



NESTORE

Non-intrusive Empowering Solutions and Technologies for Older people to
Retain Everyday life activity

Your Pathway to Wellbeing

*NESTORE the wise 4.0: scientific knowledge and frontiers technologies
for personalized healthy ageing through high-quality lifestyle*

Giuseppe Andreoni



This project has received funding from the European Union's Horizon 2020
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<https://nestore-coach.eu>



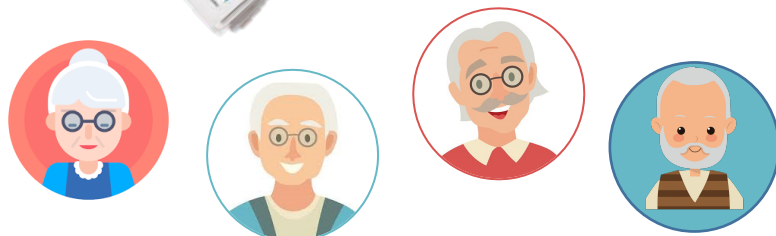
“Life is an extraordinary travel,
getting older is sometimes an Odyssey...”
Nobody



News papers and Mass media



News papers and Mass media



Mobile Applications

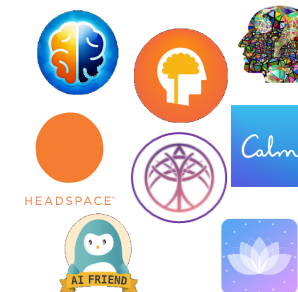
Physical Activity



Nutrition



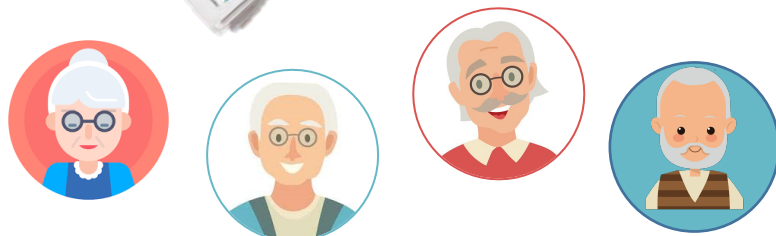
Mental Health



Wearables



News papers and Mass media



Mobile Applications

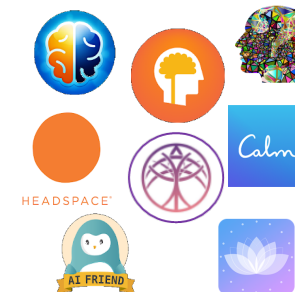
Physical Activity



Nutrition



Mental health



Wearables



GPs



NESTORE

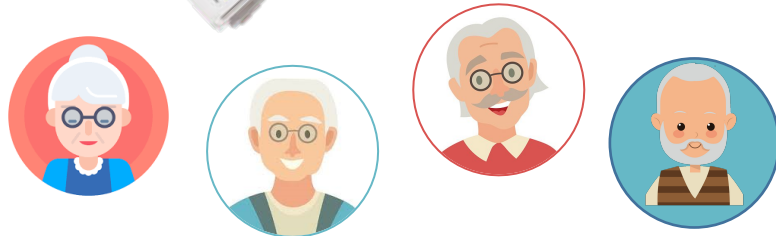


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News papers and Mass media



- ☐ He feels lost among these grey, **not co-ordinated** and **not validated** solutions
- ☐ **He feels abounded** by the healthcare system

