

OUTPUT

Tools

Version 2

Project index number and acronym	niCE-life CE1581
Output number and title	Output O.T2.4 - Digital tool for monitoring of frail elderly and preventive of cognitive decline
Responsible partner (PP name and number)	LEPIDA - PP5
Project website	https://www.interreg-central.eu/Content.Node/niCE-life.html
Delivery date	30/06/2021

Summary description of the key features of the tool (developed and/or implemented) and of its transnational added value

The joint activity with the partners within WPT2 led to the identification and development of a digital platform called YouBOS. It is nurtured within the eCare network in Bologna, the good practice that has inspired the niCElife project. The goal was to create a platform to support frail elderly and their caregivers, who are not particularly skilled with technology. The aim of the tool/platform is to create a virtual community to promote the creation of new relationships, to share contents, activities and events offered by voluntary organizations on the territory, taking care of the frail seniors, often isolated, helping them by using digital tools to discover new relational models. The tool aims to connect people, social health workers and volunteers in the third sector to encourage the creation of a community to support the more frails, facilitating the maintenance of their autonomy and improving their quality of life.

YouBOS has been designed as a tool to facilitate -the access mainly of the seniors and their caregivers to needed information and support with the contents published on the website platform. The tool at the same time invites the elderly to take an active part and thus co-create the contents of the platform through specific thematic areas.

The possibility to interact directly through a forum with other users serves to maintain relationships between peers and be able to ask questions of interest to experts and the editorial staff of the platform, thus receiving answers to their needs.

The ultimate aims are to promote:

- virtual socialisation;
- make them more active;
- healthy lifestyle;
- reduction of the digital divide and users' social isolation.

The Digital Tool YouBOS is a responsive website, accessible online (<https://www.bolognasolidale.it/>) through computer, smartphone or tablet.

Access from mobile devices is guaranteed by the adoption - in the realization of the platform - of the principles of responsive design.

The platform will periodically send messages (ask questions) designed by the health and social professionals to the seniors to monitor the use of the platform itself, identify social factors and individual behaviors linked to frailty, encourage the acquisition of healthy habits and measure the level of self-perception of their health status.

As far as the transnational added value of the solution is concerned, it is to be found in the provision of a tool that reflects the need of the seniors to become more digital and acquire competences and skill in this domain. Furthermore various principles of the [European Pillar of social rights](#) take action. We are dealing with health care and in particular with preventive and curative health care of good quality, the long-term care especially with home-care and community-based services and support the access to essential services by empowering seniors for the digital world and its opportunities.

Finally, as regards the validation of the effectiveness of the YouBOS platform, two groups of people (frail seniors and volunteers/caregivers) have been recruited and involved in the pilot from the end of 2020 and until the end of 2021.

NUTS region(s) where the tool has been developed and/or implemented (relevant NUTS level)

The European regions where the solution has been developed are:

- Emilia-Romagna Region (NUTS 2: ITH5, Emilia-Romagna / NUTS 3: ITH55, Bologna)

Expected impact and benefits of the tool for the concerned territories and target groups

Primary endpoint

To maintain the cognitive capabilities (interaction and dialogue) gained by the seniors with the use of YouBOS.

Secondary End point

Improvement of the acceptability and usability of the technologies by the seniors.

Reduction of the risk of isolation related to psychological factors (e.g., depression, anxiety); socio-cultural factors (e.g., social supports, disruptive life events); and social environmental factors (e.g., transportation, housing).

Reduction of the digital divide. Better access to the services available in the local contexts thanks to the improvement of the digital competences.

The experiment aims also at verifying that the digital tool YouBOS developed by the existing www.bolognasolidale.it, will be able to:

- build a virtual community with a group of frail seniors at risk of social isolation. Giving them the opportunity to rebuild friendly relationships.
- promote e-learning and the ability to use the contents available on the internet.

Sustainability of the tool and its transferability to other territories and stakeholders

Before the pandemic, in Italy, seniors used many forms of socialization and maintenance of cognitive abilities through the regular participation in courses, friendly events or group meetings. The pandemic denied physical contacts and isolated them. niCElife is promptly assisting to transfer these contacts from real to virtual firstly for the volunteers who animate these events, then, step by step, even the older ones who were pushed to activate their digital identity to participate in YouBOS supported by the LHA BO and Lepida.

With the use of digital identity, the seniors have also learned a more simplified access to care such as the use of the personal electronic health record, electronic prescriptions, the Covid digital passport and the search for appropriate information on health (i.e. scientific information on vaccination, especially on Covid).

YouBOS is becoming an information medium for the seniors in a participatory model and exchange of skills thanks to the blogs and forums. Youbos is promoting access to different forms of entertainment as well as radio and television such as youtube, podcasts, on-demand television, social networks, webinars, online meetings.

The benefits are related especially to the cognitive stimulation supported by the acquisition of digital skills that during the training to the use of tools and to their right selection, the sharing of the experience with others in learning, the relationship with trainers, the knowledge of an unusual for them but daily terminology made of English and technical terms, the discussion and the choice of topics that they wish to deal with, the analysis of new topics proposed by other participants. Finally, all the advantages connected to relieve their state of isolation and the chance to activate a friendly participation.

Due to the pandemic, the communication of the project has been very difficult at political and institutional level due to the prevailing interest in the fight against COVID and the promotion of vaccination. YouBOS was presented as an opportunity to disseminate appropriate information but efforts on its promotion will be carried out from October 2021 to June 2022.

References to relevant deliverables and web-links If applicable, pictures or images to be provided as annex

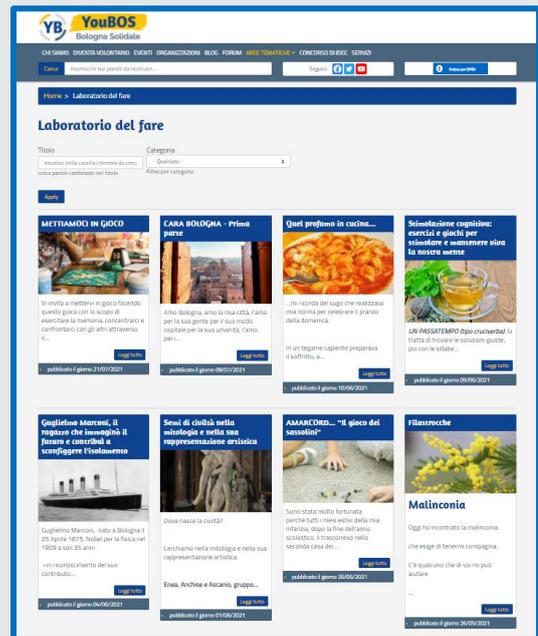
The main deliverables that enabled the output to be achieved are the following:

- Deliverable DT.2.4.1
- Deliverable DT.2.4.2
- Deliverable DT.2.4.3
- Deliverable DT.2.4.4
- deliverable D.T1.3.1

They can be downloaded from the project website: <https://www.interreg-central.eu/Content.Node/niCE-life.html>

For the understanding of the characteristics of the output it may be useful to share some images and a video:

1) The YouBOS platform



2) A video tutorial realized also in English <https://www.youtube.com/watch?v=FC3A1GTcP3g>