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## Research Team in Lleida

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Grup de Recerca en Cures de la Salut  
• IRB Lleida •



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Assisted Living (AAL)  
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"Una manera de hacer Europa"



### Other Participants

Spain



The Netherlands



Hungary



Switzerland



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PREVENTION  
OF THE COGNITIVE  
DECLINE  
OF OLDER PEOPLE

European  
technological  
research project  
on health and  
Quality of Life

Improvements of  
life quality,

# are you joining?

Caregivers  
and Me





Have you ever wondered how to manage your daily life & your lifestyle choices to avoid cognitive impairment later in life?

GR<sup>e</sup>CS

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At the research Group of Health (GRECS) of the Biomedical Research Institute of Lleida Foundation of Dr. Pifarré (IRB Lleida) we know it well, and that is why, in collaboration with other European groups we are participating in the CoME project –Caregivers and Me –, financed by the European Commission within the framework program on Ambient Assisted Living (AAL).

With the aim of managing and improving personal life, the project addresses the challenges such as self-care for health, support for informal caregivers and better coordination with professionals.

The project is based on web platform with different functionalities ranging from the current health state and daily life activities of the user, the early detection of risk problems, anomalies in behaviors, memory training and the incorporation of the specific guidelines and tutorials. This is useful information for both users, their informal caregivers as well as professional ones.



## Knowledge & ICT

The ageing population is a common reality throughout Europe, that demands new models of action. The Information and Communication Technologies (ICT) provide valuable and accessible tools, that make possible for formal caregivers and professionals to be even more available to meet the older adults' needs. The ICT also support knowledge and self-management for health of the older adults.



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Institut de Recerca Biomèdica  
Fundació Dr. Pifarré

CoME

Help us to understand what are your needs for self-care and informal health care.

who can participate?

Professionals  
Caregivers  
Senior Citizens

Participate actively in the development of CoME, to become an intuitive and easy to use technological tool that improves quality of life of older adults like you!

are  
you

joining?

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