

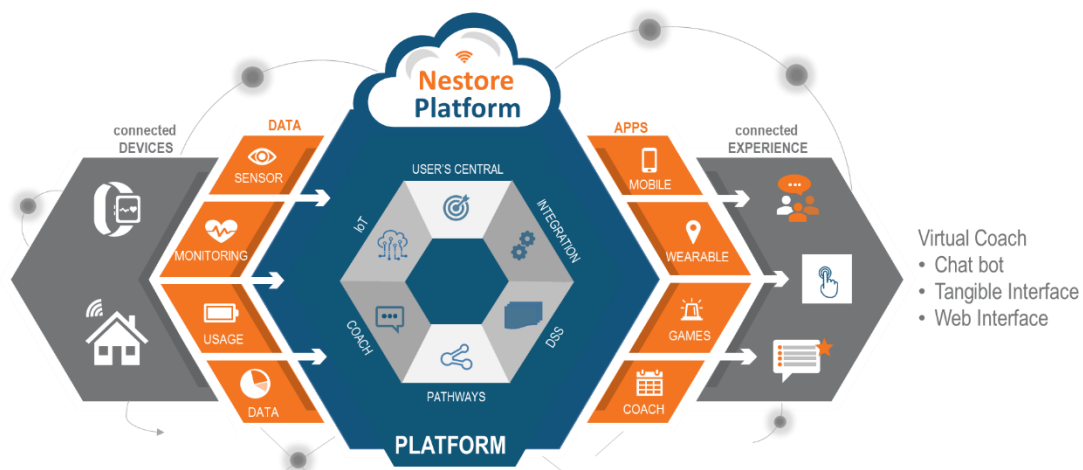


# NESTORE

## A customised and user friendly system coaches older adults to adopt healthy lifestyles

PRESS RELEASE – February 2020

Since the end of January 2020, NESTORE is now an operating digital companion for ageing well. Our ecosystem aims at giving older people personalised advices for guiding and optimizing their lifestyle.



Gathered in Milan, Italy for a very final integration meeting, the technical partners of the EU funded research project NESTORE tested the last updates of the components and released a final integrated system. This system is now being used in three pilot sites in Monza (Italy), Barcelona (Spain), and Schiedam (Netherlands).

The NESTORE system relies on physical and virtual interactions (see figure above) thanks to tangible objects on the one hand and sensors (voice assistant, smart bracelet, scales, beacons), software and applications on the other hand (app, chatbot, serious games, social web platform). The core of the system is integrating the specifications for user management, decision support system, coach interaction and pathways, Internet of Things.

The integrated system relies on different layers:

- Data - moving data between different data sources,

- Application interface - app interoperability thanks to a predefined programming interface,
- Method - integration of services to access shared data, security, and underlying rules,
- User interface - standardized interfaces: browser-based and mobile ready to provide a unified end user experience.

*“ The NESTORE system was designed, developed, and tested in order to enhance the usability and user-friendliness of our technology, so that as the mythological Nestor, the system gains the users’ trust for more efficient engagement”* said Giuseppe Andreoni, coordinator of the project.

#### NESTORE in a nutshell

As the mythological Nestor, NESTORE is an innovative coach that aims to accompany people as they age by offering personalised advices and support decision-making so that we can maintain our wellbeing and extend the number of years we live independently. NESTORE is a European research project funded by the European Commission Horizon 2020 programme under the Grant Agreement N° 769643.

#### Useful links

- [NESTORE consortium](#)
- [NESTORE technologies](#)
- [NESTORE pilots](#)
- [GDPR compliance](#)
- [Communication material](#)

#### Press Contact

Giuseppe Andreoni  
Project coordinator, POLIMI, Italy  
[giuseppe.andreoni@polimi.it](mailto:giuseppe.andreoni@polimi.it)

Gabriela Candea  
Integration leader, ROPARDO, Romania  
[gabriela.candea@ropardo.ro](mailto:gabriela.candea@ropardo.ro)