The PA4Age Mobile App

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The PA4Age project: applications & tools
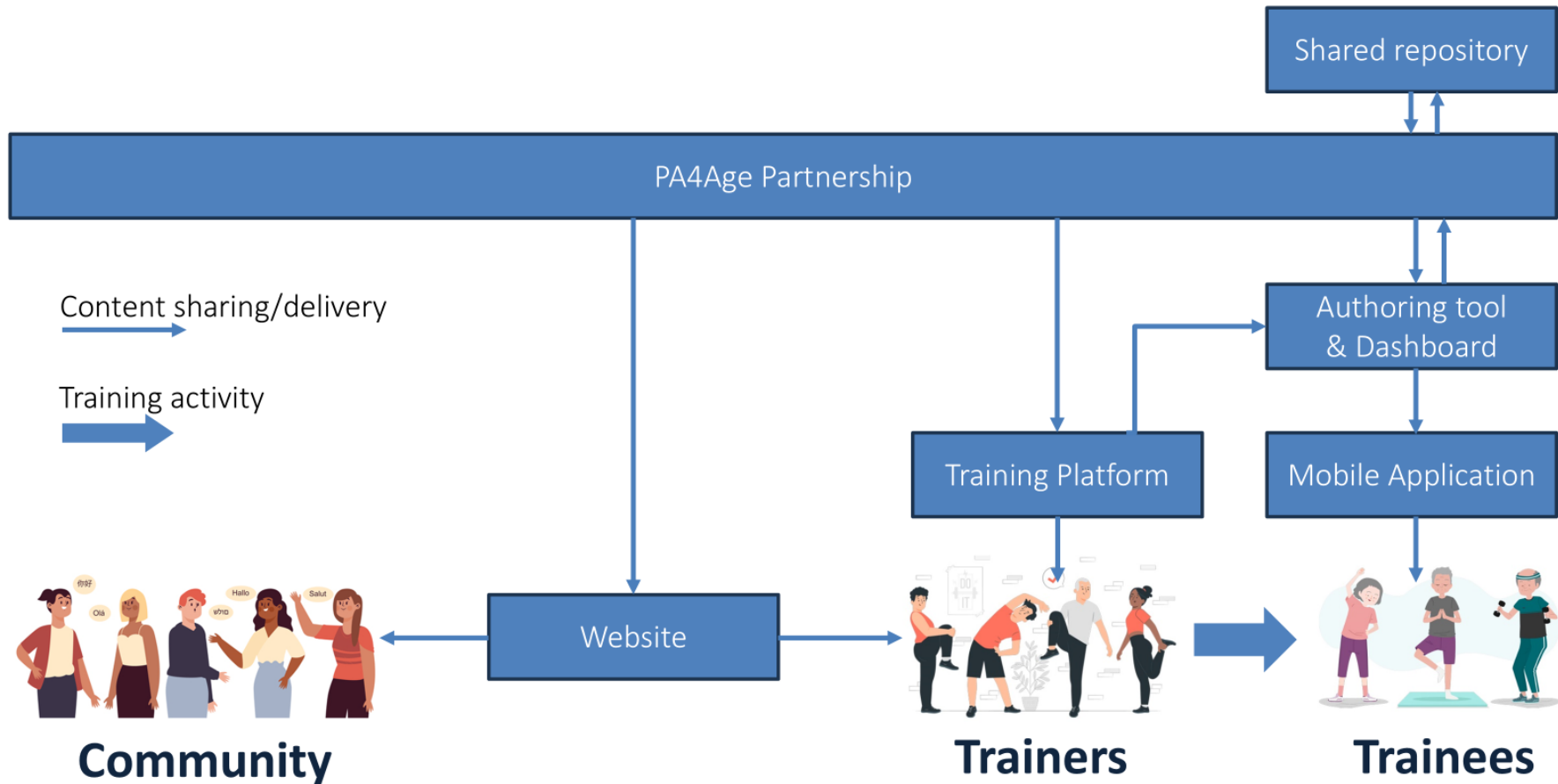
PA4Age mobile app: objectives

✓To develop a mobile app for delivering PA4Age modules' content via smartphones and mobile devices

✓Keep trainees in the loop with project's learning outcomes

✓Increase engagement with physical activity

✓Leave handy legacy to build beyond

PA4Age mobile app: specifications

Creating a mobile app for elderly individuals required careful consideration of their unique needs, preferences, and potential challenges.

