



EU-JAPAN VIRTUAL COACH FOR SMART AGEING

## **e-VITA Project Introduction**

### **EU-JP Webinar 2023**



The project has received funding from the European Union  
H2020 Programme under grant agreement n° 101016453.



The Japanese consortium received funding by the Japanese Ministry  
of Internal Affairs and Communication (MIC). Grant n° JPJ000595

# Partner Overview

Geographical distribution



# Project - Objectives

Socio-Technical System with Robots, Smart Devices and Trustworthy AI



- **Objective 1:** Develop a set of standards and norms for interoperability of advanced IoT, NLP and AI based smart living technology in Europe and Japan
- **Objective 2:** Develop an advanced intercultural virtual coach with seamless integration of smart living technologies, advanced AI and tailored dialogue interaction
- **Objective 3:** Enable smart living support and tailored AHA interventions for physical, cognitive, emotional, and social wellbeing of older adults in real-life settings in Europe & Japan
- **Objective 4:** Propose and design practice-based ICT tools to empower older adults to experience ageing as a positive process and meaningful period of life
- **Objective 5:** Conduct a proof of concept study to assess user acceptance in real-life environments from different countries and cultural backgrounds (EU/JP)
- **Objective 6:** Explore the feasibility of a new ecosystem for disruptive innovations of AHA coaching and incubation of SMEs and NGOs in Europe and Japan

# Needs-based approach

Target variable well-being



## Autonomy

»I can do what I want the way I want it«



## Security

»I'm safe from threats and uncertainties«



## Competence

»I'm good in what I do«



## Stimulation

»I was experiencing new activities«



## Relatedness

»I feel close to the people I care about«



## Physicalness

»That my body was getting just what it needed«



## Popularity

»I have impact on what others do«



## Meaning

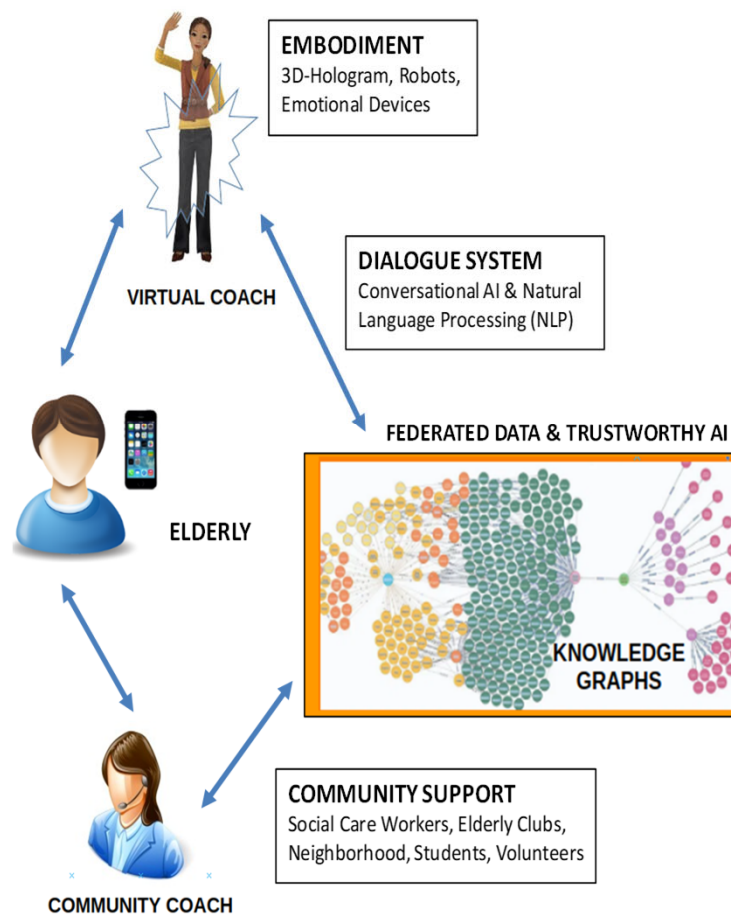
»I feel a sense of deeper purpose in life«

