SEVENTH FRAMEWORK PROGRAMME Information and Communication Technologies	
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Project acronym	DOREMI
Project Title:	Decrease of cOgnitive decline, malnutrRtion and sedEntariness by elderly empowerment in lifestyle Management and social Inclusion

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WP responsible for the Deliverable:	CNR (IFC)
Author(s):	Raffaele Conte, Federico Vozzi, Chiara Benvenuti, Michela Rial, Luca Serasini, Oberdan Parodi (CNR - IFC)

Abstract: The present deliverable is the companion of the actual DOREMI website. The DOREMI website address is http://www.doremi-fp7.eu/

 Keywords: website, logo, WP07, deliverable

LIST OF BENEFICIARIES

No	Participant organisation name	Short name	Country	Project entry month	Project exit month
1	Consiglio Nazionale Delle Ricerche	CNR	IT	1	36
2	Università di Pisa	UNIPI	IT	1	36
3	TSB Real Time Location Systems SL	MYSPHERA	ES	1	36
4	AIT Austrian Institute of Technology GmbH	AIT	AT	1	36
5	Fundació per a la Universitat Oberta de Catalunya	UOC	ES	1	36
6	The Extracare Charitable Trust	Extra	UK	1	36
7	Imaginary Srl	IMA	IT	1	36
8	De Montfort University	DMU	UK	1	36
9	Age Platform Europe AISBL	AGE	BE	1	36
10	SI4LIFE – Scienza e impresa insieme per migliorare la qualità della vita scrl	SI4LIFE	IT	1	36
11	Accord Housing Association Ltd	Accord	UK	1	36

VERSION HISTORY

Version	Authors	Version Description	Date Completed
0.1	Raffaele Conte, Federico Vozzi, Chiara Benvenuti, Michela Rial, Luca Serasini, Oberdan Parodi (CNR - IFC)	First draft submitted for approval (complementing the actual website and including in the appendix the DOREMI logo)	29/05/2014

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1 EXECUTIVE SUMMARY

The production of the DOREMI site is based on standard industry Information Architecture principles. More specifically, it is based on a model for a balanced approach on good research and exploration of contextual, conceptual and user requirements in the overall information architecture of a website.

The whole structure of the website is driven by the fact that the DOREMI website serves three purposes:

- the communication of the project status and progress to the Commission and stakeholders
- the dissemination of the project results to the public
- the internal consortium collaboration and communication tools.

The present structure of the website is not "static", in the meaning that the structure and content will be changing with the progress of the projects and when more tangible results are available.

Our intention is to shift from a descriptive website for an EC-funded project - describing partners, workplan, deliverables etc. – to an informational website. In other words we are committed to giving prominence to results concerning impacts of empowerment in lifestyle management (exercise, diet) and social inclusion (serious games) by elderly with cognitive decline and to make accessible relevant information which may translate into the improvement of health of people affected by similar problems.

2 WEBSITE TIMELINE

The DOREMI website http://www.doremi-fp7.eu/ is online since 30/04/2014. The following table summarizes the timeline:

DRAFT/RELEASE	DATE	DESCRIPTION
1st website draft	22/01/2014	
1st release	11/02/2014	Overall restructure based on internal discussions, ideas, etc.
	14/02/2014	Presentation of the website draft to the Project Officer
	21/02/2014	Incorporated EC recommendations
	11/04/2014	Presentation of the website draft to all partners
	22/04/2014	Incorporated consortium recommendations
Final version	30/04/2014	Website online

3. WEBSITE STRUCTURE

3.1. Front Page

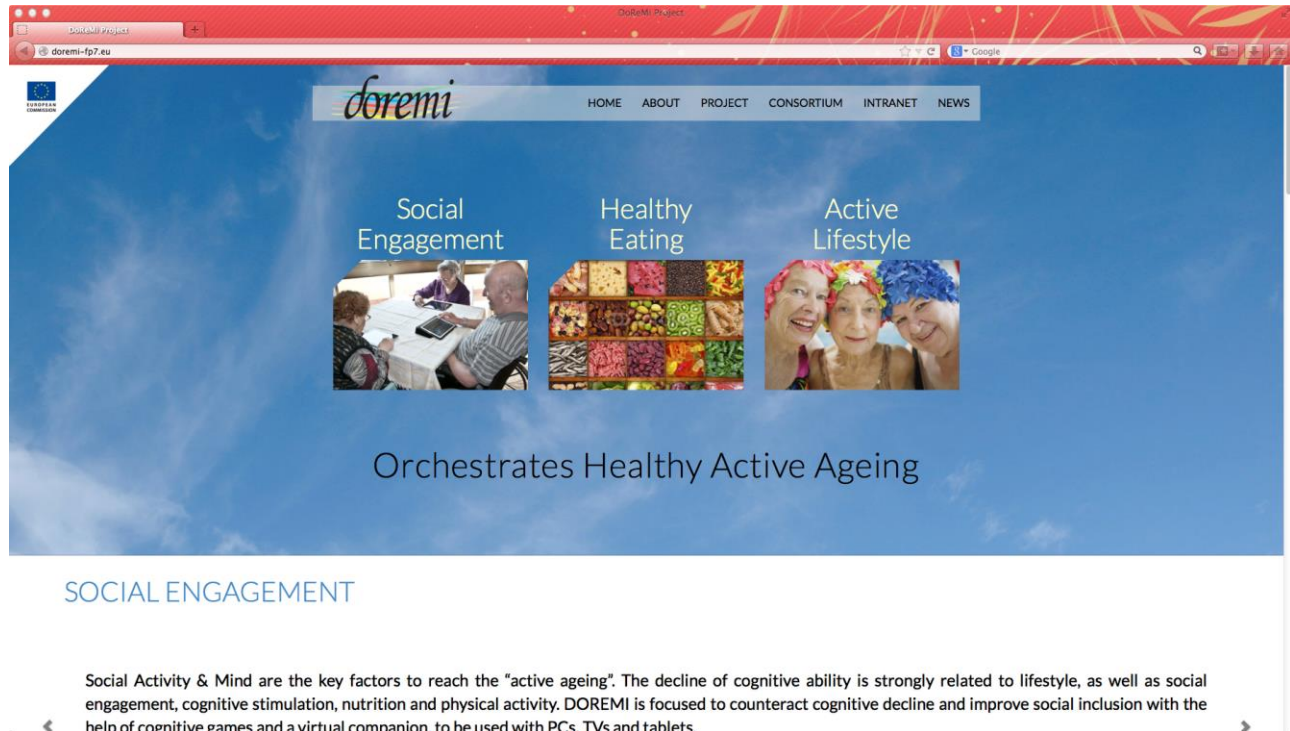The DOREMI website's Front Page is built on three sections: Head, Content and Footer.

Figure 1: DOREMI home page

The content section is the main section and is designed to guide users by involving them into DOREMI's Project by means of a bi-dimensional navigation. The information is arranged like a matrix where the vertical movement guides the user through the main issues of the project and the horizontal movement lets the user discover more details in every issue. The goal is to obtain a Website useful for every kinds of users, from the interested user to the specialist.
The design is reached using two techniques:
- parallax scrolling;
- slide carousel.

As said, the parallax scrolling lets the user to discover more sections describing the key elements of the project. Every section is separated from each other by a picture related to the keyword's theme. In this way the user can discover the key elements of the project scrolling the front page (vertical movement), from the top, with overall and extreme synthesis with the three targets of the project (Healthy Eating, Active Lifestyle and Social Engagement), until the bottom, the footer section, with the contacts and administrative details, moving through the different sections for the three issues.
The slide carousel allows the user to move the content of the page in horizontal way. The effect is applied in the content section of the front page, describing the issues of the project. It allows to explore every issue step by step where, in every step, vocabulary and text content become more specific.

