

# CARE-HOME

## Personalized and Connected CARE for Enhanced Recovery and Empowerment in HOME-Based Settings

### ABSTRACT

The CARE-HOME project aims to improve primary and community care, especially, but not only, for people in need of caregiving support. It focuses on the development of innovative integrated technologies and intervention methods to promote higher autonomy at home, a better maintenance of personal health and well-being, all through active support in the activities of daily living (ADL). The solution will be based on both assistive and off-the-shelf technologies and be designed to be simple and accessible. The eSticky system, initially developed within the AAL European Program, will serve as a basic element for the development of the new solution to support care activities. Chronic and non-chronic conditions often interfere with self-management of daily routines and related activities, posing a significant risk of disrupted lifestyles and non-compliance with care providers' recommendations. These recommendations are also prone to dispersion in the handover of services, particularly between formal and informal caregivers and end users. Furthermore, despite their targeted nature, care interventions are often time-limited, which can make it difficult to remember ADLs, the fulfillment of which can lead to improved health and well-being and thus possibly longer retention in the familiar social environment. Through technology-mediated optimization and enhancement of the network of formal and informal caregivers, the project will focus on daily activity management and tasks scheduling to improve adherence to social-health indications, self-awareness, self-esteem, and quality of life.

The integrated socio-health protocols developed as part of the CARE-HOME project, supported by specialized reminders and smart reporting technologies, are designed to effectively address these critical issues with more support. This approach aims to optimize resource allocation, improve prevention strategies and increase the quality of life of users as well as formal and informal caregivers.

### KEYWORDS

- Primary Care
- Community Care
- Integrated Care
- Assistive Technology
- Digital Care
- Independent Living
- Reminders

### DURATION

36 months

## PARTNERS

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