



# 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 and 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 than 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.

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*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 that are useful on a trip, while some are specifically designed 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?

There are many types of AAL products that can be useful on a journey. We will briefly touch on the main types of products that we believe can be most helpful while travelling.

**Tracking devices.** Tracking the journey of a loved one has many benefits. Not only is there a chance to react fast in case of an emergency, you also get a piece of mind and an opportunity to get a glimpse of what they are exploring. Many tracking devices have a manual alarm button or automatically alert the local emergency in case of an accident. Tracking devices come in many forms: keychains, pendants, shoe soles, and are a possible function in a smartwatch. iTraq [2] can be used as a keychain, mounted on a bracelet to be worn on the wrist or just put in the pocket. iTraq not only tracks location but also has a SOS-button and a fall detector function.

**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 well as keeping close ones informed on the user's progress allowing for intervention if the medication is not being taken on time.

**Monitoring devices.** Monitoring devices that are useful on journeys come in a range of types. These can be in the form of an app, a wearable or a wearable with a linked app. These devices monitor activity (amount of km walked, activities), as well as vitals (e.g. heart rate). These devices can send out alerts to the travelers or their loved ones at home if the amount of activity for the day surpasses the recommended limit or suggest resting if the heart rate is elevated. Monitoring devices can even send out an emergency alert in case the user is in danger and will require medical assistance.

Monitoring devices have different focuses. For example, KeepUs [5] is a monitoring app that is installed on the user's smartphone and monitors activity and location. As well as tracking activity levels, it gives alerts if the user is being idle for too long and tracks the trends for the past two months (f.i. if the user has been visiting the local bar a bit too often).

**Smart wearables.** This type of product was already mentioned previously; however, it deserves a separate category. Among smart wearables the most popular type are smart watches, however this is not the only type of 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.

SafeMotion is a stylish smartwatch developed specifically for the senior user. The user interface is intuitive; it is also audible – telling the time and reading notification out loud for users with deteriorating sight. Alert and monitoring systems are linked to both mobile and desktop applications that can be used by family or caregivers to monitor the traveler. It allows the user to make calls as well as receive messages, track location and set reminders [8]. SafeMotion is a stylish smartwatch developed specifically for the senior user. The user interface is intuitive; it is also audible – telling the time and reading notification out loud for users with deteriorating sight. Alert and monitoring systems are linked to both mobile and desktop applications that can be used by family or caregivers to monitor the traveler. It allows the user to make calls as well as receive messages, track location and set reminders. [8]





**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).

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**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.**

**- 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 useful for a user because each user has his/her individual needs and preferences. ActiveAdvice can support users who have little knowledge of the existing technologies and products to find the right solution for them. However, the scope of ActiveAdvice platform will also be suitable for advanced users who keep up with the latest technologies and stay up to speed with the developments in the field. The ActiveAdvice platform supports decision making by providing intelligent advice and decision-making paths

to ensure the most relevant solutions are presented to the user and explained in a coherent and accessible way. Whether it is picking out a solution for him/herself or assisting another user, Active Advice can be the provider of relevant and up to date information. Active Advice seeks to not only address end users but also to create an information hub for those who play key roles in the end-user decision making - their loved ones, caregivers and the government organizations supporting them.

## 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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ActiveAdvice is a project co-financed by the European Commission, AAL Joint Programme and the related National Agencies in Austria, Belgium, the Netherlands, Portugal, Switzerland and the United Kingdom.