SOCIAL ENGAGEMENT		
Level 1	Level 2	Level 3
SOCIAL ENGAGEMENT Social Activity & Mind are the key factors to reach the "active ageing". The decline of cognitive ability is strongly related to lifestyle, as well as social engagement, cognitive stimulation, nutrition and physical activity. DOREMI is focused to counteract cognitive decline and improve social inclusion with the help of cognitive games and a virtual companion, to be used with PCs, TVs and tablets.	SOCIAL ENGAGEMENT During the ageing, all people develop some degree of cognitive decline. This natural decline can be accelerated by disuse, illness, psychological and social factors. From the opposite side, the cognitive decay is also responsible for social isolation and depression. Serious Games and Virtual Companion are the pillars of the DOREMI project to counteract cognitive decline. Serious Games, presenting a positive effect on memory, attention, visual discrimination and reply velocity, will be developed taking in account user profiles and customizing these to improve their mental functions. To support users, the Virtual Companion as a friendly guide, will be with them in daily activities during the test period in an active but not-intrusive manner, helping elder people during the daily activities of the project.	SOCIAL ENGAGEMENT Serious and social games: the gamified environment developed in DOREMI will take care of the users, stimulating their social interactions. The games are designed to achieve changes in the player linked to knowledge, cognitive ability and mental wellbeing. For the social aspects, games will forecast the interactions of friends, family members and also DOREMI users. This last aspect will be particular supported to reinforce the DOREMI experience in elderly people involved in the project. Virtual companion: the Smart Environment developed in DOREMI, based on the activity recognition process and the reasoning system, will be able to support the users during the use of the platform and interact with them when necessary (i.e., level of activity low, invitation received by participants in social games).

Figure 2: Social Engagement, the three levels

HEALTHY EATING		
Level 1	Level 2	Level 3
HEALTHY EATING Healthy eating is a key-point in the DOREMI strategy. Elderly people are particularly vulnerable to malnutrition, in terms of an unbalanced supply of nutrients (too many or too few). Chronic diseases such as cardio or cerebro-vascular diseases, diabetes mellitus, osteoporosis and cancer are all affected by diet. The project will target the huge challenges related to food intake measurement with the help of different tools.	HEALTHY EATING Over- or under-nutrition, due to the discrepancy between needs, intake and utilization of nutrients represents the primary cause in the deterioration of the health of the elderly users and constitutes a major risk factor for many chronic-degenerative diseases. The unbalanced protein-calories ratio, together with a poor supply of minerals and vitamins, is particularly common in the elderly. In DOREMI, a regular and healthy diet is a key point in the project for its role in contrast of diseases as the cognitive decline. Elderly, for cultural forming and uses, are often attached to their alimentary habits and even these are not as healthy as they think. With the help of several tools, as Metadieta®, the Intelligent Bed Carpet and Bio-electrical impedenziometry technologies, data collected and analysed can provide a feedback for users, primary, and doctors. The monitoring system will help elderly user in the choice of the best caloric uptake and in the adjustment of their daily diet.	HEALTHY EATING Metadieta®: DOREMI will use and integrate this software in its platform to control and support users in their diet, thanks to flexibility and personalization in diet elaboration. This task is in collaboration with METE.DA. srl. Intelligent bed carpet: it will be developed in DOREMI by integrating a series of sensors useful for evaluation of user stability and weight measurement. This tool will play the role of a wireless scale able to control the correspondence of body parameters to the applied diet. Bio electrical impedance analysis: for the characterization of DOREMI users an impedensiometric system will be applied to assess the hydration state, the body lean mass and the basal metabolic rate. This information will be integrated in the platform for evaluation of health parameters.

Figure 3: Healthy eating, the three levels
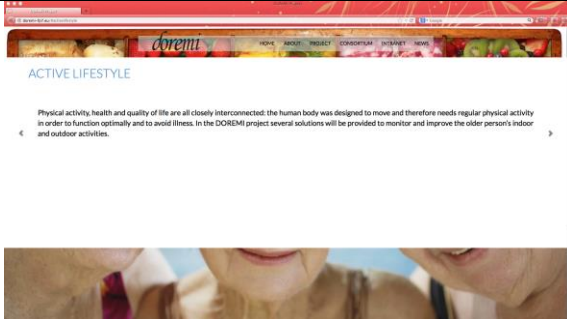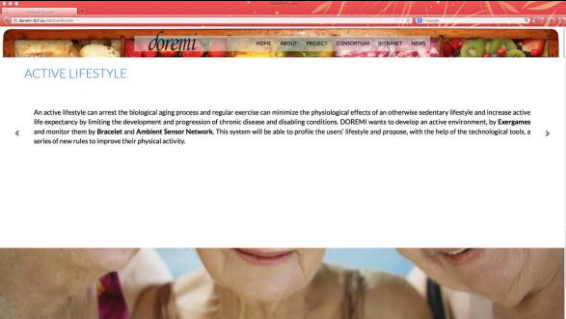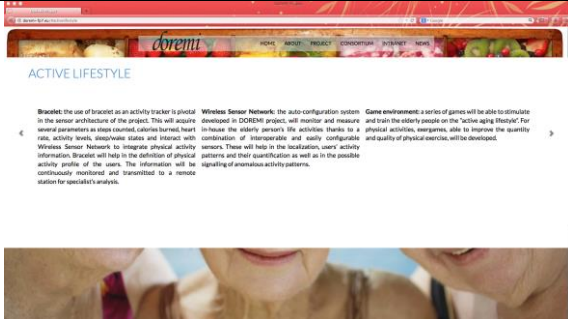
ACTIVE LIFESTYLE		
Level 1	Level 2	Level 3

Figure 4: Active Lifestyle, the three levels

The Head Section contains the DOREMI logo (see Annex 1) and the links to the others, more traditional, sections. In more details we can find the links for the sections:

- About;
- Project;
- Consortium;
- Intranet;
- News.

This section of the website consists mainly of the DOREMI logo and motto ("DOREMI orchestrates healthy active ageing"), which summarises in a catchy phrase the impact of the DOREMI results to the treatment of elderly with mild cognitive decline.

In the Footer section, there are the links to the social networks (Facebook, Twitter, Flickr), the e-mail address (info@doremi-fp7.eu) for communication with the Project Coordinator (Project Management Office) for any issues, and a summary about DOREMI FP7 Grant agreement.
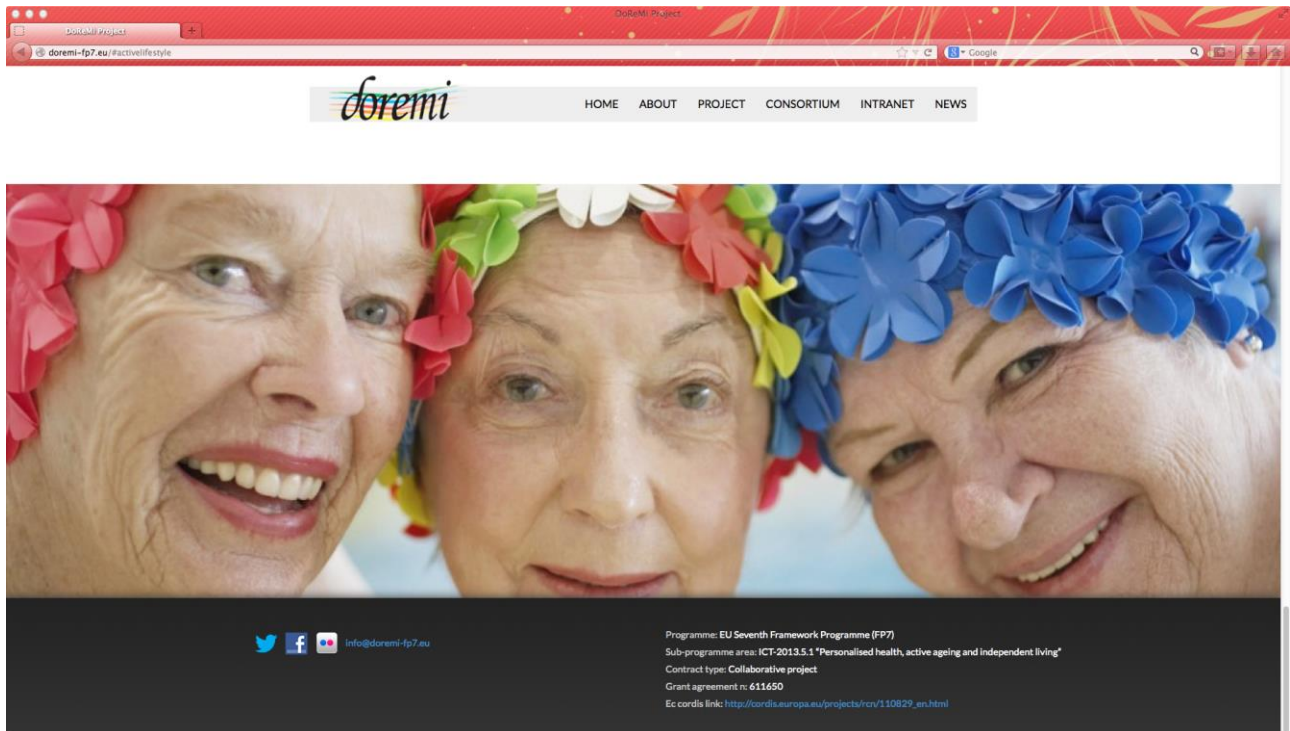
Figure 5: The Footer