Just like a Greek epic poem: ***the Odyssey***

Mobile Applications

Physical Activity



Nutrition



Mental health



Wearables



GPs



...Most of the healthy young
older feel likewise



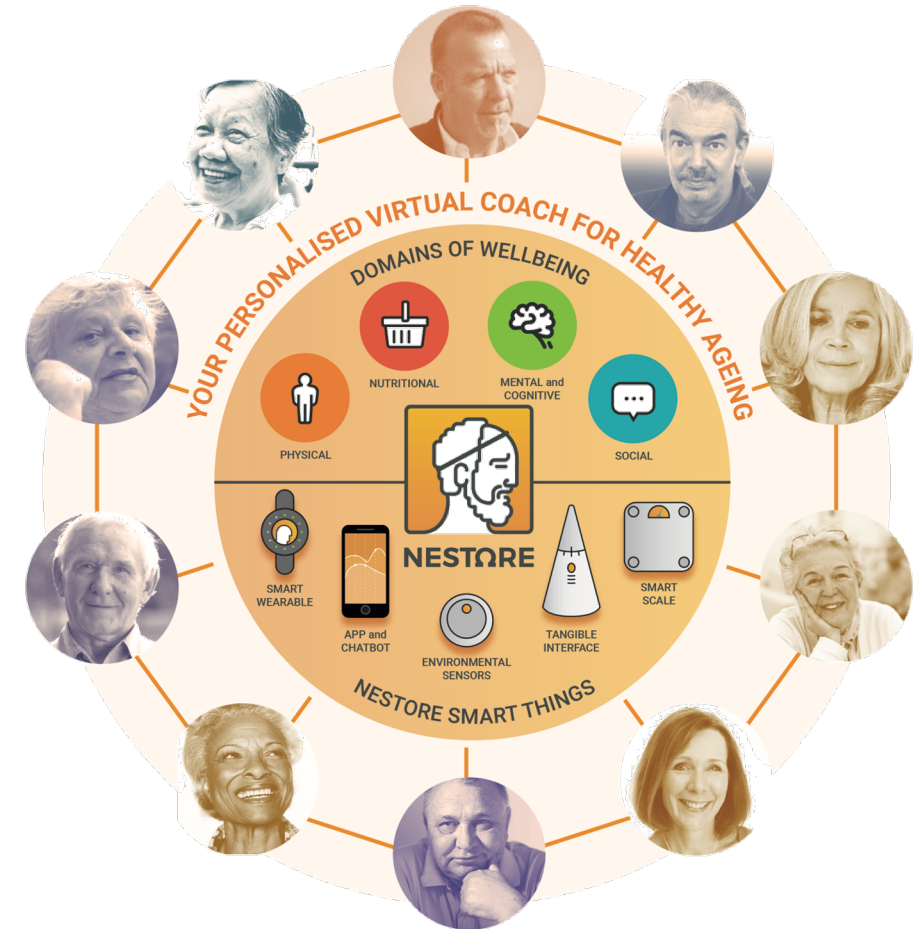
☐ He feels lost among these Grey **not co-ordinated** and **not validated** solutions

☐ He feels **abounded** by the health system

Wearables

SOLUTION: The NESTORE Coach

“NESTORE the wise 4.0: scientific knowledge and frontiers technologies for personalized healthy ageing in a high-quality lifestyle”



Opportunity-to-Positioning: Healthy Ageing? A matter of coaching...

Reference Market: **Silver Economy**

Users key point:

