ActiveAdvice Guidelines **TRAVELLING & JOURNEYS**

HOW CAN AAL PRODUCTS AND SERVICES CONTRIBUTE TO ASSIST OLDER ADULTS WHEN THEY ARE ON A JOURNEY?

WHAT ARE THE CHALLENGES OF TRAVEL?

Senior citizens want and have the right to travel safely and comfortably, fully committing to the travel experience without taking unnecessary risks. How can we achieve this that are useful on a trip, while some are specifically deand what challenges are there?

Travel is a popular pastime in modern age and it is not lost on the older generations. No longer having commitments such as work and looking after the children, senior citizens travel a lot, often making longer trips that the younger generations [1]. Travelling, while being exciting, brings about a lot of risks, especially for the older population. It starts with lack of appropriate information in public spaces, orientation in unknown environments and distance • from familiar people and help. It can be little challenges such as taking medication at the right time while being in • a different time zone, to requiring special assistance and preventing safety hazards.

" I have a great sense of adventure. I know I can't do some of the things I used to do 10 years ago, like hiking to Machu Picchu, but I will travel as long as I can. - Nancy Bradfort

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HOW CAN AAL HELP ME ON MY JOURNEY?

AAL products are not only designed to be used in the standard environment. Many of them have functionalities signed to be used during travel or on a journey.

Examples of functionalities that AAL products may have:

- provide information real-time, relevant, dynamic also in terms of accessibility (e.g. elevator not working)
- alert the local emergency or the family in case of an accident
- assist the user in making the journey safe and comfortable
- help overcome safety hazards or react appropriately if an accident occurs
- provide the friends/caregivers/family with updates on location and status of the traveler
- remind you to take your medication while on a journey
- · help finding the way and navigate in an unknown environment

In using AAL technology, the senior traveler gets the necessary support to have a safe and independent journey. Depending on the needs of the user the products and technology chosen can be preventative, assistive or focus on alert and emergency signaling.

WHICH PRODUCTS CAN HELP ME ON MY JOURNEY?

the main types of products that we believe can be most helpful while travelling.

Tracking devices. Tracking the journey of a loved one has Monitoring devices have different focuses. For example, many benefits. Not only is there a chance to react fast in KeepUs [5] is a monitoring app that is installed on the user's smartphone and monitors activity and location. As case of an emergency, you alsoget a piece of mind and an opportunity to get a glimpse of what they are explorwell as tracking activity levels, it gives alerts if the user is being idle for too long and tracks the trends for the past ing. Many tracking devices have a manual alarm button or automatically alert the local emergency in case of an two months (f.i. if the user has been visiting the local bar accident. Tracking devices come in many forms: keychains, a bit too often). pendants, shoe soles, and are a possible function in a smartwatch. iTraq [2] can be used as a keychain, mount-Smart wearables. This type of product was already mened on a bracelet to be worn on the wrist or just put in tioned previously; however, it deserves a separate catthe pocket, iTrag not only tracks location but also has a egory. Among smart wearables the most popular type SOS-button and a fall detector function. are smart watches, however this is not the only type of

Reminder & scheduling apps. Reminder applications are handy for a multitude of purposes. They remind the user when to take medication (adjusted to the time zone), but also when his/her flights are, reservations for restaurants and other booked activities, to make sure the user can make the best of the trip. MyTherapy [4] is a reminder app

