ICT-based fall prevention and risk assessment in community-dwelling older adults
Results from the EU-project iStoppFalls (24th/25th Oct.)
Cologne, 23rd October 2014

The German Sport University Cologne is host of the iStoppFalls symposium (24th/25th October 2014) which is going to present a series of results from the 3 year project. The purpose of the symposium is to enable all interested parties and organizations the opportunity to ask questions and network.

The iStoppFalls project incorporates a variety of technologies such as the Microsoft Kinect, which is used for controller-free full-body motion detection. The Senior Mobility Monitor (SMM) is worn around the neck of the participants during the day to record the activity of daily living, in addition to engaging with the exergames. Finally, Google TV is used as a platform to display the progress of the participant during their training, access to educational material, a social media platform and access to the actual training program (exergames), simply in the living room of the older adults.

iStoppFalls shall help to tackle the health and cost problems, which will endanger European Societies in face of a vastly ageing population. This in turn may have an impact with benefits for the European Union to create feasible settings, securing/maintaining a high quality of life and independent living for the ageing citizens.

The project aims to offer and provide an improved fall prevention and risk assessment tool to support and motivate older adults living independently at home. The iStoppFalls living lab showed that the system could easily be integrated into the daily activities of older adults through unobtrusive sensing, advanced human computer interaction, and the collection of physiological data. The iStoppFalls randomized controlled trial with 160 participants from Europe and Australia could demonstrate a significant reduction of the overall fall risk in the intervention group compared to the control group after a 4-month intervention (p<0.05).

About iStoppFalls:
Consortium Members of the iStoppFalls project are: University of Siegen (coordinator), German Sport University Cologne, Neuroscience Research Australia, Austrian Institute of Technology, Instituto de Biomecánica de Valencia, Philips Research Europe and Kaasa Solution.

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Further information:
www.istoppfalls.eu
www.dshs-koeln.de/istoppfallssymposium

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