.

Website

www.brainporthealthinnovation.nl

If you have an example of a good practice that you would like to include in the database, please send an email to caroline.greene@eurocities.eu.



This publication is commissioned under the European Union Programme for Employment and Social Solidarity (2007-2013). This programme is managed by the Directorate-General for Employment, Social Affairs and Inclusion of the European Commission. It was established to financially support the implementation of the objectives of the European Union in the employment and social affairs area, as set out in the Social Agenda, and thereby contribute to the achievement of the EUROPE 2020 goals in these fields.

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