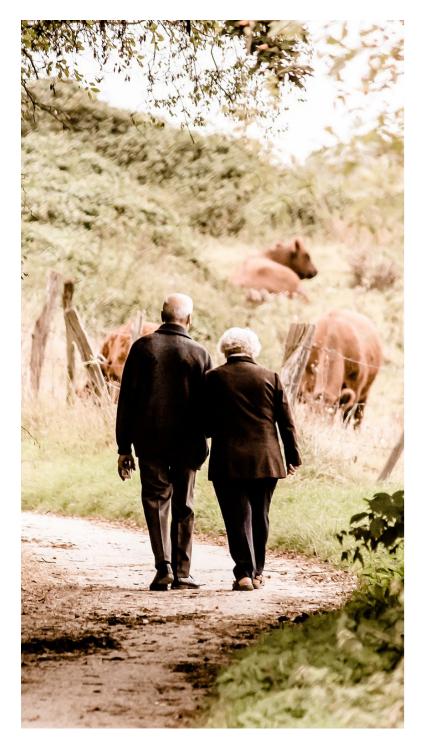
focusing on medication intake. It provides notifications, as SafeMotion is a stylish smartwatch developed specifically well as keeping close ones informed on the user's progress for the senior user. The user interface is intuitive; it is also allowing for intervention if the medication is not being takaudible - telling the time and reading notification our loud en on time. for users with deteriorating sight. Alert and monitoring systems are linked to both mobile and desktop applica-Monitoring devices. Monitoring devices that are useful on tions that can be used by family or caregivers to monjourneys come in a range of types. These can be in the itor the traveler. It allows the user to make calls as well form of an app, a wearable or a wearable with a linked app. as receive messages, track location and set reminders [8]. These devices monitor activity (amount of km walked, ac-SafeMotion is a stylish smartwatch developed specifically tivities), as well as vitals (e.g. heart rate). These devices for the senior user. The user interface is intuitive; it is also can send out alerts to the travelers or their loved ones at audible - telling the time and reading notification our loud home if the amount of activity for the day surpasses the for users with deteriorating sight. Alert and monitoring recommended limit or suggest restingresting if the heart systems are linked to both mobile and desktop applicarate is elevated. Monitoring devices can even send out an tions that can be used by family or caregivers to monitor emergency alert in case the user is in danger and will rethe traveler. It allows the user to make calls as well as require medical assistance. ceive messages, track location and set reminders. [8]



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There are many types of AAL products that can be useful on a journey. We will briefly touch on

product available on the market. Smart wearables provide a multitude of assistive functionalities, such as: tracking the traveler's location, assisting in orientation, monitoring status and activity, sending updates to family and others. Other types of wearables include smart jewelry, smart clothing, fitness trackers and head-mounted displays. The latter has not yet been launched on the AAL market.



Beacons. Some cities around the world are installing beacons to help citizens with impairments to orient themselves in the city. At the moment these are individual cases, however there is a future in these developments and, hopefully, we can expect this to develop further in a European/global network. Beacons can be used by a variety of apps and are not dependent on one device type [6]. While Active Advice won't be offering beacon systems, the platform will provide information on devices that support beacon signals, as well as cities where the systems are already implemented.

Orientation apps. From the endless variety of orientation apps far from many are developed with the senior user in mind. Senior users are often not very familiar with digital technology and many applications that are intuitive for millennials are hard to grasp for the elder population. Applications with intuitive interfaces, developed with a focus on the elderly needs and wants are Needed, however at this moment none are available on the market. Nevertheless, there are non-age-specific navigation apps that are relatively intuitive, for example Waze [7].

Emergency buttons. When something happens during travel the user needs to be able to contact their loved ones or the emergency immediately. There are different types of devices that allow you to do so. Often, they are integrated into tracking devices or fall detectors. Zembro [3] watch has reach anywhere in Europe, tracks location and allows the user to make calls to several emergency numbers (friends, family, emergency room).

Active seniors consider traveling as a way to fulfil their life goals; they have finally time to explore. They are about living life to the full, with a desire to leave their loved ones with a legacy meaningful in experiences and values.

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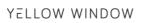
- Amadeus IT Group

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ACTIVE ADVICE WILL ASSIST YOU IN YOUR JOURNEY

It is hard to decide which technology would be most useto ensure the most relevant solutions are presented to ful for a user because each user has his/her individual the user and explained in a coherent and accessible way. needs and preferences. ActiveAdvice can support users Whether it is picking out a solution for him/herself or aswho have little knowledge of the existing technologies and sisting another user, Active Advice can be the provider of products to find the right solution for them. However, the relevant and up to date information. Active Advice seeks scope of ActiveAdvice platform will also be suitable for to not only address end users but also to create an inforadvanced users who keep up with the latest technologies mation hub for those who play key roles in the end-usand stay up to speed with the developments in the field. er decision making - their loved ones, caregivers and the The ActiveAdvice platform supports decision making by government organizations supporting them. providing intelligent advice and decision-making paths

WHERE CAN I FIND ADDITIONAL INFORMATION?

The ActiveAdvice Information Hub provides up-to-date information about the AAL community, insights in the AAL market, practices and stories, products and services, and concepts and projects. Visit us on https://www.activeadvice.eu/

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Sources

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