3.2 About DOREMI

The "About" section contains the definition of the acronym DOREMI as "Decrease of cOgnitive decline, malnutRition and sedEntariness by elderly empowerment in lifestyle Management and social Inclusion", with the explanation of the motivation and a description of the targets of the project.
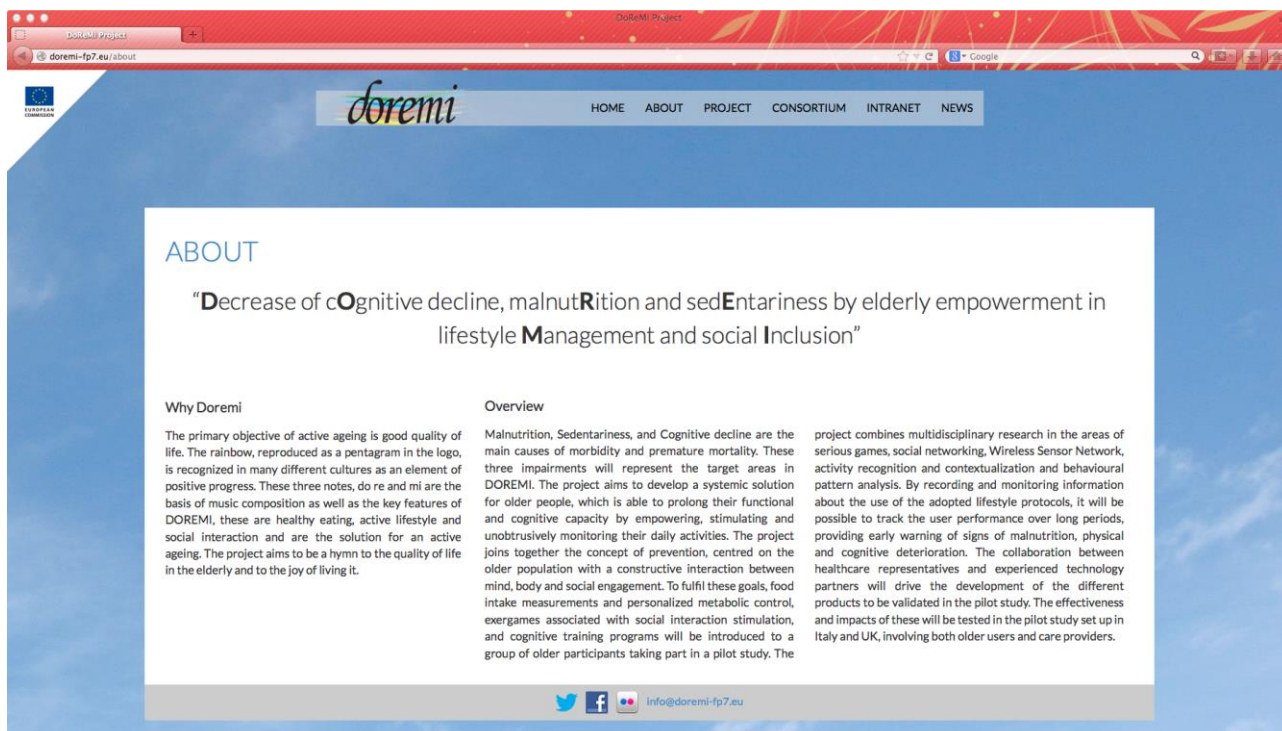
Figure 6: The "About" section

3.3 The Project

The project section describes the structural organization of the project, describing:

- Work Plan;