# System Overview

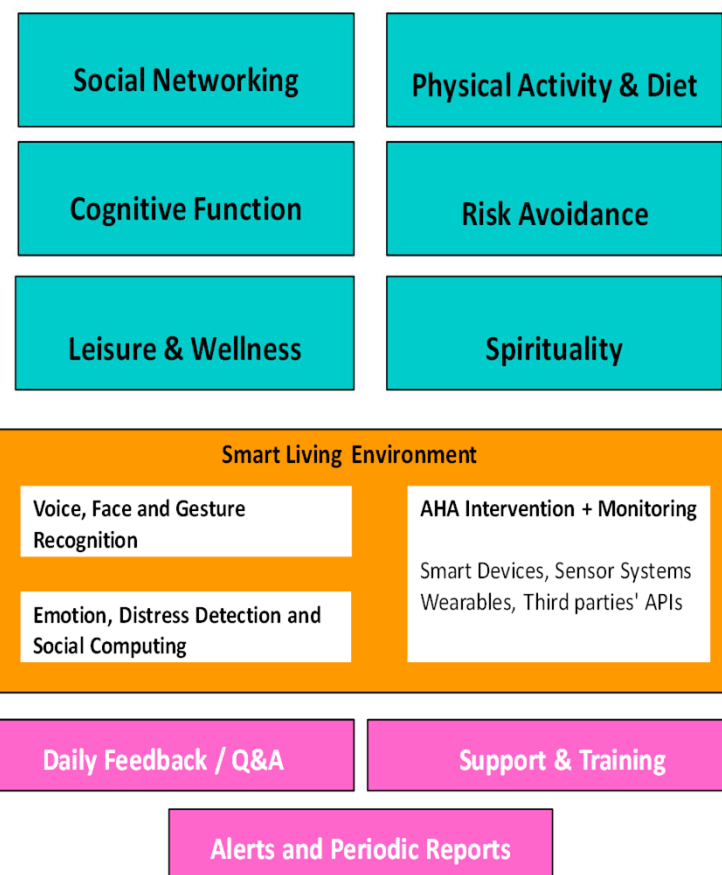
## Socio-Informatics System



### USER, AGENTS & ACTORS



### FUNCTIONALITY (AREAS OF SUPPORT)



# Intelligent devices

Shape of the Assistant





# Video Human-Robot-Interaction

Short Presentation and Interactive Sessions