Common key features and considerations:

- User friendly interface

- Clear navigation and structure

- Large buttons

- Interactive activities

- Accessibility features

- Assistance

PA4Age mobile app: specifications

Large buttons

- Large and easily tappable buttons to accommodate users who may have motor skill challenges

- Minimize the need for precise touch interactions

Accessibility features

- Ensure compatibility with accessibility settings on both iOS and Android devices

PA4Age mobile app: specifications

Assistance

- Features for repeating or reviewing content as needed

- Engaging older people with the PA4Age online platform and mobile app can have numerous benefits, including enhanced communication, access to information, and opportunities for socialization

PA4Age mobile app: storyboard and functionalities

Phase A - Preconditions

1. Partnership authors (feeds) system with simple tips extracted from systematic material from training platform

2. Partnership promotes PA4Age ecosystem to trainers organizations and societies

3. Mobile application gets disseminated via multiple channels with emphasis on pilots and multiplier events

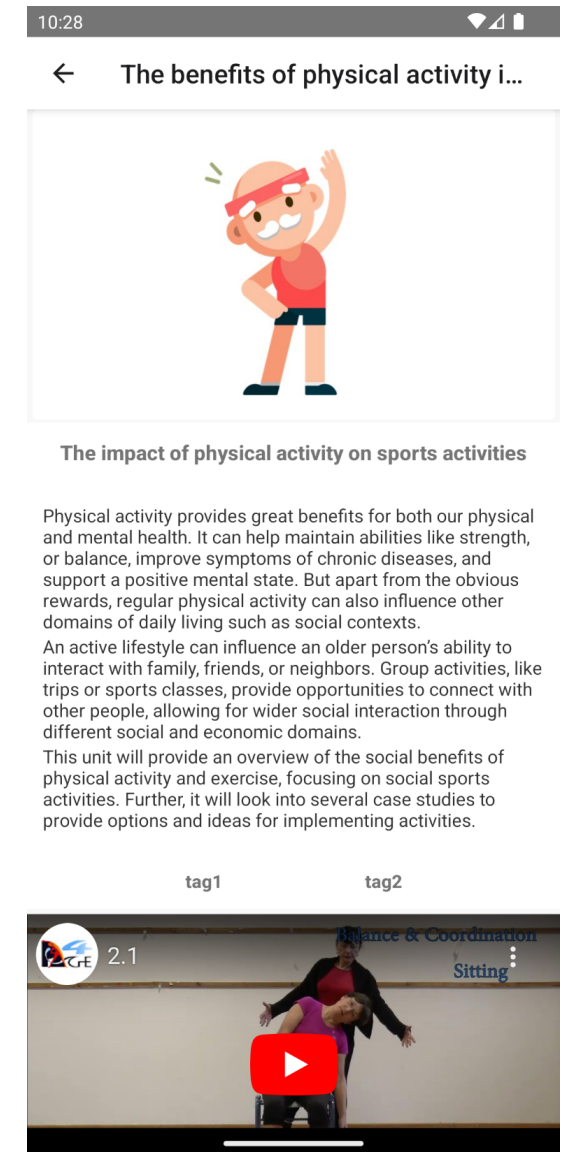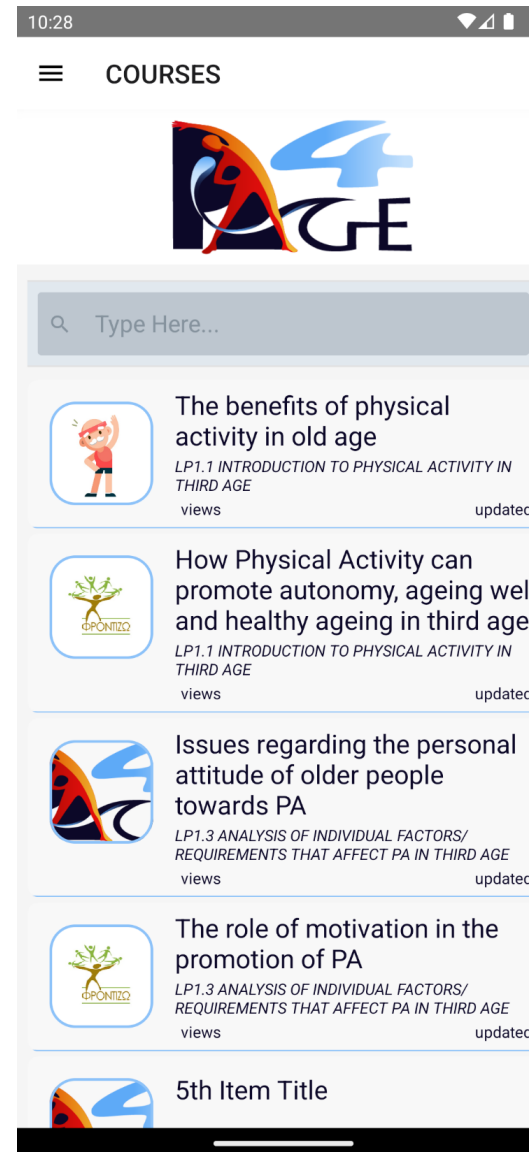# PA4Age mobile app: storyboard and functionalities

