

The experience of the Portuguese pilot under the AGAPE project

(Active aGeing And Personalised Service Ecosystem)

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INTRODUCTION

The AGAPE project aims to implement an advanced technological platform that enables innovation services at various levels for older adults - OA (primary end users), informal and formal carers (secondary end users), and care organisations (tertiary end users). In addition, a diversified service plan enables the implementation of individualised, person-centred objectives, with a dynamic coach and the composition of multidisciplinary services for older adults.

RESEARCH GOALS

- Promote active and healthy ageing
- Improve quality of life of older adults and carers
- Promote digital and health literacy

PORTUGUESE PILOT

- 35 older adults
- 6 informal carers
- 20 formal carers
- 5 tertiary users

INCLUSION & EXCLUSION CRITERIA (OA)

- ≥ 65 years
- able to provide informed consent
- low frailty score
- absence of severe to moderate cognitive impairment
- absence of severe disability
- absence of serious comorbidities, tumours or other serious medical conditions
- absence of an anxiety and depression diagnostic

METHODOLOGY

THREE SPECIFIC EVALUATION MOMENTS

LIVING LABS (2 MONTHS)

PRE-PILOT (2 MONTHS)

PILOT (10 MONTHS)

Gather continuous feedback from end users on the technological solutions tested and on the preliminary version of the AGAPE platform.

Assess the effectiveness and usability of AGAPE's Innovation Adoption Strategies in promoting behavioural changes among end users through technology.



Evaluation instruments:

- Socio-demographic questionnaire
- EQ-5D-5L quality of life assessment questionnaire
- Innovation Adoption Questionnaire
- System usability scale (SUS; Brooke, 1996)
- TechnoStress Questionnaire
- UCLA Loneliness Scale

Technologies tested:

- AGAPE applications, which are installed on smartphones/tablets
- Strapbands and smartbands

EXPECTED RESULTS

- Evaluate the effectiveness and usability of AGAPE's Innovation Adoption Strategy in promoting behavioural changes among older adults and carers through technology.
- Foster social inclusion among older adults.
- Promote adherence to good practices among older adult, through physical activity.
- Reduce the digital literacy and digital health literacy gap among end users.
- Improve the quality of life of older adults and carers.

CONCLUSIONS

This poster reflects the ongoing strategy deployed for the AGAPE pilot in Caritas Coimbra, which has been approved by the Ethical Committee of the Regional Health Administration of the Centre, Portugal (April 2023). AGAPE solutions makes it possible to implement person-centred objectives with an iterative coaching dynamic and service composition through a multi-stakeholder service orchestration designed to improve inclusion, equity and universal access to services for older adults.