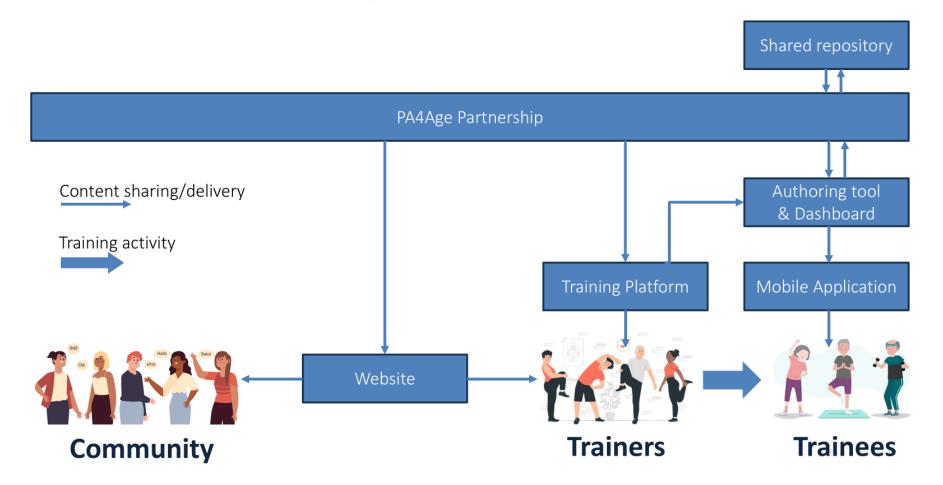


# The PA4Age Mobile App

- Christos Panagiotou, PIKEI Cofounder, Computer Engineer -



## 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



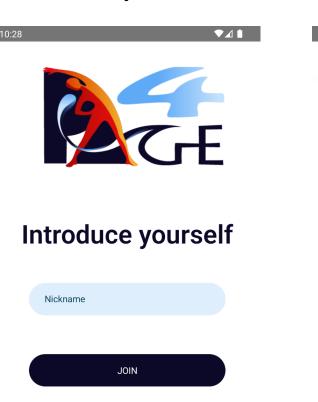
#### Phase A - Preconditions

- 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



## Phase B – Usage

- 1. Users (Trainees) enter a nickname
- 2. Gain access to the 3 mobile application pillars

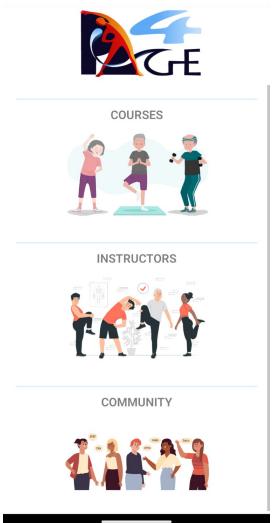


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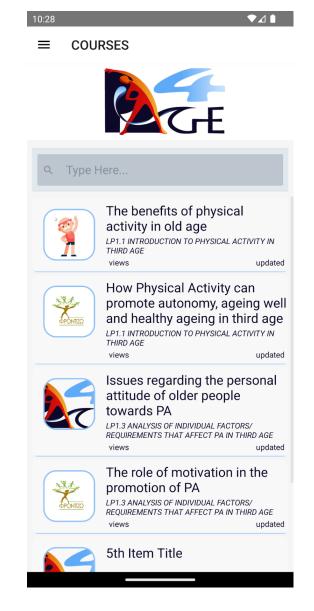
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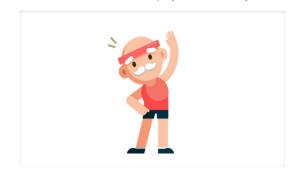


## Phase B - Usage

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







The impact of physical activity on sports activities

Physical activity provides great benefits for both our physical and mental health. It can help maintain abilities like strength, or balance, improve symptoms of chronic diseases, and support a positive mental state. But apart from the obvious rewards, regular physical activity can also influence other domains of daily living such as social contexts.

An active lifestyle can influence an older person's ability to interact with family, friends, or neighbors. Group activities, like trips or sports classes, provide opportunities to connect with other people, allowing for wider social interaction through different social and economic domains.

This unit will provide an overview of the social benefits of physical activity and exercise, focusing on social sports activities. Further, it will look into several case studies to provide options and ideas for implementing activities.

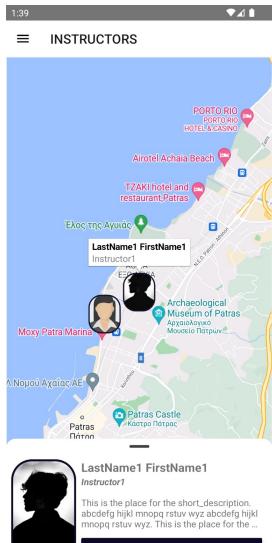
ag1 tag2





## Phase B – Usage

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



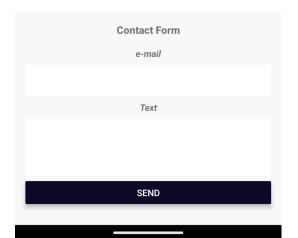






LastName1 FirstName1 Instructor1 2.2 km

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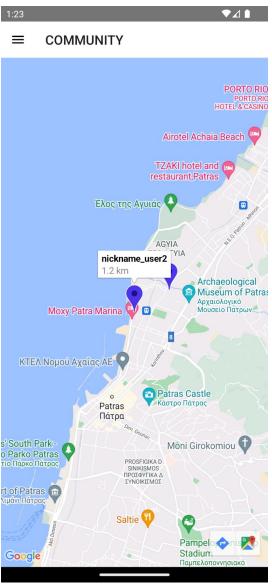




## Phase B - Usage

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





## Phase C – Post processing

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







# Thank you for your attention!