Phase B – Usage

1. Users (Trainees) enter a nickname

2. Gain access to the 3 mobile application pillars
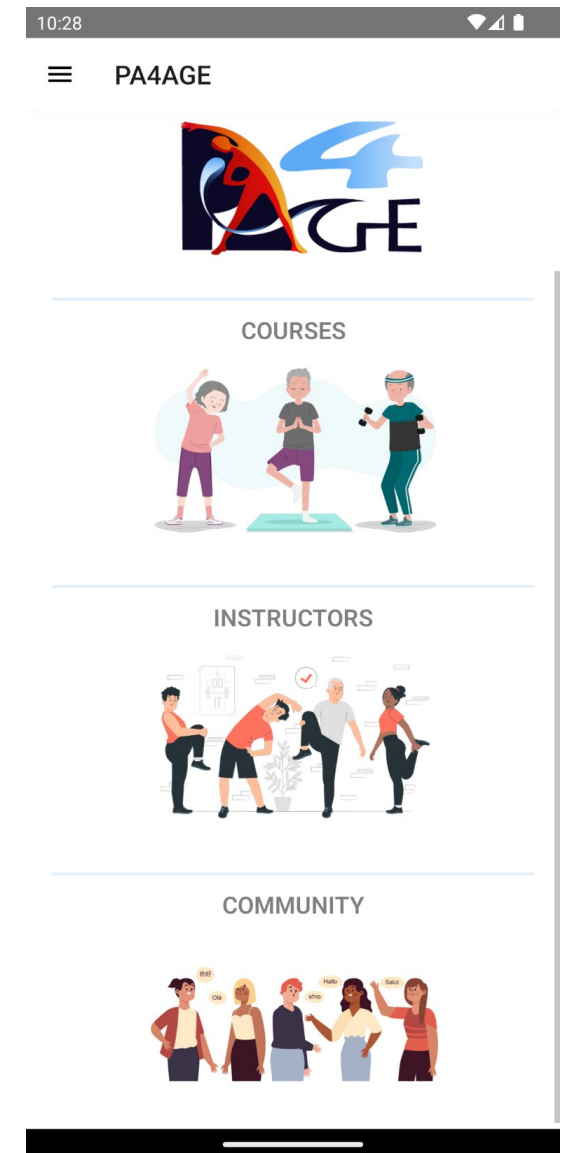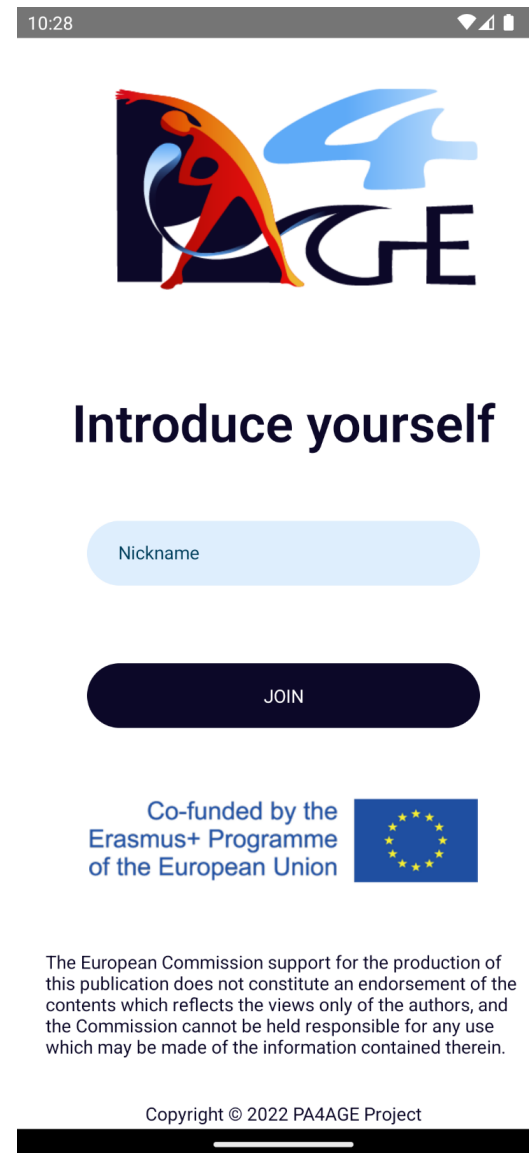
