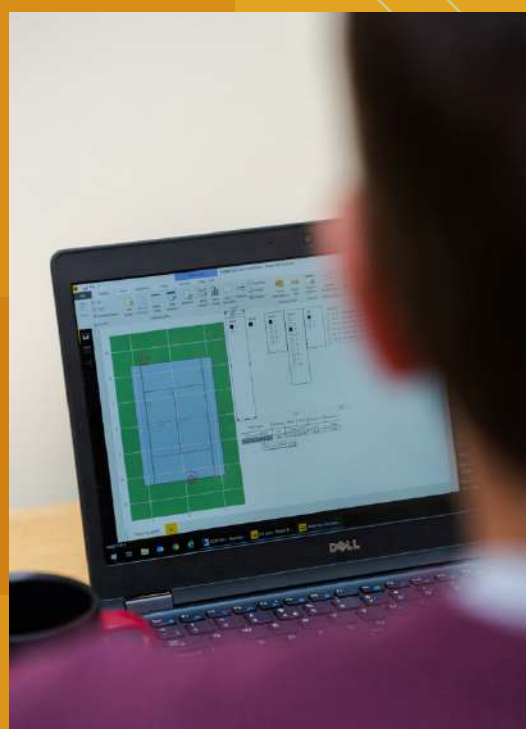


# niCE-life Newsflash Nr. 11

## Pilot testing of digital monitoring tools in Bologna (O.T3.5)



### YouBos MONITORING PLATFORM

• A platform named YouBos ensuring a higher level of engagement of the senior citizens through a virtual community and promoting the creation of new relationships, sharing contents, activities and events offered by voluntary organizations on the territory, taking care of the frail seniors, often isolated, helping them by using digital tools to discover new relational models.

niCE-life  
Development of an integrated concept for the deployment of innovative technologies and services allowing independent living of frail elderly



### Project partners

- Petržalka Municipal District of Bratislava - the Capital of Slovakia (Lead partner)
- Brno University of Technology, CZ
- The University Hospital Olomouc, CZ
- Slovak University of Technology in Bratislava, SK
- LEPIDA SCPA, IT
- Local Health Authority of Bologna, IT
- Institute for elderly care and shelter, IT
- Samaritan Burgenland, Department of Home Care, AT
- The City of Warsaw, PL
- National Institute of Public Health, SI



## YouBos Monitoring platform



“ The developed monitoring platform titled YouBOS will be nurtured within the eCare network in Bologna, IT. YouBOS has become an information medium for the seniors in a participatory model and exchange of skills. ”

### MAIN GOAL OF THE TOOL

- To provide support to three main project target groups: senior citizens, caregivers and elderly care institutions
- To facilitate the access mainly of the seniors and their caregivers to needed information and support with the contents published on the website platform
- To engage the elderly to take an active part and thus co-create the contents of the platform through specific thematic areas and prevent their cognitive decline.

### BENEFITS

- Virtual socialisation
- Increase of the activism of the seniors
- Healthy lifestyle
- Reduction of the digital divide and users' social isolation
- Improvement of the acceptability and usability of the technologies by the seniors
- Reduction of the risk of isolation related to psychological factors (e.g., depression, anxiety)
- Socio-cultural factors (e.g., social supports, disruptive life events) and social environmental factors (e.g., transportation, housing)
- Reduction of the digital divide
- Better access to the services available in the local contexts thanks to the improvement of the digital competences.

**FIND MORE ABOUT niCE-life**  
Project webpage: <https://www.interreg-central.eu/Content.Node/niCE-life.html>  
Facebook: <https://www.facebook.com/nice.life.interreg/>  
Twitter: <https://twitter.com/niceLifeCE>