



Abinsula and the Università di Cagliari at the helm of an international project, TURNTABLE

Aim? To promote wellness and nutrition technologies for older adults

And our first results are very positive!

Abinsula – project coordinator – and the University of Cagliari hosted the TURNTABLE kick-off meeting in Sassari (Sardinia) in September 2019, where the technical and scientific foundations were discussed in detail. One year later, and results are already visible.

TURNTABLE, a three-year project funded by AAL - Active Assisted Living Programme, is addressing the dual challenge of maintaining social interaction and physical abilities of older adults (65 years and over) through development of extensible one-stop-shop (TURNTABLE) ICT platform with a portfolio of easy-to-use solutions with practical applications.

As we age, we become more sedentary, less active and willing to engage new ideas. These behaviours have a deleterious impact on quality-of-life, particularly in combination with age-related physical and cognitive decline. As muscle mass, grip strength and power decrease, falls become more frequent and dangerous and daily activities become more challenging. Such changes are reflected in diet and nutritional status, as shopping and cooking become more demanding, and increasing reluctance to participate in social activities.

TURNTABLE has nine Beneficiaries from five European Union Member States, namely Abinsula (coordinator, IT), University of Cagliari (IT), A1 Slovenia telecommunications (SI, telecommunications company), EuroFIR AISBL (BE, international non-profit association), Ginf Systems Ltd (HU, IT research and development company), Instituto Pedro Nunes (PT non-profit organisation), NOS Inovação (PT, telecommunications company), Simbioza (SI, social innovation company) and the University of Pannonia (HU).

Within the University of Cagliari, an interdisciplinary group, coordinated by the microelectronics and bioengineering laboratory (Eolab) and including Professor Guicciardi's Department of Pedagogy, Psychology and Philosophy and Professor Bacchetta's Botanical Garden, has formed. Professor Luigi Raffo from Eolab and Rector's delegate for international research projects comments, "*Interdisciplinarity applied to social challenges is a priority for the European Community and its research funding policy, even more so in this period*".

Although not Beneficiaries, an important role in the project is that of organisations for older adults, especially in terms of acceptance and adoption. In Italy, Anteas Cagliari - National Association of the Active Third Age for Solidarity. "*Despite difficulties caused by the Covid-19 health emergency and essential public health limitations, researchers have managed to carry out three co-creation sessions working collaboratively with people over 65 years of age to evaluate TURNTABLE, with support from Anteas*", says Daniela Loi from the University of Cagliari.

Applications (apps) and other technologies made available via TURNTABLE aim to engage older adults in activities such as growing vegetables and cooking meals using these ingredients.



Beneficiaries are making existing systems available that support gardening, plant care, and meal preparation. Ultimately, these elements will be integrated seamlessly in a single platform that is voice controlled and uses natural language (e.g. “I am thirsty; please water me”).

Engineer, Antonio Solinas, from Abinsula, coordinator of TURNTABLE says, *"In addition to development of new technologies, amongst the most valuable aspects of this project is the involvement of primary users, adults over the age of 65 years, as well formal and informal support, such as welfare organisations, and mobile network operators. These individuals and organisations have been involved in validation of the TURNTABLE platform through co-creation sessions, exploring the apps and platform using demo versions and mock-up examples. This approach will ensure that TURNTABLE is fit-for-purpose and adopted as widely as possible in the future"*.

Apps specifically tailored to older age groups will now be refined, based on results from the co-creation sessions, which have been vital to understand how potential users’ interaction with TURNTABLE, sharing their preferences and guiding - with the wisdom that distinguishes such individual - aspects that developers might otherwise neglect.

Abinsula and the University of Cagliari, as well as the other Beneficiaries, are proud to be involved in TURNTABLE, thanks to the support of the European Commission and MIUR (Ministry of Education, University & Research, IT) and other national funding organisation, which will make a valuable contribution to countering the digital divide and create useful solutions for maintaining and improving quality of life of older people.



Notes for Editors

Assisted Living Programme (AAL) - ageing brings many challenges around quality-of-life for older people and these must be addressed to ensure we can live healthy, active and independent lives - www.aal-europe.eu

TURNTABLE - platform able to promote and aid healthy and active aging among older adults, and to prolong their expectation of an autonomous and independent life - www.aalturntable.eu

Abinsula (IT) - delivering innovative ICT solutions worldwide - abinsula.com

University of Cagliari (IT) - www.unica.it

A1 Slovenia telecommunications (SI) - leading provider of digital services and communications solutions in Central and Eastern Europe with around 25 million customers - www.a1.group

EuroFIR AISBL (BE) – European Food Information Resource - an international, member-based, non-profit Association under Belgian law set up in 2009 to ensure sustained advocacy for food information in Europe – www.eurofir.org

Ginf Systems Ltd (HU) – IT and software development - ginf.systems

Instituto Pedro Nunes (PT) – promoting innovation linking science and business - www.ipn.pt

NOS Inovação (PT) - communication and entertainment group in Portugal - www.nosinovacao.pt

Simbioza (SI) - empowering people with digital literacy through intergenerational cooperation - www.simbioza.eu

University of Pannonia (HU) - eng.uni-pannon.hu