Figure 7: The Project, Workflow

- DOREMI Workpackages (WPs) and their interrelations, with the related WP leaders, as well as the PERT Diagram of the different WPs and their interdependencies.
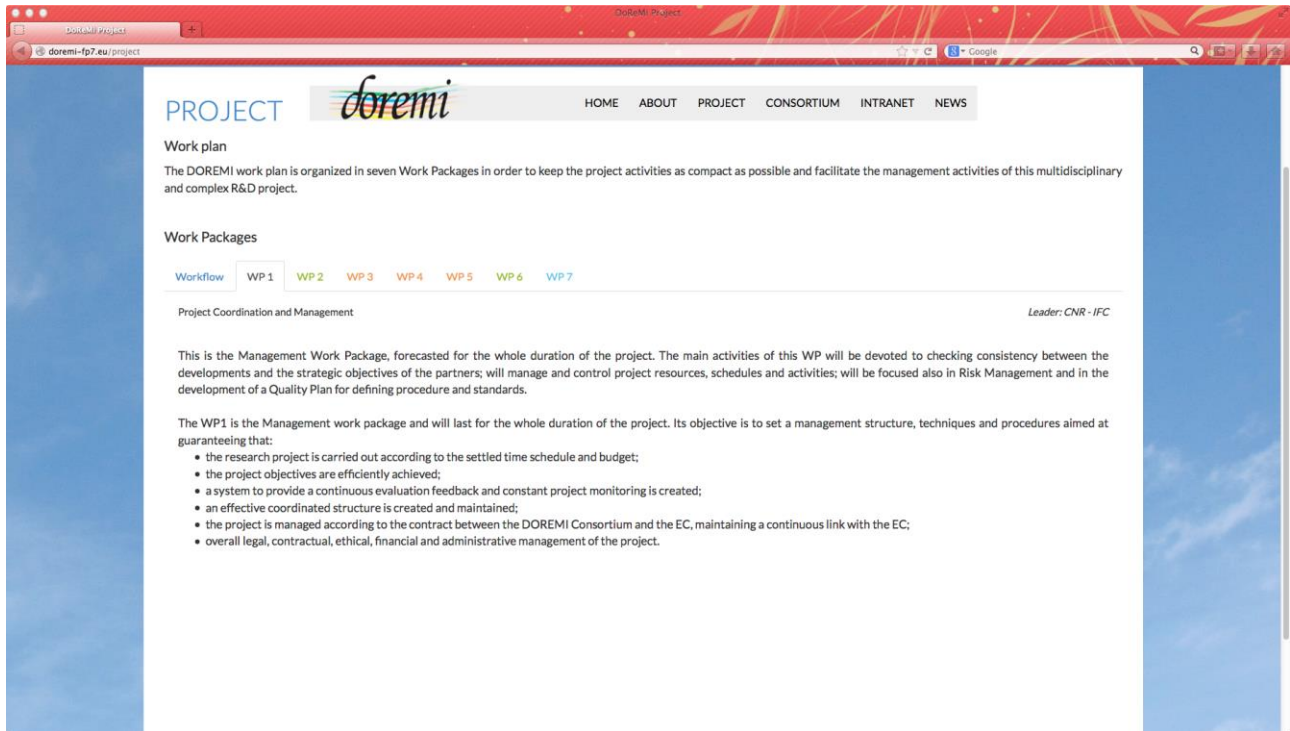
Figure 8: The Project, WP1
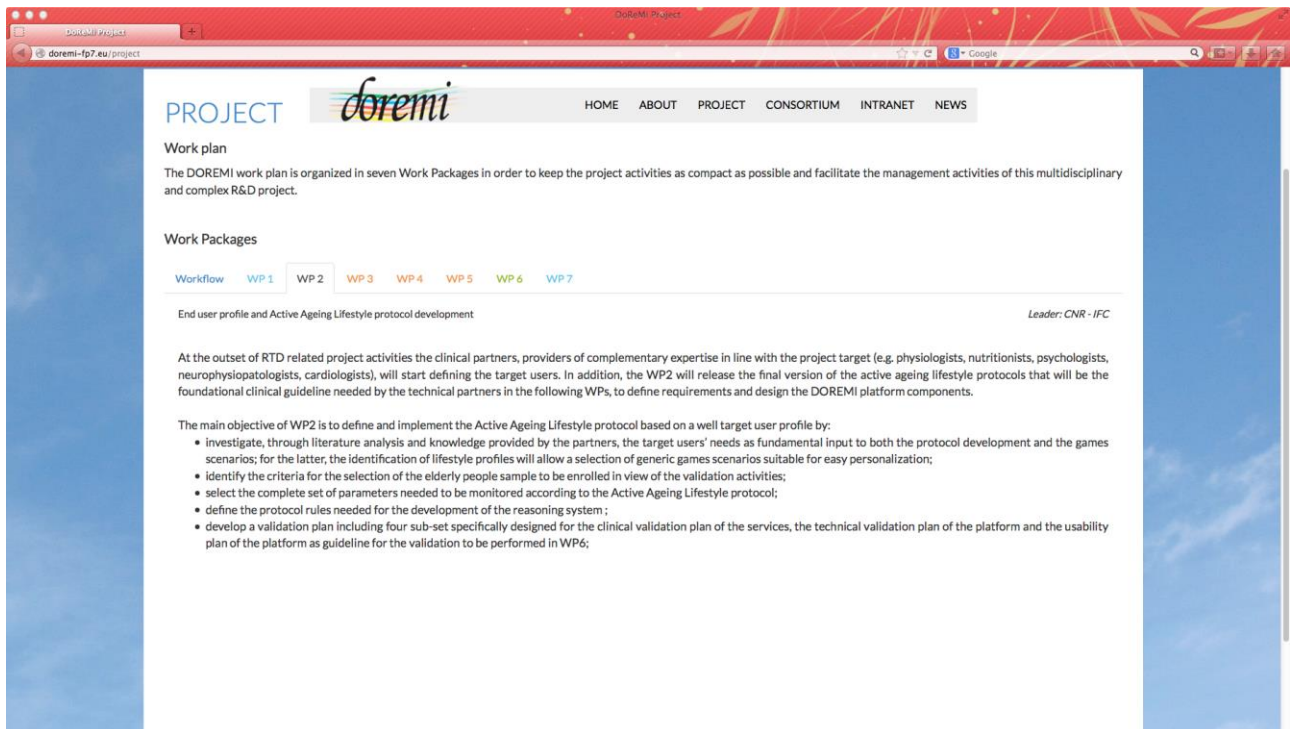
Figure 9: The Project, WP2