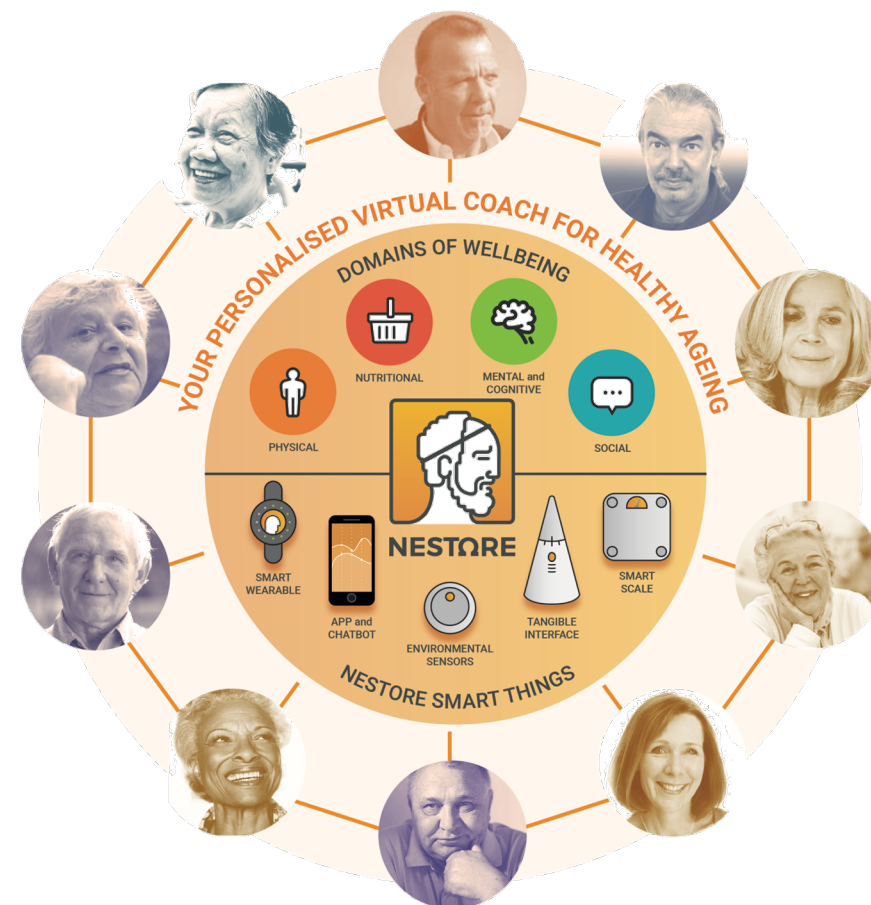
ageing citizens interested to stay healthy

Innovative Solution leveraging on novel and integrated technologies:

mobile, wearables & environmental sensors, tangible and conversational agents, Decision Support Systems

Methodological strengths:

co-design for the **co-production** of
Wellbeing and **Health** in the 4.th age.



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NESTORE KSIs – Key System Innovations

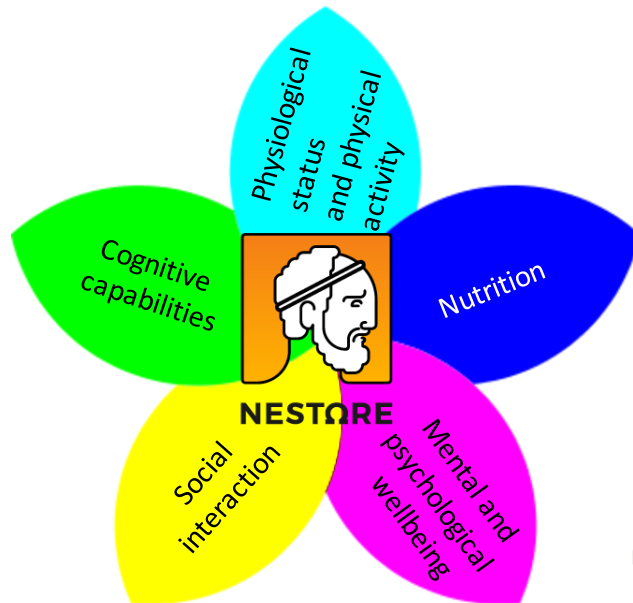
- ☐ **Grounded in scientific validated multidisciplinary knowledge** provided by experts in each health domain
- ☐ **Co-designed** with users
- ☐ **Global user-centred multi-dimensional intervention**
- ☐ **Personalised** and driven by **user's data and preferences** (pathways of interest)
- ☐ **Real time** and **long-term** coaching service with modular targets
- ☐ **Friendly tangible interface** to deliver the intervention and to support motivation



From ideas and concepts ...