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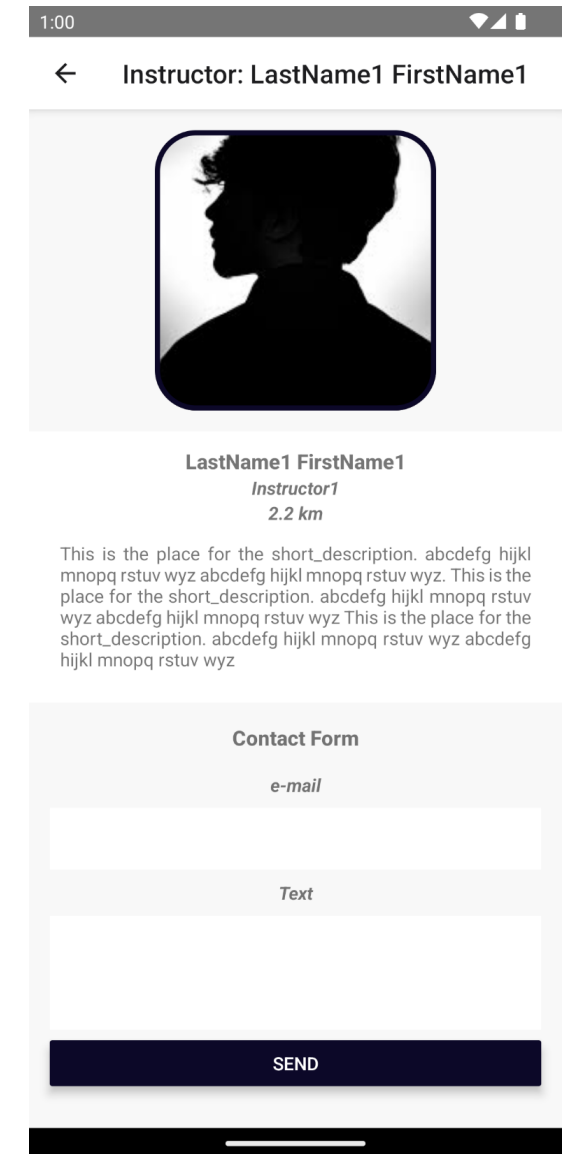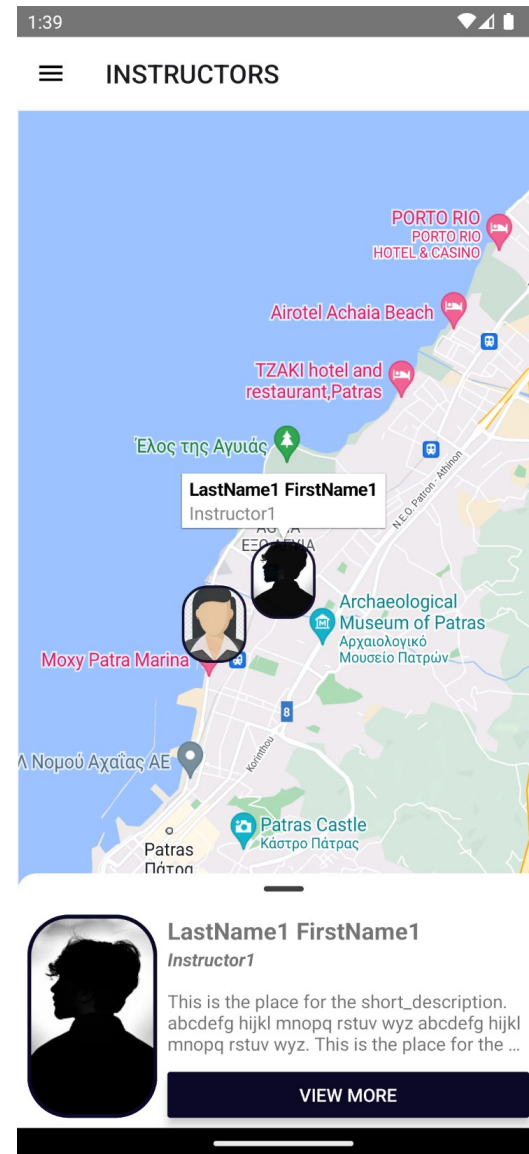
Phase B – Usage