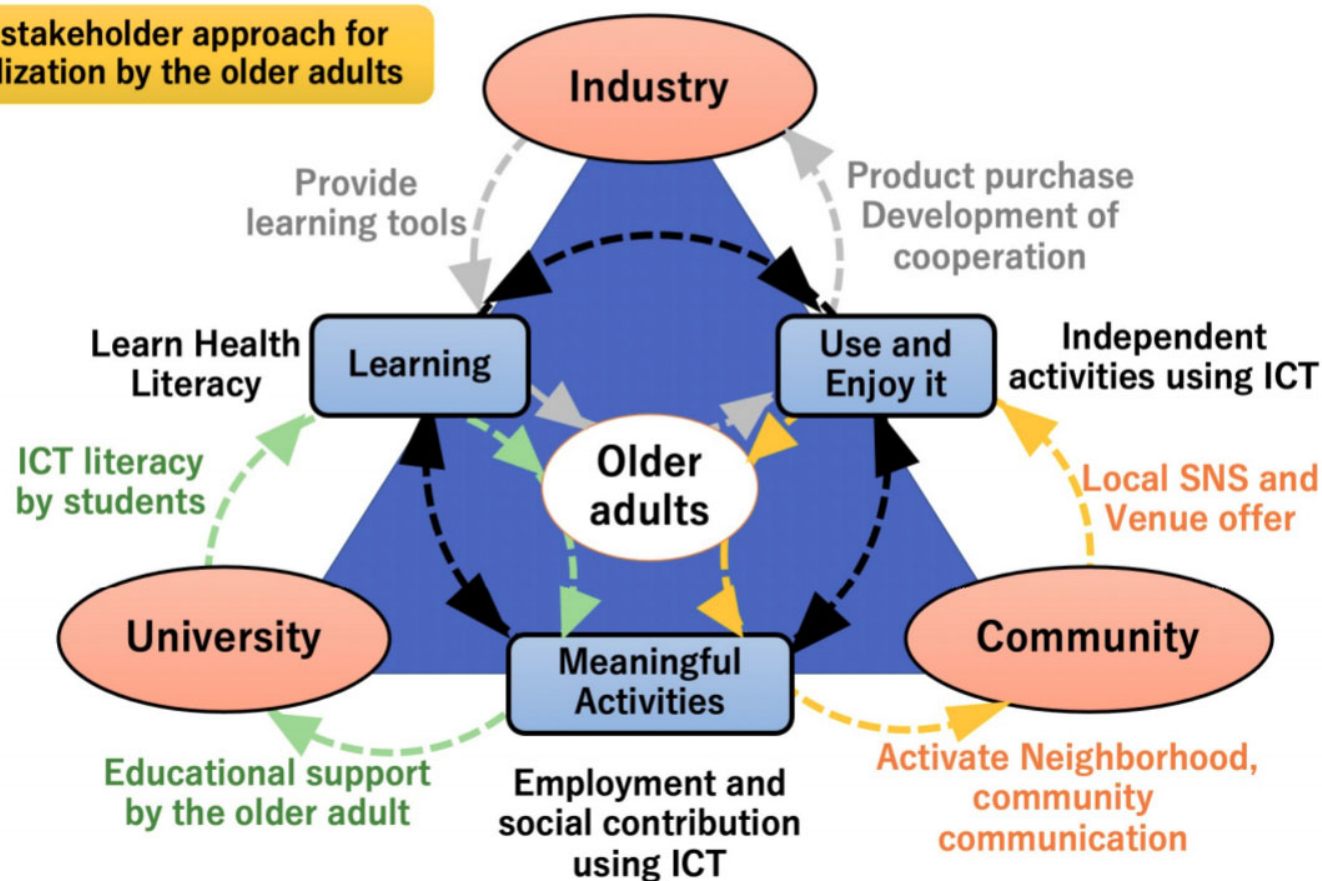


# Social Engagement

Involving local actors & communities



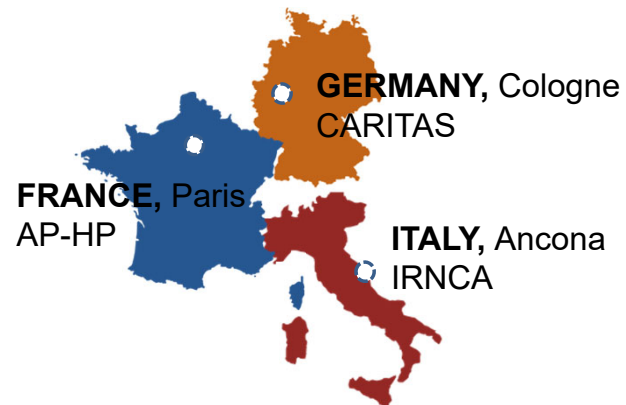
Multi-stakeholder approach for  
ICT utilization by the older adults





