

WHAT IS THE PROJECT ABOUT?

PROlonging ACTIVE life for an independent and healthy AGEING (ProActive Ageing) project facilitates the empowerment of the ageing persons by providing tools for a more "person-centric" social and healthcare system, in which individuals need to take an even more active role in personal care related decisions.

Moreover, the project supports healthcare providers to provide instruments for specific strategies, protocols and methods for maintenance of an adequate level of biologic and social functions of ageing people.

The improvement of quality of life brought by the project deliverables can be identified in the next categories:

- For **Ageing citizens**: • through helping them to obtain a prolonged independence and a lengthening of time they can live in their own homes.
- For **Health professionals from ageing-related specialties**: • through the personalisation and integration of chronic disease management with other healthcare and services • improved access to information;
- For **Social services focusing ageing people and elderly**: • due to updated training programs through utilisation of a modern and customized online module • increased communication and coordinated working of careers, social services and family members, as a result of integrating this affordable platform.

WHAT ARE THE OBJECTIVES?

- to promote access of ageing persons to longlife learning and to ICT that will allow them to remain active, independent and fully involved in society;
- to implement an online centre for active ageing comprising "person-centric" tools, which represent the emerging solution that might tailor behavioral-modification strategies to individual needs, and provide comprehensive active and healthy ageing awareness;
- to provide support for training of healthcare staff, in order to increase the knowledge level and practical skills in the field of ageing people healthcare;
- to provide reliable anti-ageing knowledge, permanent updated with the help of an informatics platform that ensures a high degree of flexibility to changes and an effectiveness of the information management;
- to provide an integrated platform for online services that will establish an environment concerning the multidisciplinary collaboration among a variety of medical, biological and ICT specialties involved by the ageing domain;
- to support the promotion of the specific anti-ageing research;
- to promote the European innovation reinforcement between innovative IT and anti-ageing actions for deployment and sharing of best practice at social level.

ProActive Ageing INTEGRATED PLATFORM FOR ONLINE SERVICES



Centre for Active Ageing module promotes the independence of ageing people, offering a holistic approach to maintain an independent life as long as possible, health promotion and lifelong learning. It is designed to assist and facilitate people to know better their own ageing process and provide information on physical, psychological and social aspects of growing older.



Comprehensive training materials for specialists taking care of ageing people module provides the knowledge and opportunity to gain a practical, integrated, and medical understanding of geriatrics, gerontology or important aspects of anti-ageing medicine, practice and taking care of the seniors and ageing persons in need.



A Toolkit to Support Medical Research Addressed to Healthy and Active Ageing module supports healthcare specialists to provide instruments for specific strategies, protocols and methods for maintenance of an adequate level of biologic (physic and mental) and social functions of ageing people. Due to the facilities offered by ICT, the toolkit allows the most representative research to be conceptualized, conducted, and disseminated with continuous feedback from authorized stakeholders.

FUNDING:

ProActive Ageing PARTNERSHIP

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*PROlonging ACTIVE life for an independent
and healthy AGEING* - ProActive Ageing –
(2014-2017) project is funded by the
PARTNERSHIP Program, *Joint Applied
Research Projects* Subprogram under the
*National Plan for Research, Development and
Innovation*.

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**PROlonging ACTIVE life
for an independent and
healthy AGEING
(ProActive Ageing)**

ACASA DESPRE PROIECT PROACTIVE AGEING BLOG INTRODUCEREA PREVENIREA ATENTIE CARE CONTACT

**ProActive
AGEING**

Platforma integrată de servicii online ProActive Ageing asigură:

- furnizarea de materiale de instruire pentru personalul medical în scopul de a le ridica nivelul de cunoaștere și abilități practice în domeniul îngrijirii persoanelor care îmbătrânesc;
- sprijinirea promovării cercetărilor specifice domeniului îngrijirii celor care îmbătrânesc;
- furnizarea unor informații actualizate referitoare la procesul de îmbătrânire care pot adapta strategii comportamentale multivariabile la nevoile individuale și care pot oferi o compensație cuprinzătoare a îmbătrânirii active, independente și sănătoase.

Intervenții de instruire cu tematică largă pentru specialiști care se ocupă de persoanele care îmbătrânesc.

Trusă pentru sistemele circulatorii medicale.

Centru pentru instalarea activă.

• Ofera materiale de instruire online actualizate și practice pentru specialiști în vârstă entuziaști din cadrul speciilor

• Ofera servicii personalizate pentru un management mai bun al bolilor degenerative, prin furnizarea unor strategii personalizate

• Ofera instrumente online pentru o mai bună cunoaștere și înțelegere a procesului de îmbătrânire, cu facilități de evaluare

[http://proactiveageing-
prezentare.ici.ro/](http://proactiveageing-prezentare.ici.ro/)