3. Get simple tips regarding physical activity, organized with tags and categories (extracted from training platform)

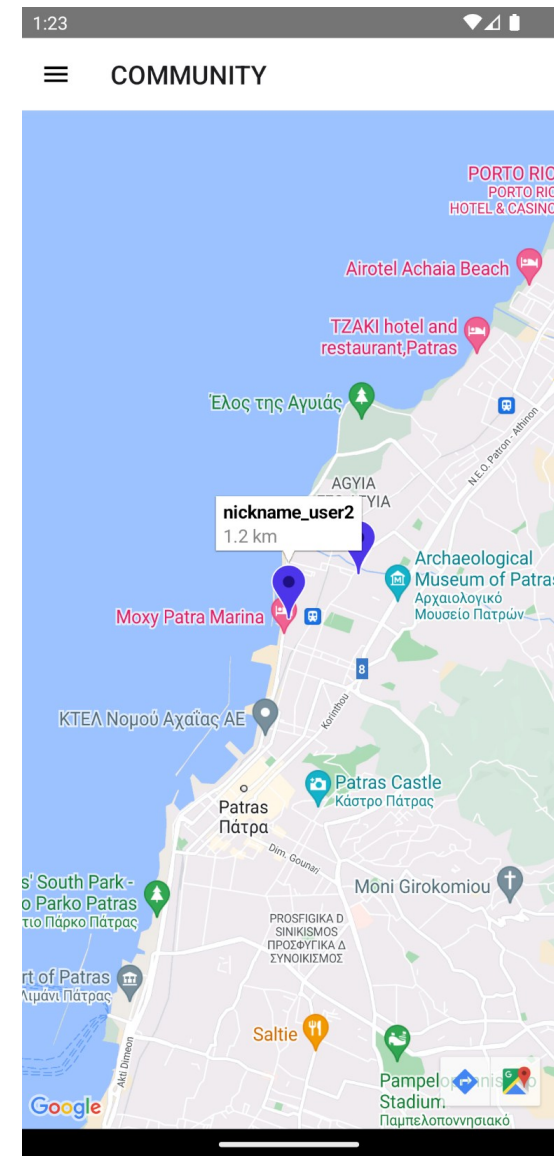# PA4Age mobile app: storyboard and functionalities

Phase B – Usage

4. View and send inquiry for communication with registered Instructors (Trainers) within the ecosystem

PA4Age mobile app: storyboard and functionalities

Phase B – Usage

5. Viewing and networking with other Users (Trainees) in the ecosystem

PA4Age mobile app: storyboard and functionalities

Phase C – Post processing

- Visualize Metrics, KPIs, i.e.:
  - Users engaged vs time
  - Content analytics

Thank you for your attention!