



NESTORE

The digital companion for ageing well enters validation phase

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From February until June 2020, the virtual coach NESTORE will be enjoying the company of several dozens of users across Europe. The pilot study will assess the usability and the possible impact of this new system for healthy ageing.



Shaped as a minimalistic wireless speaker, NESTORE is much more than just a black sound box. It is an intelligent system placed in people's home to advise them on a daily basis. The integrated prototype now being ready, the pilot studies to validate the NESTORE approach and system are starting in Monza (Italy), Barcelona (Spain), and Schiedam (Netherlands).

The pilot study participants will be split among actual users of the system that will install and interact with NESTORE at home and a control group that will be invited to reflect on healthy lifestyles with more traditional educational material (magazines, videos, etc.).

In each of the pilot sites, participants will be invited to follow:

1. A preliminary assessment both through self-reporting and visits of our scientific teams,
2. A period of autonomous interaction with the NESTORE system at home,
3. A final assessment.

“This validation pilot study is the culmination of the co-design approach adopted by our consortium since the beginning of this journey” commented Laura Fernández Maldonado, coordinator of the work in pilot sites. Dr. Antoni Salvà, scientific coordinator of the pilot study pointed out **“We hope that our findings will show the potential of NESTORE for empowerment and independent living of older adults.”**

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

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