

# **Informal Care Givers**

## Informal Care Givers



What is SHAPES?

SHAPES is a large research project that is running across 14 European countries. The SHAPES consortium consists of researchers, technology companies, civil society and public organizations that aim at helping older people to continue living healthy and active lives both at home and within their communities.



How will SHAPES help older people and carers?

SHAPES researchers interview older people and care givers across several EU countries to get a broad understanding about their daily lives. At the same time, SHAPES aims to provide guiding information, beneficial activities, and knowledge for informal care givers. To do so, SHAPES needs to understand the needs and requirements of those carers.



How will we be able to use these digital solutions?

We will create a central SHAPES platform to make our solutions available and to ensure that all solutions work together in a user-friendly way.



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Why should I use the SHAPES digital solutions?

We will provide solutions that efficiently target problems of the everyday life of older people. We design and test our solutions together with older people to consider their thoughts, feelings and opinions. We know that involving older people and care givers in the development of digital health services facilitates the daily use of these solutions.

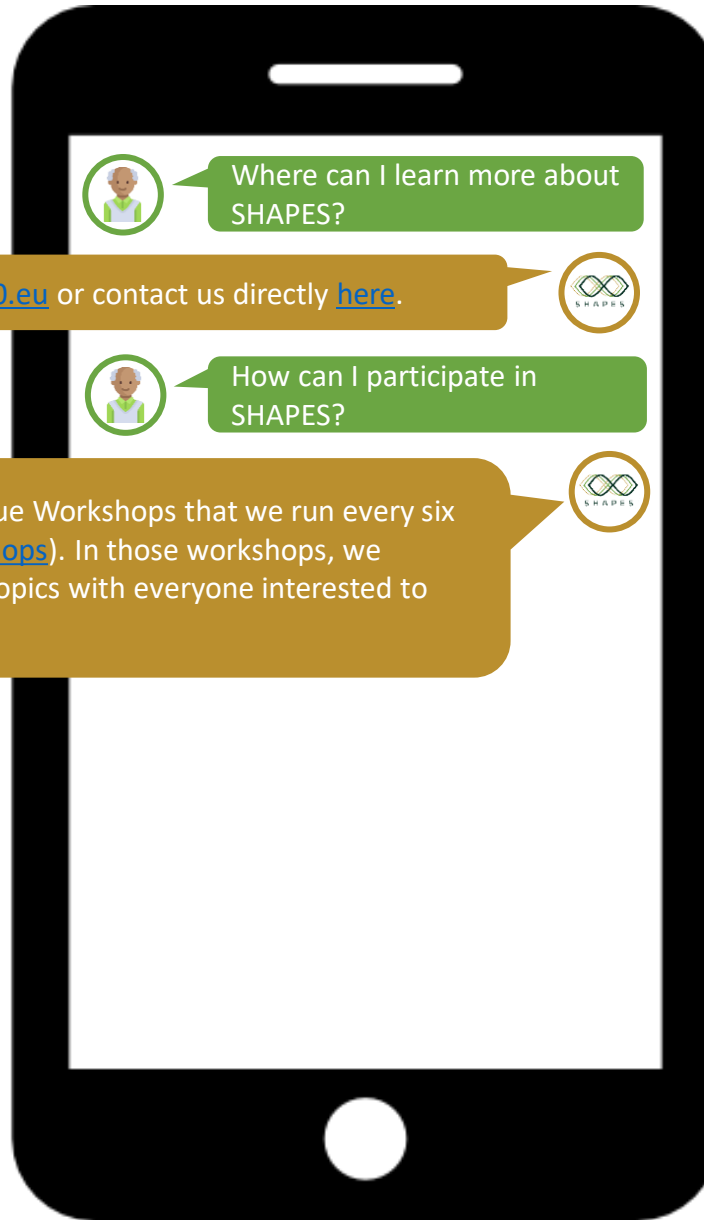


What kind of solutions does SHAPES offer?

The SHAPES solutions involve mobile apps that will help you stay connected to your family, friends and the community. We also provide apps that can remind you when to take your medicine and some solutions will help your caregivers or medical team to monitor how you are doing at home, and hopefully reduce the number of times you need to visit a hospital. To easily manage diseases and provide appropriate rehabilitation, SHAPES establishes also solutions for medicine control and optimisation, care delivery, physical rehabilitation at home, and easy cross-border exchange of health information. You can help us create these solutions, together.



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Where can I learn more about SHAPES?

Please have a look at [shapes2020.eu](https://shapes2020.eu) or contact us directly [here](#).



How can I participate in SHAPES?

We invite you to join our Dialogue Workshops that we run every six months ([shapes2020.eu/workshops](https://shapes2020.eu/workshops)). In those workshops, we present and discuss important topics with everyone interested to ensure the success of SHAPES.

