



NESTORE

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

Your *pathway* to wellbeing

Brussels, 25 February 2021

“Difficult roads bring to wonderful destinations”

A 42-month-old journey comes to an end. The Horizon2020 project [NESTORE](#), funded to deliver a prototype for a virtual coach to motivate healthy and active habits for better well-being, virtually met many of its stakeholders during an on-line final workshop on 25 February 2021.

Over 90 attendees explored and discussed the project’s challenges and lessons learnt in co-design, technological development, pilot organization and implementation, and exploitation. Exchanges brought [vCARE](#), [CAPTAIN](#) and [Council of Coaches](#), fellow research projects, to share their findings and legacy. The event also allowed the European Commission to dive into its strategies supporting digital solutions for ageing well, including the [Green Paper on Ageing](#) and the [European Health Data Space](#).

To manage expectations, complexity and fragmentation in the user experience and technologies in such a multi-dimensional project was no easy task. As the NESTORE Scientific Coordinator reminds, *“life is an extraordinary travel, getting older is sometimes an Odyssey...”* but NESTORE tried to indicate the right pathway. Its approach was to contribute to well-being in older age with good teamwork, overcoming a world-wide pandemic, and supporting with ongoing efforts to a paradigm shift, bringing prevention at the center. **NESTORE emphasized that each of us can act towards our own well-being, by empowering the users with some friendly and useful digital solutions** sustaining one’s motivation to remain healthy and active, especially when a boost is needed.

The consortium wished the journey could have been much longer. That could have offered the opportunity to strengthen the co-design results, to run a validation study on a larger sample and to raise more awareness around reimbursement issues and innovative services, which require innovative business models and policies.

But this can be part of a next journey.

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