

IMPORTANT INFORMATION FOR YOU!

IN LIFE Project Consortium
www.inlife-project.eu

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Ageing better

Technology can help.....

TECHNOLOGY AND QUALITY OF LIFE

Nowadays people are getting older than ever before.

It is hoped that while ageing the quality of life remains good.

For many people this means: being active, independent in daily life and being in touch with family and friends.

Technology can help! But it is not always easy to use.

A project has tried to develop better technology and make it easy to use.

The project was called IN LIFE.

Many older persons and their carers were involved in testing devices and services.

Many European countries were involved.

The technology aimed to help older people to organise their daily life, to remain fit, to help them monitor their conditions, to help them move around, to send alarms in case something went wrong.

The technology has been shown to be good and helpful.

Nevertheless people still found it difficult to use. They said that they were not sure whether they will use it in the future.

Anyway, care providers, or your family, might decide to use it in order to support you better. If you trust them, consent!

Technology is part of life now and it might really bring some benefits.

For questions about how technology can help you, please contact your local community care services.



The IN LIFE project has been paid for by the European Commission.

The Commission declares that they are not responsible for the results.