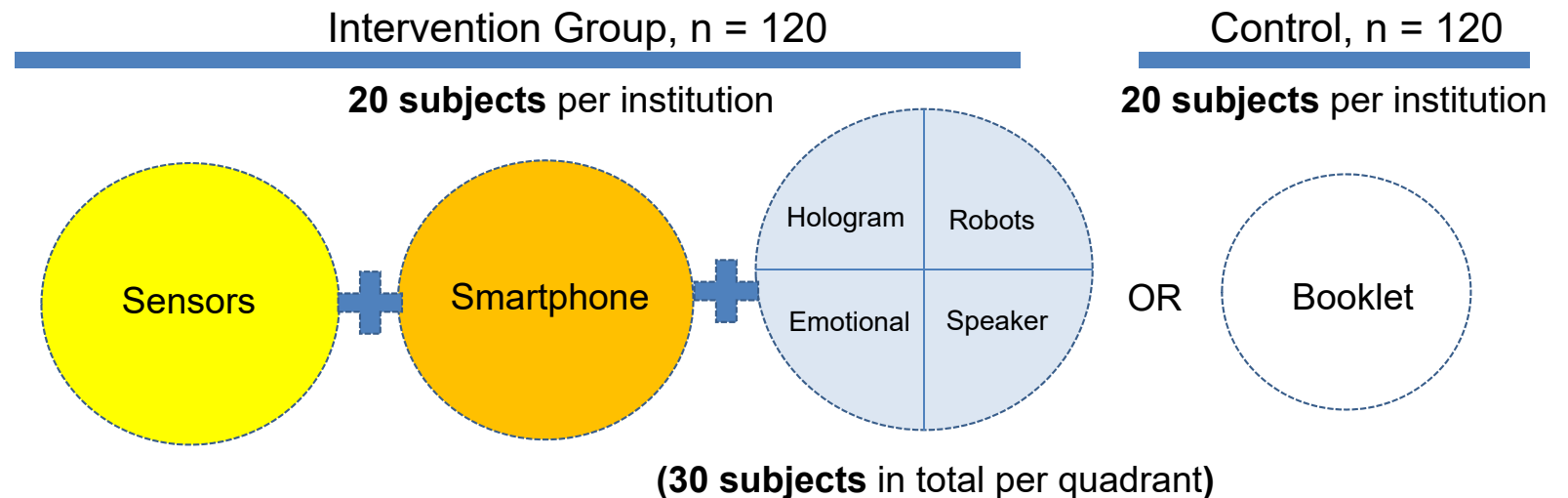
# Proof of Concept Study

International RCT : Study Sites & Arms



## Methods:

**Randomized  
Controlled Study**  
6 months, total 240  
participants



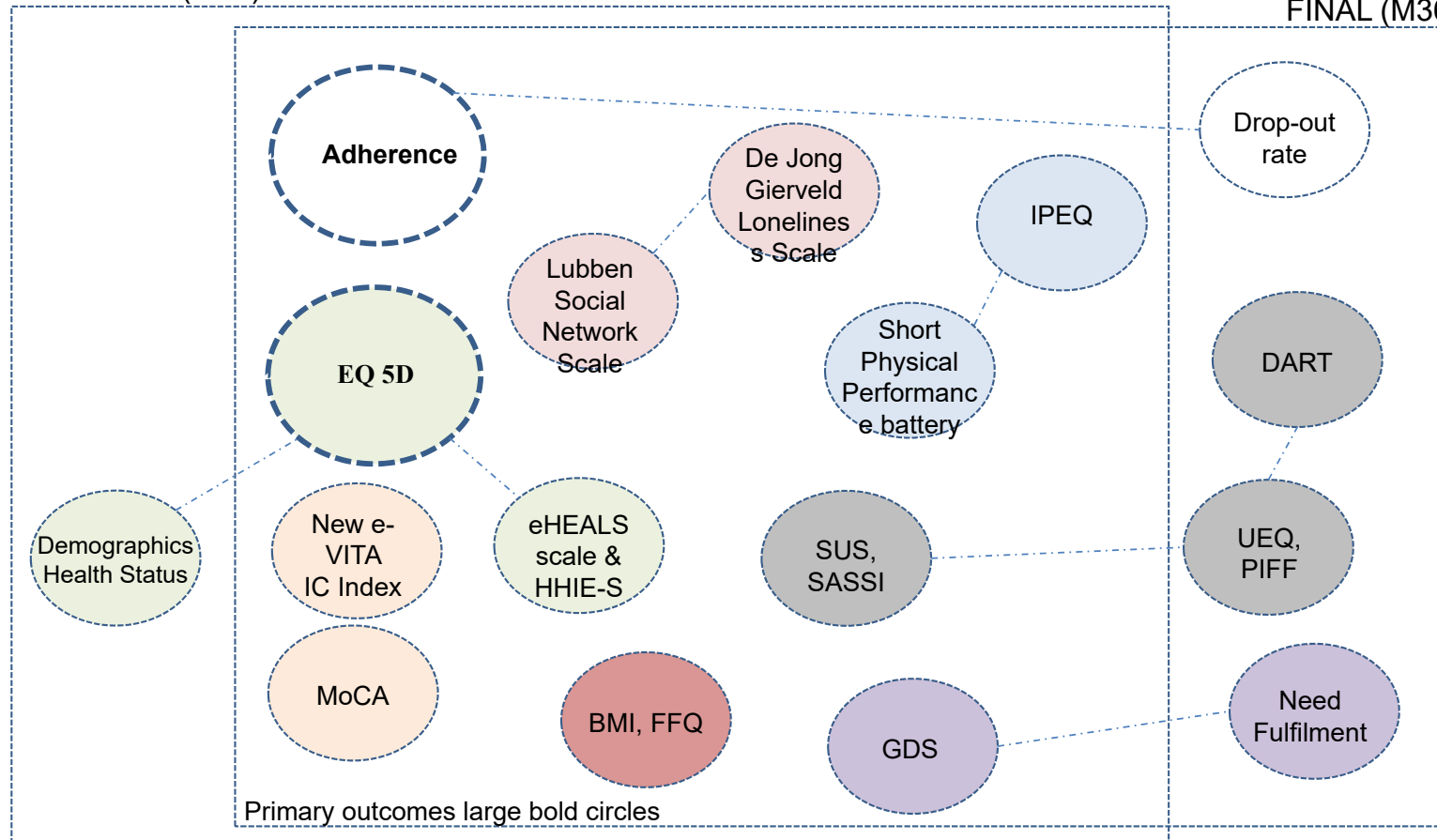
# Proof of Concept Study

International RCT : Methods



BASELINE (M30)

FINAL (M36)



ADHERENCE HEALTH PHYSICAL COGNITION SOCIAL EMOTION NUTRITION TECHNICAL

# Project - Impacts

Societies, science, industry and health



- Independent living, and improved quality of life of older persons compared to the current State of the Art
- Usefulness and effectiveness of personalized recommendations and follow-up in terms of goals of preserving physical, cognitive, mental and social wellbeing for as long as possible
- Evidence of user-centred design and innovation, effective ways of human computer interaction, and user acceptance
- Fostering social participation and reducing social exclusion's risks of older adults
- Validation of non-obtrusive technology for physical, cognitive, social and mental wellbeing
- Strengthened international cooperation in research and innovation on Smart Living for AHA

# Project - Contacts

Project offices in Europe and Japan



## Dr. Rainer Wieching

Business Informatics and New Media  
University of Siegen  
Kohlbettstr. 15  
57068 Siegen  
Germany

[rainer.wieching@uni-siegen.de](mailto:rainer.wieching@uni-siegen.de)  
[www.wineme.uni-siegen.de](http://www.wineme.uni-siegen.de)

## Dr. Toshimi Ogawa

Smart aging research center  
Tohoku University  
City of Sendai  
Miyagi  
Japan

[toshimi.ogawa.e6@tohoku.ac.jp](mailto:toshimi.ogawa.e6@tohoku.ac.jp)  
[www.idac.tohoku.ac.jp](http://www.idac.tohoku.ac.jp)

[www.e-vita.coach](http://www.e-vita.coach)