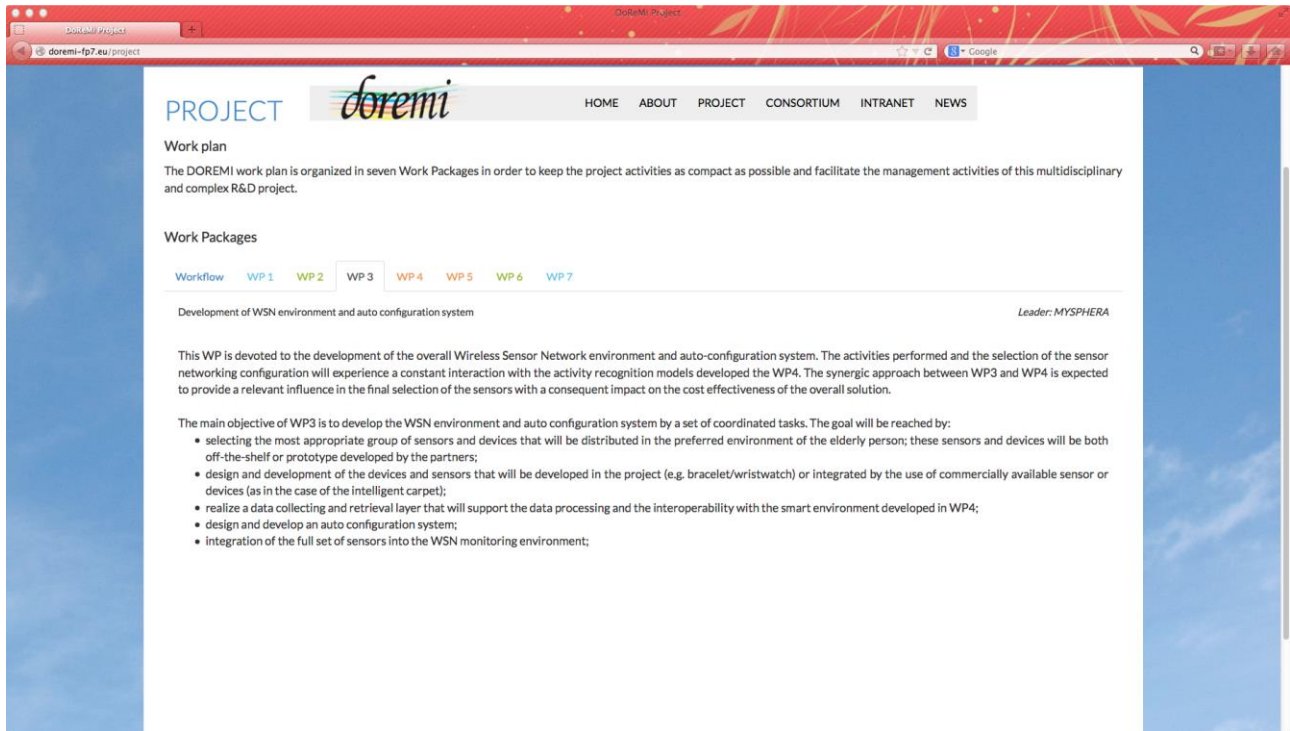
Figure 10: The Project, WP3
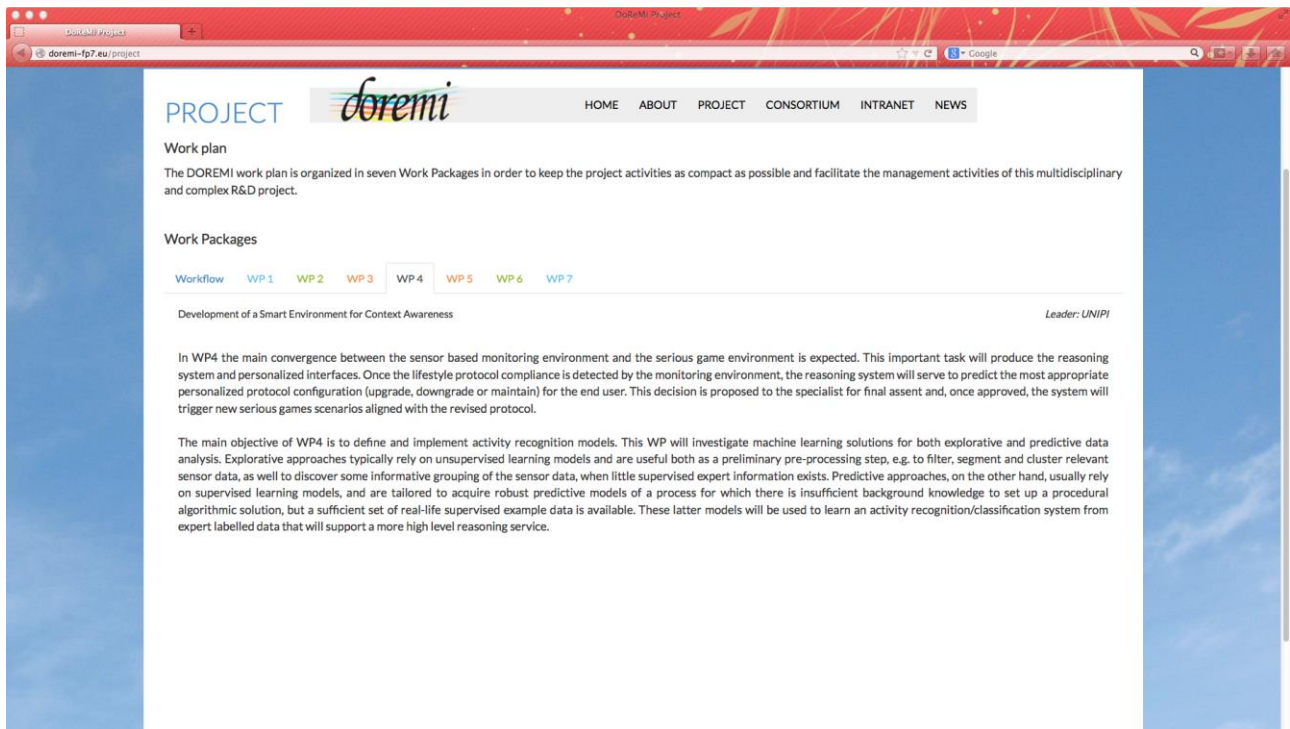
Figure 11: The Project, WP4
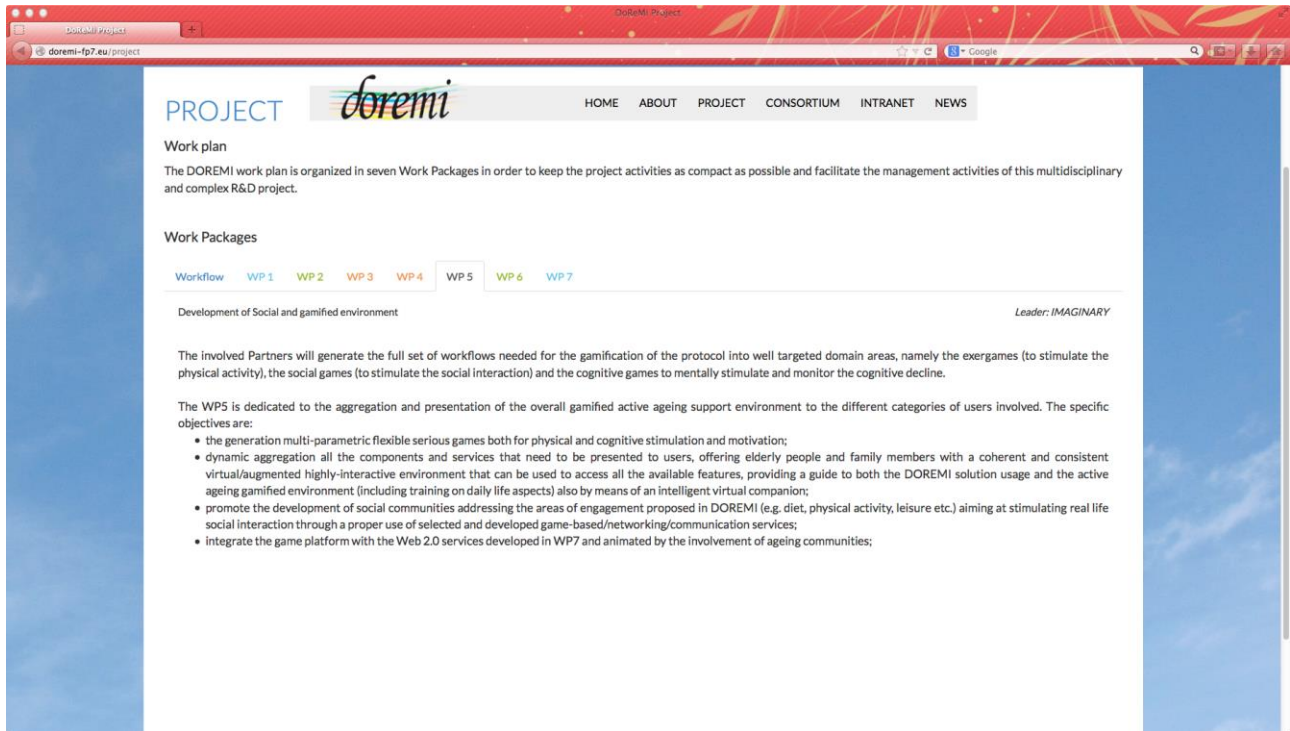
Figure 12: The Project, WP5
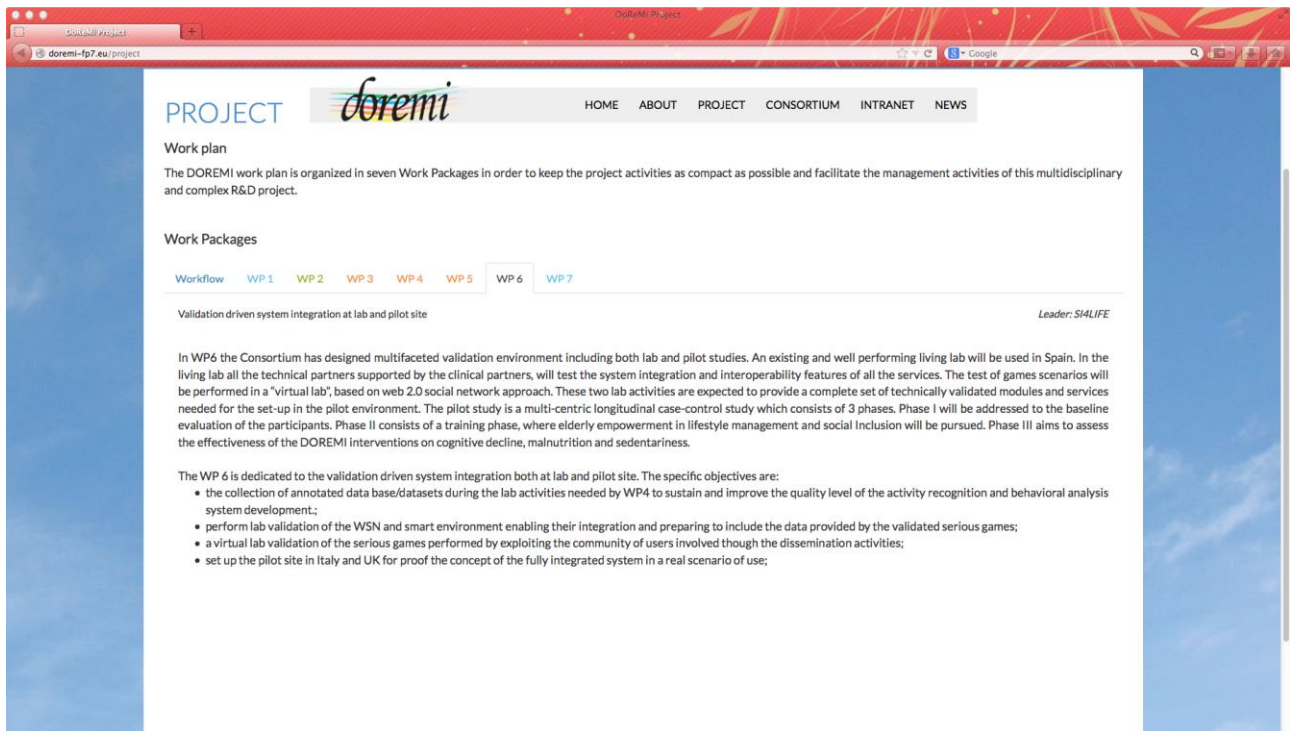
Figure 13: The Project, WP6
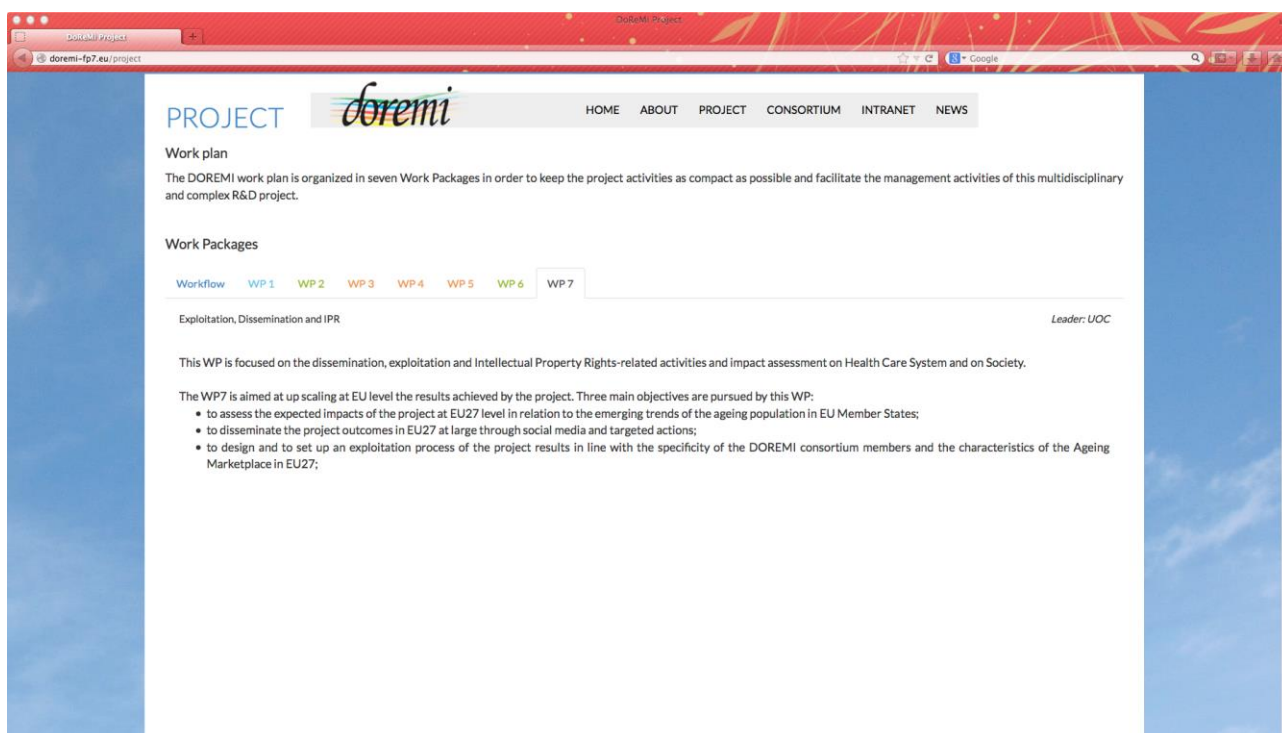
Figure 14: The Project, WP7

