



Service: Well-being

Purpose

The service provides an opportunity to the elders with actigraphy and stress assessments. Thus, it is aimed actigraphy (i.e. to trace the number of steps, heart rate, rest/sleep cycles, estimates the calories burned etc.), stress assessment (i.e. changes, awareness in terms of stress levels during the day and night etc.) and taking part to sessions of physical/social exercises for elders with support from volunteers.

Real case

Maria is at home at noon, watching TV. Suddenly her wrist-held tracker notifies her about her physical inactivity and recommends her to walk and/or to perform physical exercises during the day. Also, Maria had the option to take part in a session of physical exercises for elders with support from volunteers. She decided to get dressed lightly and go there by foot. In the evening, while Maria was going home from shopping, she was notified by her tracker about her increased stress level. Maria realizes she had a long day and she slept poorly last night and it is good idea to sleep early today and/or to get involved in social relaxing activities.

How to use the SAVE service

Elders may use actigraphy and stress assessment services by wearing non-obtrusive body trackers (e.g. smartwatch, smartphone, smart ring, body sensors etc.) managing efficiently their well-being states. The services provide to the elders with aware information and recommendations for managing their physical and mental states, and further transmit data to SAVE cloud where caregivers/ informal care partners are allowed to monitor and act accordingly for the elders. In support, the elders are engaged also in a regular physical exercises service assisted by volunteers.

