



## WHAT IS "WellCO"?

WellCo is a European research and innovation project developed by the entity Gerencia de Servicios Sociales of Castilla y León, in collaboration with other entities within our European environment.

WellCo comes from English and is the combination of "Well-being" and "Coach". The objective of the project, therefore, is to help people to live in better conditions, using new technologies.

## HOW CAN IT HELP YOU?

The project is developing a technological platform which incorporates a "virtual assistant", to help people with exercises and personalised recommendations so that they can maintain their autonomy and independence and improve their state of health, retaining their cognitive, physical, mental and social well-being for as long as possible.

## WHO CAN PARTICIPATE?

Participants are selected by the entity Gerencia de Servicios Sociales from people living in the Ávila municipalities of Navas del Marqués, Navalperal de Pinares, Hoyo de la Guija, Peguerinos, Hoyo de Pinares and El Tiemblo who also meet the following requirements:

- People who live in their habitual residence and are 65 years old or above
- People who are habitual, not professional, caregivers of a member of their family environment.

**The professionals responsible for the project will provide you with the technical devices and means that you need and we will help you to get used to using them.**



## WHAT DOES THE PROJECT INVOLVE?

1. **We will help you to put together your own "Life Plan"**

This will be the way in which you can guide us regarding how you want to live, what your life goals and expectations are and what kind of support you need and want in order to live in such a way.

## 2. You will access the “WellCO” platform and with it:

- You will be able to use the resources offered by this platform, with personalised exercise proposals, useful information, recommendations and even a social network which you can use to make new friends.
- You will access proposals to care for your health, retain your cognitive abilities, maintain and improve your personal relationships, or so that you can practise the leisure activities that interest you.
- You will have a “virtual trainer” which will provide you with personalised assessment, guidance and monitoring of the most important issues for you, related to your daily life and your capacity for autonomy and independence. It will assess you, motivate you and challenge you to follow routines which improve your quality of life, always keeping your “Life Plan” in mind.

## WHAT COMMITMENT DOES YOUR PARTICIPATION IN THE PROJECT INVOLVE?



You will test the technological platform, you can assess us and give us suggestions so that we can make the virtual trainer just as you imagine it to be and you will share meetings with other participants and with professionals to guide us when designing these tools.

For this purpose, you will use, from February to June 2018, the WellCO platform with its “virtual trainer” and with the resources that it offers you in terms of nutrition, rest, physical exercise, cognitive stimulation, etc.

We will also provide you with a device, a type of bracelet, which will register information on the activities that you carry out (I’m not sure if this is correct or if the bracelet registers another type of information).

## WHY IS YOUR PARTICIPATION IN THIS PROJECT IMPORTANT?

The use that you make of this platform, your opinions regarding its functionality and use, how you felt before and after using it and your opinion on the usefulness of the platform for achieving your “Life Plan” will help us to extract the information that we need in order to improve and add functionalities to the virtual trainer, until we reach a definitive version.

## WHICH ENTITIES ARE DEVELOPING THIS PROJECT?

This project will be developed collaboratively by 7 leading entities in technological innovation, which come from 5 different countries: Spain, the Netherlands, Denmark, Slovenia and Italy. Castilla y León participates in the project through the Gerencia de Servicios Sociales and, as a linked entity, the Fundación Acción Social y Tutela de Castilla y León.

## WHO IS IT FUNDED BY?

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**Well CO**  
www.wellco-project.eu



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