Heathy aging is a complex matter.... and a new welfare emergency: NESTORE's ambition is being

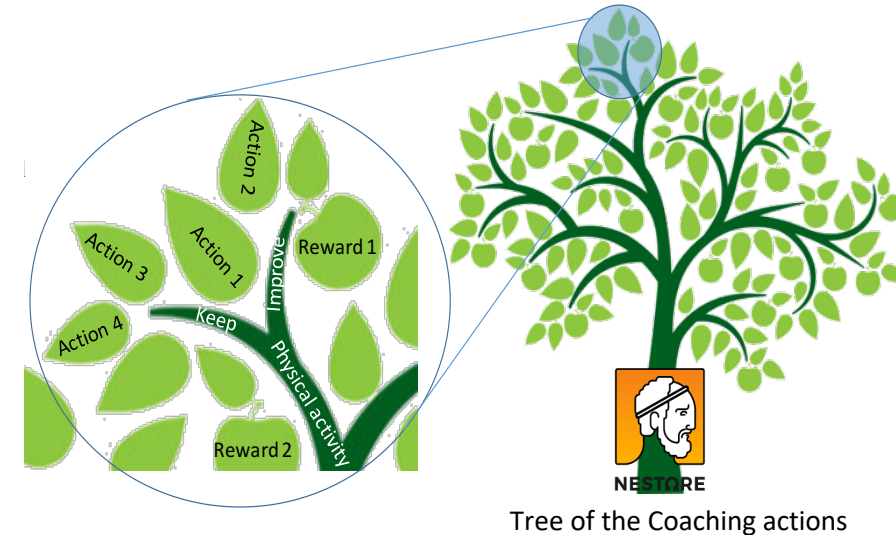
Multidomain



Exploiting user's needs and preferences



Modular and personal (data driven profile and strategy)



