



SHAPES

Jutta is a 70-year-old woman who lives alone since her husband passed away a few years ago. Even after that, she has always had a great degree of autonomy in relation to her social life, personal mobility, and household chores.



In an unfortunate accident she fell off the stairs, and as a result she had to undergo a knee surgery. The intervention was successful and without complications, but it traditionally comes at the cost of a slow recovery process. After a period of complete inactivity at the hospital, Jutta was sent home with her leg in a cast and on crutches.

Therapy sessions at the medical centre came several weeks later. She attended the physiotherapist twice a week but, according to the specialist's prescription, had to combine these sessions with low intensity but frequent periods of movement at home. Performing light daily routines, like cooking, going to the bathroom, or having small walks at home, could serve for this purpose.

Thanks to **SHAPES project**, Jutta's physiotherapist can track down her periods of activity and rest. Due to the information obtained from **wearable devices and IoT home sensors**, as well as the insight provided by the SHAPES analytics, it is possible to understand the physical activity performed by Jutta at home. This way the physiotherapist can optimise the therapy sessions for a faster recovery.



Jutta's full story:

*"Ageing is Not for Cowards":
Older Adults as Caregivers.*

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

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PROJECT BUDGET: € 20.944.318,75

CONSORTIUM: 36 partners from 14 European countries

COORDINATOR: Maynooth University



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