3.4 The Consortium

The Consortium link gives information about the partners (name, logo, country of establishment and website) using business cards. To get more details, each business card has a button that opens a new window with a complete partner's description.
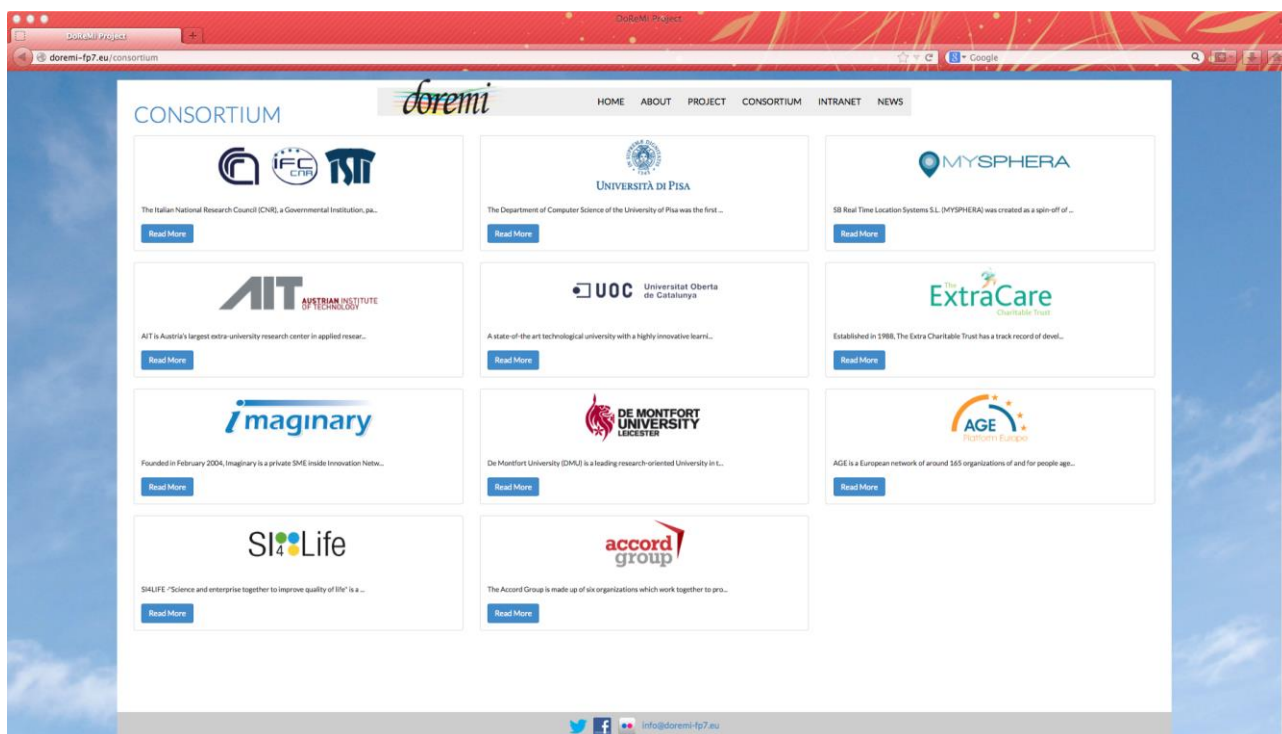
Figure 15: The "Consortium" section
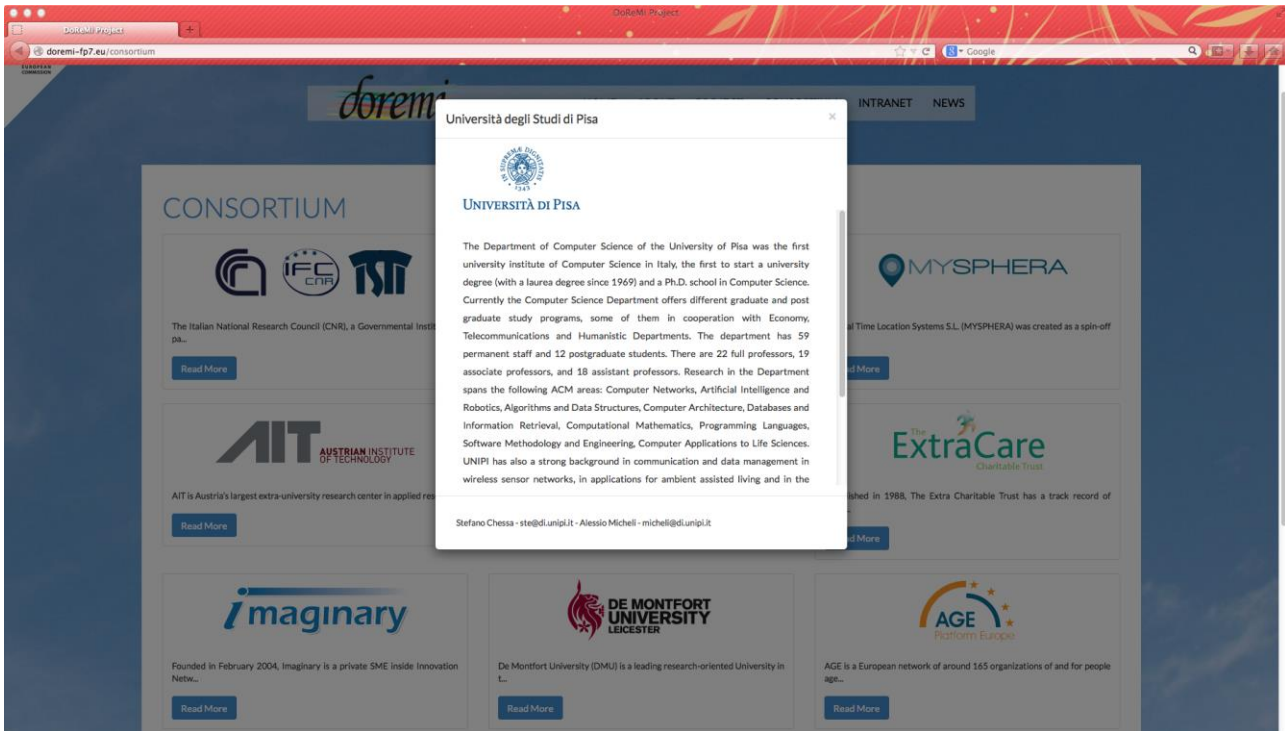
Figure 16: The UNIPI business cards

3.5 Internal website: login

The primary purpose of having an internal website accessible only by registered users is for facilitating collaboration and communication between the Consortium partners.

The main page of the website is also the entry point to the private part of the DOREMI website, which is accessible only to DOREMI partners and the Commission/Reviewers when the project is under review. The Login form (see Figure 17) enables each partner to login with its own credentials.