In other **key-words...**

Pathways of interest

Friendly tangible interface

Scientific knowledge on human functions

Multi Pathway

Driven by user data and preferences

Real Time Coaching

Integrating the wellbeing dimensions

Support & Sustain Motivation

Long Term Coaching

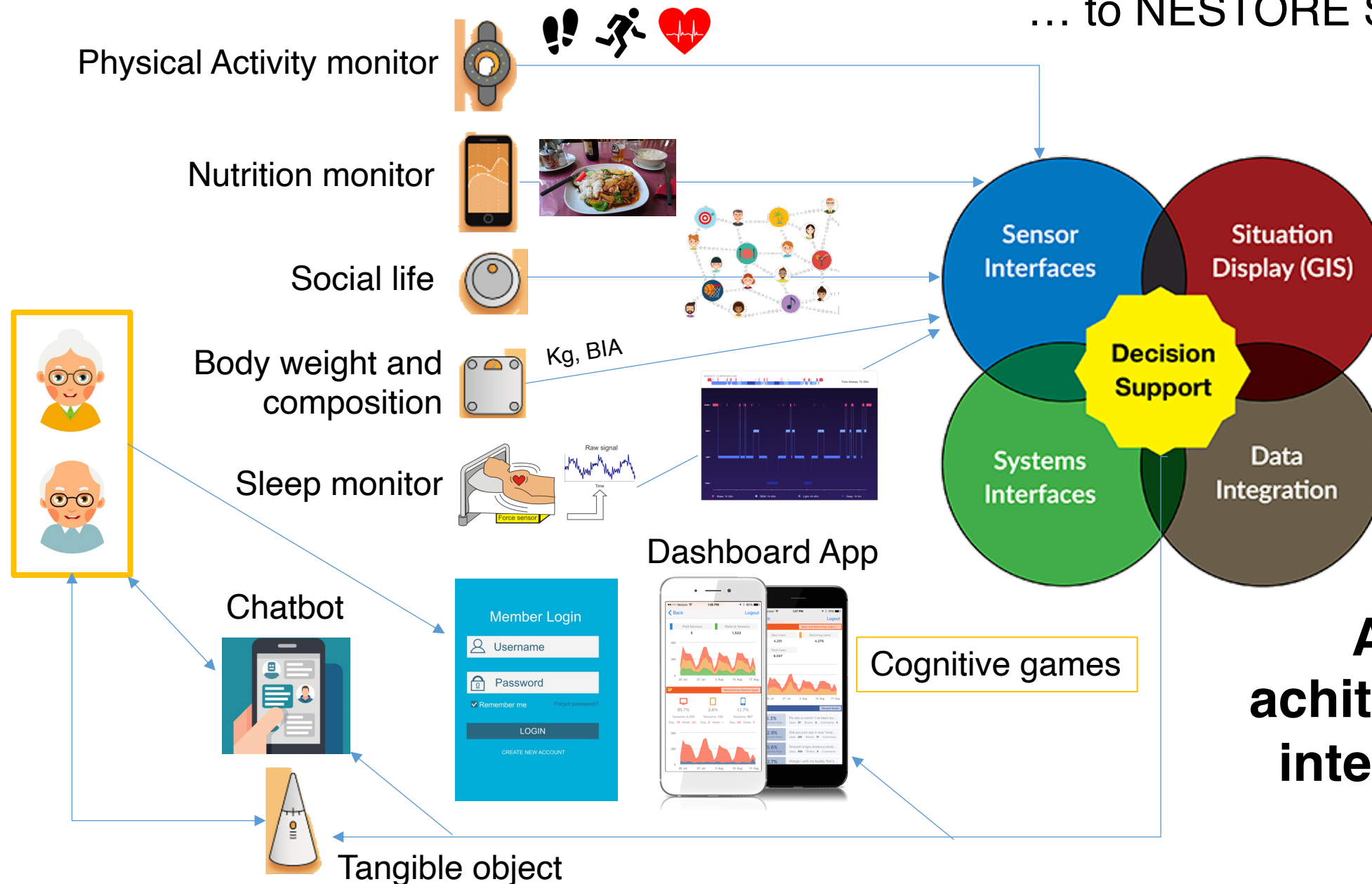


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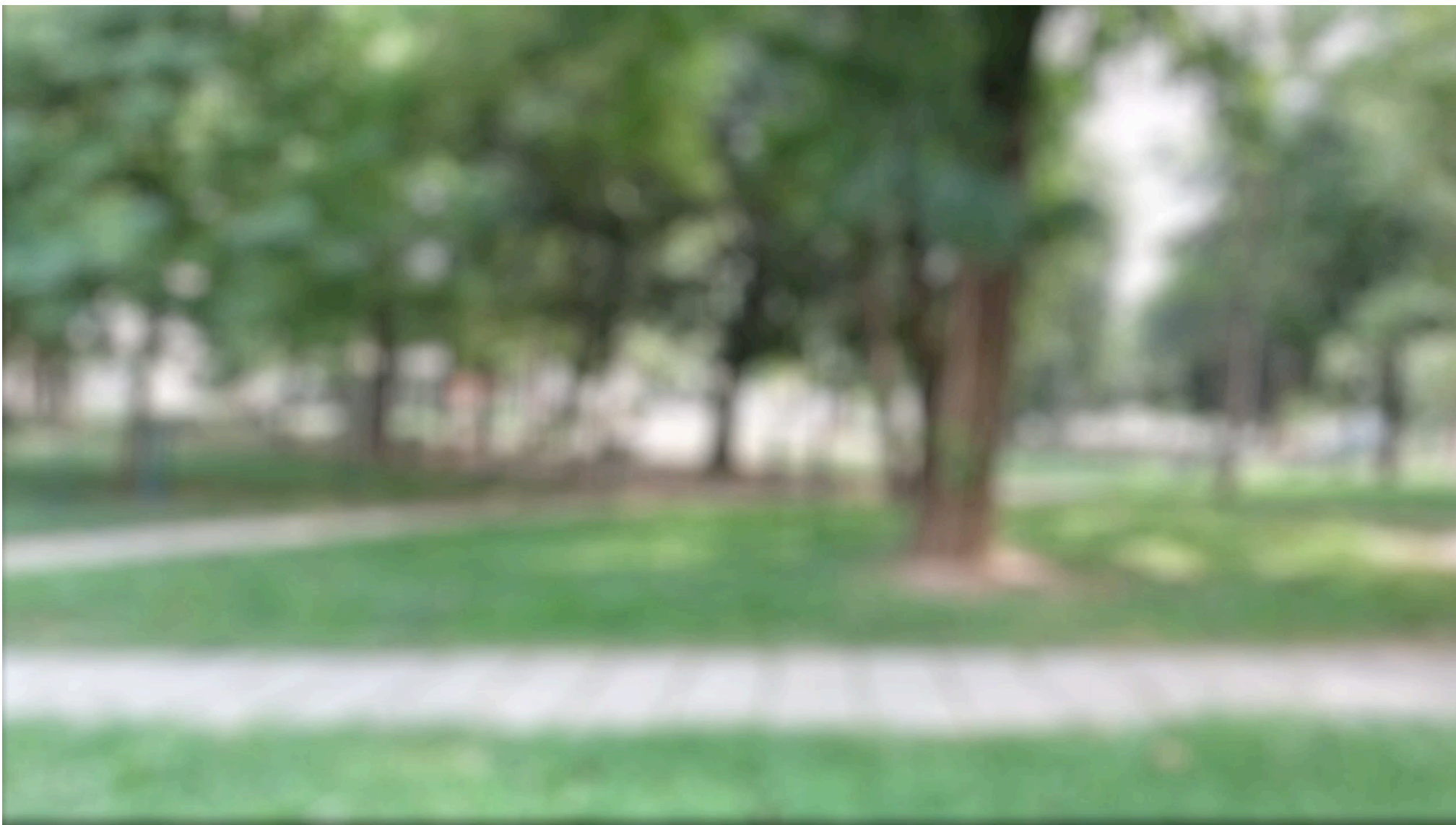
... to NESTORE System



