



Health Partnering Day 2016

7 July 2016, Brussels

Health-related topics
(ICT, SSH, Food Security)



Coach yourself

Ariane Girault, project manager

Association E-Seniors



E-Seniors' expertise

NGO – Paris, France



End users' organisation

1. In the first stages of the project - advice and assistance for:

- Identifying target user groups
- Analyzing user needs, acceptance and requirements: usability and accessibility problems
- Advice and guidance about characteristics of tests in regard to users and project objectives
- Designing: scenarios and usage definitions

2. In the stage of production/ project development:

- Generating content adapted to users
- Translating and localizing

3. Practical field tests and user feedback/validation:

- Setting up user groups: interview/filtering
- Carrying out tests
- Validating pilot application and prototype interfaces and issuing recommendations with regards to specific approaches more adapted to a senior public
- Gathering conclusions from users feedback in order to make recommendations improving product design

4. During the whole project (together with all partners):

- Addressing ethical Issues: informing and monitoring – together with other user groups (if exist)
- Disseminating information about the project(s)

Coach yourself: A virtual assistant for physical and cognitive stimulation

- The assistant should be composed of:
 - **Serious games** : exercising while having fun
 - **MOOC** : learning in an interactive way
 - Online **forums** : sharing good practices to increase your social link
- The assistant should be an online **platform** + a mobile **app**.
- The aim of the project is to **empower seniors** and make them live an **healthy lifestyle** by motivating them through the use of **friendly tools**.
- The social network dimension will create a community of players/learners to increase **social inclusion**.

MOOC basis already existing

Seniors involved in the whole creation process => User centred design



Any person interested in the project can contact us.

E-Seniors has a substantial experience in EU projects:

AAL: NACODEAL, STIMULATE, ASSISTANT,
TOPIC, SONOPA

ICT-PSP: SEACW

FP7: ALFRED

H2020: EchoButler, ICT4Life

COSME: SE.TOUR, Forever Young



Contact details



Thank you!

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