The restricted area is realized with Alfresco Share, a third party software. It might be seen as a suitcase with several web tools thought to assist users, in different and remote locations, in cooperative and collaborative tasks. More details can be obtained on http://www.alfresco.com/products/community. For this reason the "INTRANET" tab on the main webpage directs users to the login page for accessing the Alfresco Share installed on the IT infrastructure of the Institute of Clinical Physiology. A specific site, with the document repository, the calendar, a blog and other tools, was created specifically for the project.
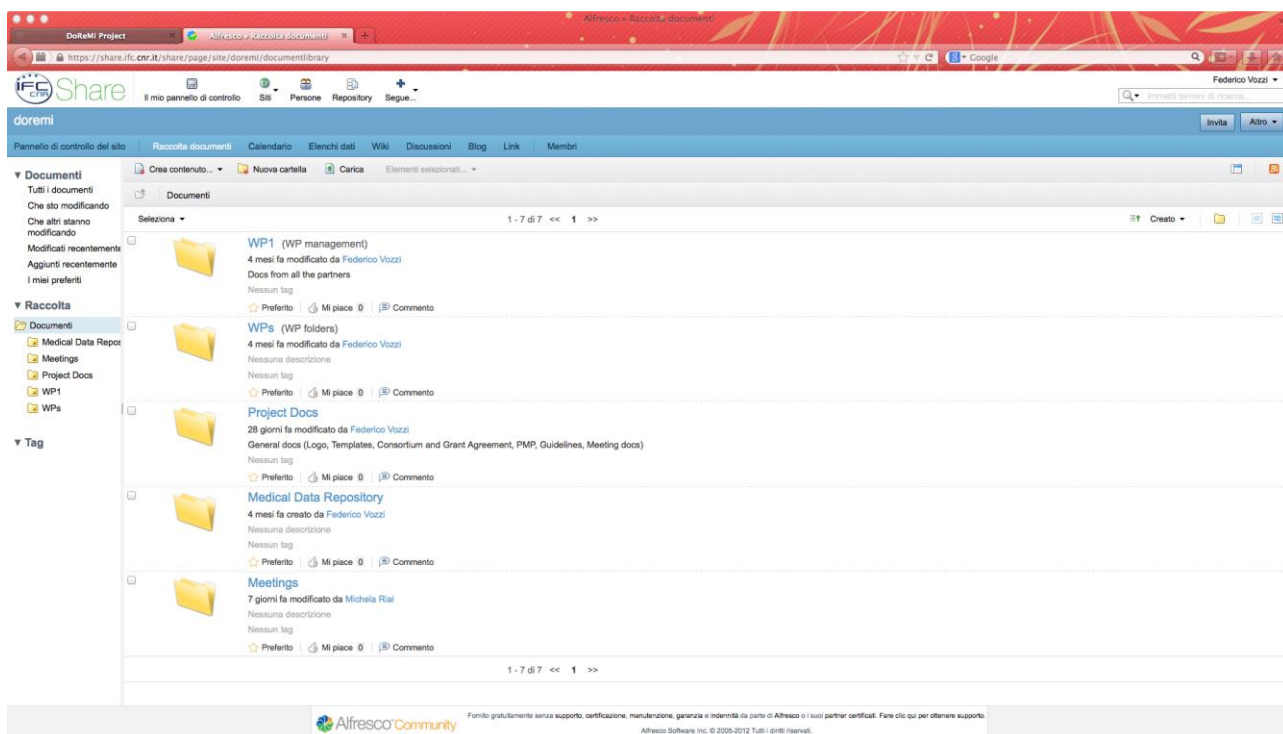
Figure 17: The login page

Figure 18: The repository

3.6 News

With the growing use of the new technologies claimed as Web 2.0 the simplest method to public news is posting them on Facebook pages or sending them by means of "tweet" on Twitter. Hence, the "News" page is composed by the timeline of the twitter account created ad-hoc for the project and by the dashboard of

the Facebook account. As soon as will be available, the page will contain the miniature of the pictures of events and meetings related to the project, hosted on Flickr.
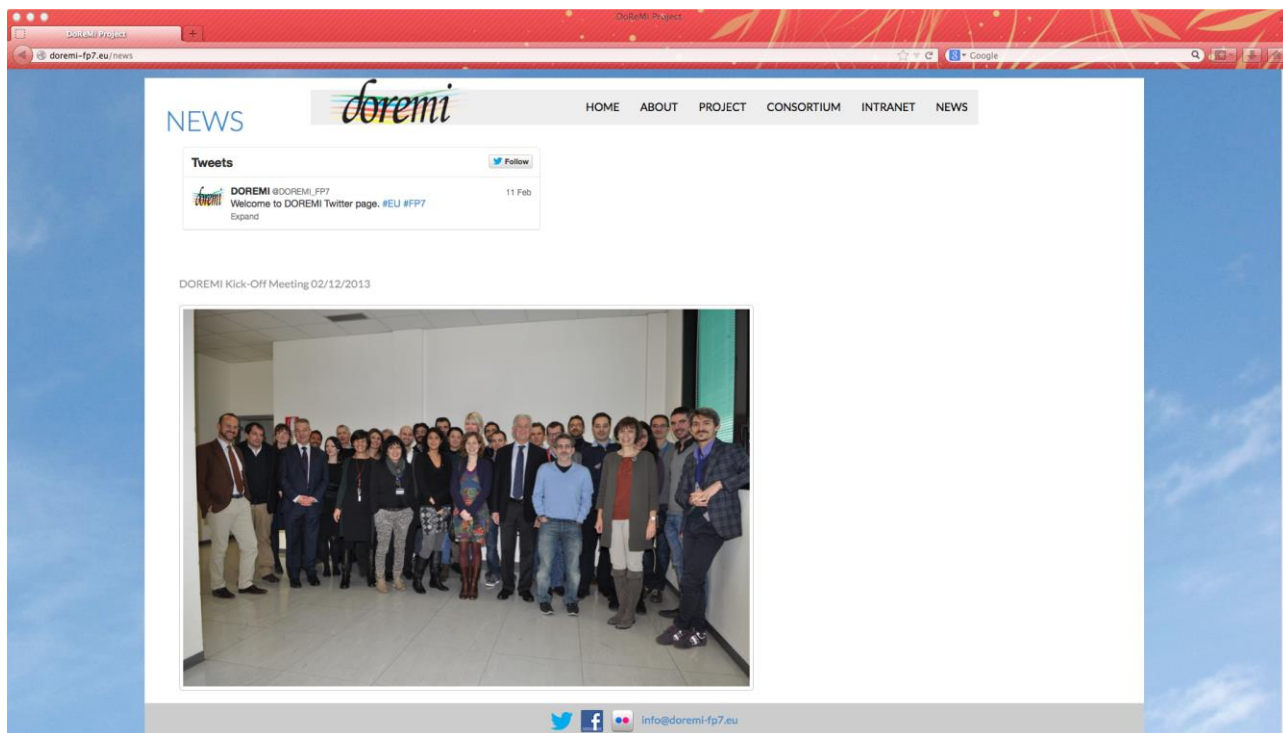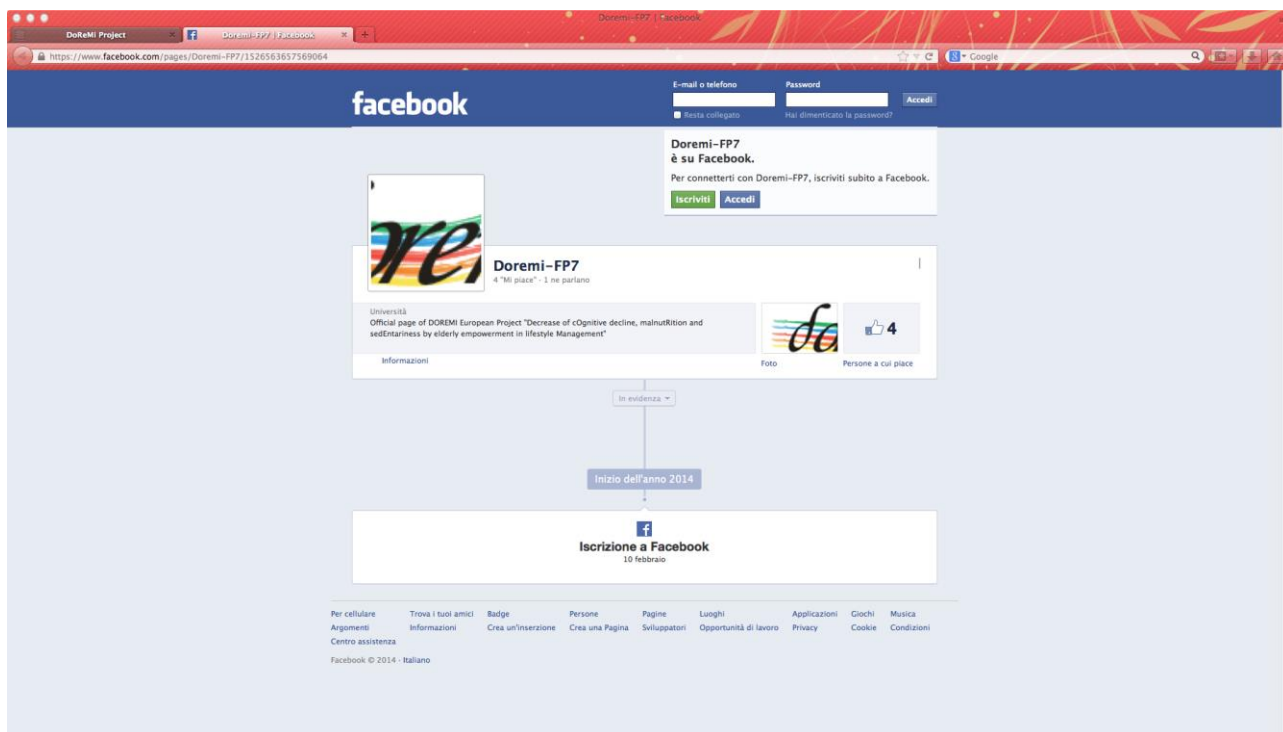