**An integrated
architecture for an
integrated smart
approach**



The NESTORE Experience



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05.04.2019

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From ideas and concepts to reality and systems

Physical	Nutritional	Social	Cognitive
<div>Improve Aerobic Fitness</div> <div>Maintain Body Strength</div>	<div>Decrease Body Weight</div> <div>Achieve a healthy diet</div> <div>Maintain Muscle Mass</div>	<div>Improve social integration</div> <div>Maintain social abilities</div>	<div>Maintain Memory</div> <div>Maintain Broder Thinking Skills</div> <div>Maintain everyday mental skills</div>

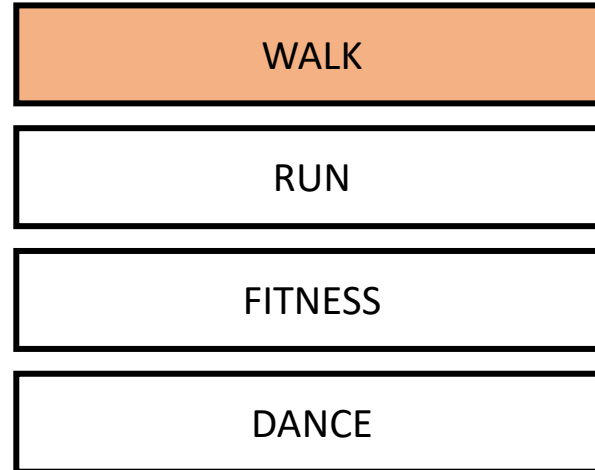
Representation of the pathway and of the informed selection process



