



# SHAPES

Elena is a 69-year-old woman that lives alone on the top floor of her two storey terraced house. Obese at 120kg, she has been diagnosed with knee osteoarthritis, suffers from lower back pain, heart failure, atrial fibrillation, hyperlipidaemia, obstructive sleep apnoea, and depression.



Because of the obstructive sleep apnoea, her pulmonologist prescribed a CPAP machine, which she has been using now for four years, in order to improve her sleep quality. Elena is also at risk of developing diabetes in the future which will complicate her health condition.

Thanks to **SHAPES project** she now can use the **mobile application eCare – Personalised Care Intelligence Platform**, which will enable an easy manual or automatic collection of health and wellbeing parameters. Automated parameters may be collected via health and medical devices, and wearables.

With this mobile application, Elena will also be able to answer to simple and short questionnaires and provide information on symptoms (e.g., pain, anxiety), medication adherence, nutrition and diet, mental status, and quality of life.



**Elena's full story:**  
*"Weighty Matters":  
Changing habits in Later Life.*

## PROJECT DATA

**PROGRAMME:** H2020-EU.3.1.4.1. – Active Ageing, Independent and Assisted Living and H2020-EU.2.1.1.3. – Future Internet: Software, Hardware, Infrastructures, Technologies and Services

**TYPE OF ACTION:** Innovation Action

**DURATION:** 48 months (1 nov 2019 – 31 oct 2023)

**PROJECT BUDGET:** € 20.944.318,75

**CONSORTIUM:** 36 partners from 14 European countries

**COORDINATOR:** Maynooth University



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