Figure 19: The "News" section
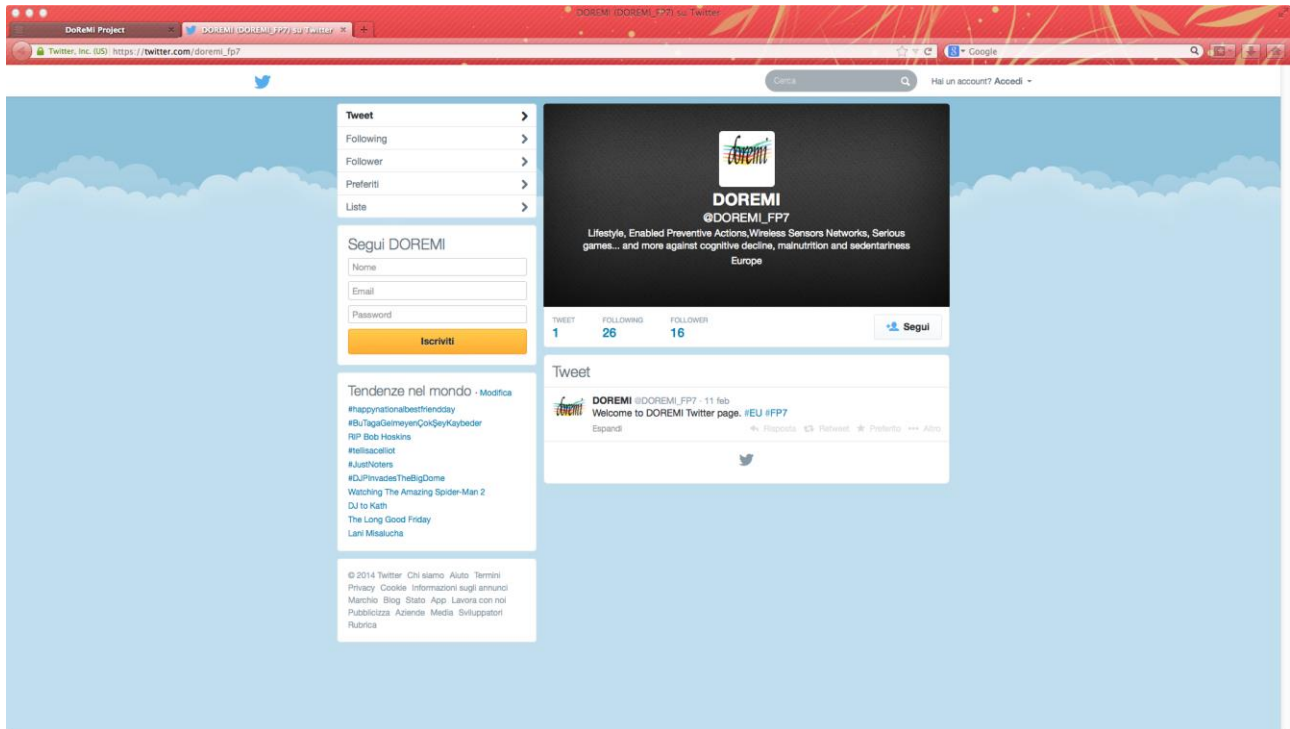

Figure 20: Facebook page

Figure 21: Twitter page

5. PRESS RELEASE

DOREMI ORCHESTRATES HEALTHY ACTIVE AGEING

Improvements in medical care and public health have significantly increased life expectancy. Health trends among the old persons, combined with lower birth rates, means that an increasingly large percentage of the population will be over the age of sixty. These longer life expectancies, coupled with falling birth rates, increases the percentage of older retired people who will be dependent on younger working people. Forecasts suggest that the ratio of people over 65 who will be dependent on a younger working population is likely to double across Europe by 2050, creating what has often been described as a "demographic time bomb".

Previous Ageing Society initiatives based around the use of Information Communications Technologies (ICT), although focused on the notion of "independent living", have largely been focused on either increasing the productivity of care workers or reducing the cost of or need for care, rather than taking a holistic approach around "well-being" and leveraging the potential of older people to continue contributing to society rather than being regarded as a cost.

An important European project, DOREMI, designed to address one of the most significant societal challenges of the coming years, the Ageing Society, started on November 1st 2013. DOREMI is the acronym for "**Decrease of cOgnitive decline, malnutRition and sedEntariness by elderly empowerment in lifestyle Management and social Inclusion**".

 Funded by the European Union under the Framework 7 (FP7) strategy, DOREMI involves partners in five EU countries: Italy, the United Kingdom, Austria, Belgium and Spain. It takes an innovative synergistic approach, which combines healthy nutrition, physical activity, cognitive stimuli and social interaction. The performances on active ageing lifestyle compliance, appropriately stimulated in creative and personalized ways through a set of serious games, will be unobtrusively monitored according to the usual daily life activities carried out by the elderly indoor at home or outdoor when on the move. Moreover, the intrinsic dynamic nature of the virtual gamified context offered by DOREMI will promote the active participation of the user to carry out real life actions as a result of appropriate stimuli or training made by the game. The

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same Game's scenarios will act also as user friendly and appealing dashboard including personalized and game-like scoring systems according to the progress made in the daily monitored activities. The performances on real life social interaction will be monitored and assessed as a result of social game stimulation, networking and interpersonal communication scenarios where all the performances on the lifestyle compliance will be included in the serious game motivational context in order to further motivate the older person to perform additional activities. This is very appropriate in today's environment where there is a tendency towards a more sedentary lifestyle and a shift away from traditional family structures in which elderly people lived with their family members but now tend to be placed in centres for independent living and care homes.

The DOREMI project, coordinated by the Institute of Clinical Physiology of the Italian National Research Council (CNR), will involve a collaborative partnership of experts from different disciplines exploring the potential of various activities designed to motivate and empower pilot groups of older people within independent living homes in Italy and the UK. The DOREMI's partnership includes the Institute of Information Science and Technologies (ISTI CNR, Technical coordinator of the project), the Department of Computer Science of University of Pisa, serious games experts Imaginary, AIT Austrian Institute of Technology GmbH, Universitat Oberta de Catalunya, De Montfort University and Age Platform Europe. The project solutions will be trialled by the ExtraCare Charitable Trust and the Accord Housing Association in the UK and SI4LIFE in Italy.

ANNEX 1: DOREMI LOGO

The DOREMI logo is given below. The logo will be used in all official and non-official communications of all DOREMI partners for actions and work concerning the DOREMI project and it has to be used only together with the FP7 logo.

Figure 22: DOREMI logo

END OF DOCUMENT