



## **Launch of the NESTORE Project on Novel Empowering Solutions and Technologies for Older people to Retain Everyday life activities**

**Press release – January 31<sup>st</sup>, 2018**

**On September 1<sup>st</sup>, 2017 the NESTORE project started in the frame of the Horizon 2020 programme of the European Commission dedicated to “Personalised coaching for well-being and care of people as they age”. NESTORE will research and innovate to support healthy adults to sustain their wellbeing and capacity to live independently as they age thanks to a personal coach responding to the name of NESTORE. Like the mythological greek wiseman, the technological NESTORE companion will offer support and recommendations in a life-long learning approach.**

Due to longer life expectancy and declining fertility rates, Europe’s ageing population is growing fast. In order to maximize our wellbeing as we age and to reduce the economic burden on our welfare systems, we need to adopt preventive policies that will promote active and healthy ageing. The good news is: research and technological development can help our societies take up the challenge.

In this complex context, NESTORE will accompany healthy adults in adopting good approaches and habits in different personal dimensions thus developing and promoting customised pathways to wellbeing. As the mythological Nestor, NESTORE will act as a wise e-companion that will operate into the physical and virtual domains through tangible objects, wearable and environmental distributed sensorsystem, as well as software and apps enabling monitoring and coaching in the main dimensions of human life:

**(1) Cognitive capabilities, (2) Mental and physiological wellbeing, (3) Nutrition,**

**(4) Physiological status and physical activity, and (5) Social interaction.**

Technically speaking, NESTORE’s ambitious objective is to develop an innovative, multi-dimensional, cross-disciplinary and personalized coaching system that, leveraging ICT social connectivity, will support older adults by encouraging them to become co-producers of their wellness. NESTORE’s core is an advanced Decision Support System continuously fed with personal data from sensors to have the best customisation and efficacy for each individual who is led towards a healthier lifestyle. NESTORE system will be developed through co-design

methods and activities with potential users in three pilot countries (Italy, Netherlands, Spain) based on a participatory methodology developed and refined in the United Kingdom.

## Partnership

The **Politecnico di Milano** is the coordinator of the NESTORE project with a consortium composed of 16 partners from eight European countries: **AGE Platform Europe** (Belgium), **Flextronics Design**, **Consiglio Nazionale Delle Ricerche**, **La Meridiana Due** and, **Neosperience** (Italy), **Technische Universiteit Delft** and, **Hoogendoorn Growth Management** (Netherlands), **Ropardo** (Romania), **Fundacio Eurecat**, **Universitat De Barcelona** and, **Fundacio Salut I Envel·liment** (Spain), **Haute Ecole Spécialisée De Suisse Occidentale** and, **Universitaet Zuerich** (Switzerland), **Sheffield Hallam University** and, **Loughborough University** (UK).

All partners have excellent experience and capabilities to achieve the objectives of the NESTORE project. The consortium has a very strong equilibrium with an excellent research pool composed of 7 universities and 2 research institutions covering all key research fields addressed in NESTORE and an innovative industrial team in particular for the technological platform.

## Funding

The NESTORE project is funded by the European Union's Horizon 2020 research and innovation programme under grant agreement No 769643 after the aforementioned consortium of partners submitted a proposal to the call for proposal H2020-SC1-2017-CNECT-1 (Topic: SC1-PM-15-2017 Personalised coaching for well-being and care of people as they age). It will run for 36 months from September 1<sup>st</sup>, 2017 to August 31<sup>st</sup>, 2020.

NESTORE will be showcased at the next Conference of Partners of the European Innovation Partnership on Active and Healthy Ageing (EIP-AHA) that will take place on February 27<sup>th</sup> and 28<sup>th</sup>, 2018 in Brussels, Belgium.

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For more information about NESTORE, please visit the project website: [www.nestore-coach.eu](http://www.nestore-coach.eu) or contact the project coordinator or dissemination partner:

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