PATHWAY



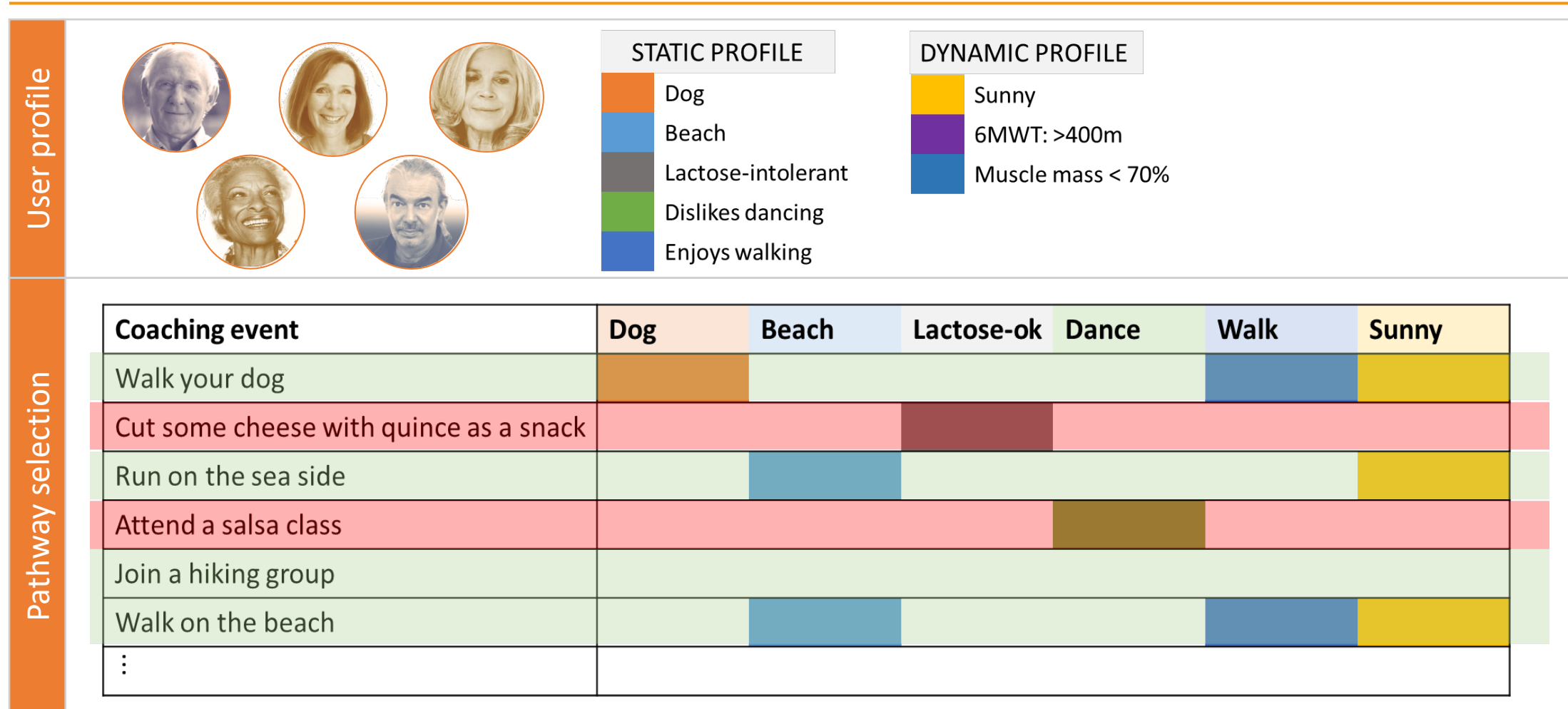
COACHING ACTIVITY PLAN



COACHING EVENT

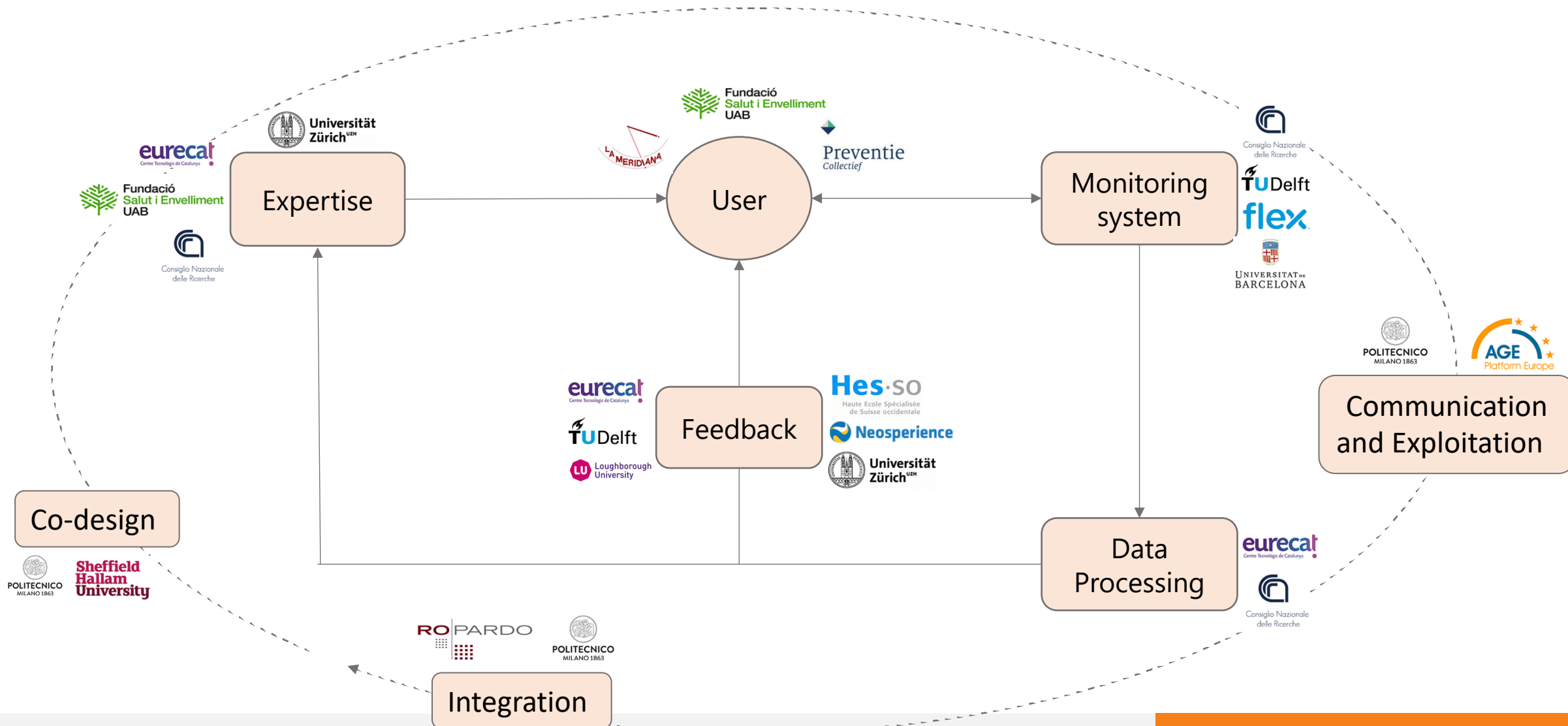


Representation of the pathway and of the informed selection process



A multidisciplinary team for a full success

Healthy Ageing Service



Opportunity: Personalized Medicine and Prevention

Empirical medicine

The same treatment to all subjects
One size fits all approach



Stratified Medicine

Different treatments to clusters of subjects



Personalized Medicine

Individual profiling for a patient-specific and customized treatment for the single subject: improved efficacy, decreased collateral damages, less costs.

- Molecular diagnostics
- *Personalised Prevention*



Opportunity: Prevention through lifestyle

Why habits are so important for prevention?

“Your **beliefs** become your thoughts,
“Motivation is what gets you started.
Habit is what keeps you going.”

Jim Ryun

Your **actions** become your habits,
Your **habits** become your values,
Your **values** become your **destiny**.”



Mahatma Gandhi

Like in Odyssey....



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A large orange frame with rounded corners and a small square extension on the left side.

Thank you!

Giuseppe Andreoni

