

ALFRED

Personal Interactive Assistant for Independent Living and Active Ageing



WP9 – Impact

D9.2.4 Advisory Board Summary Feedback Report

Deliverable Lead: IESE

Contributing Partners: ALL

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Version 2.0

The purpose of this deliverable is to describe the communication of the ALFRED Consortium with the Advisory Board (AB) members, the 3rd AB meeting and the diverse interactions between the ALFRED project and the AB members during the last six months.



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Project Partners

 <p>Ascora GmbH, Germany (ASC)</p>	 <p>Atos Spain sau, Spain (ATOS)</p>
 <p>Worldline, Spain (WORLD)</p>	 <p>Charité - Universitätsmedizin Berlin - Department of Geriatrics, Germany (CHA)</p>
 <p>Asociacion de Investigacion de la Industria Textil, Spain (AITEK)</p>	 <p>Technische Universität Darmstadt, Germany (TUDA)</p>
 <p>National Foundation for the Elderly, The Netherlands (NEF)</p>	 <p>Talkamatic AB, Sweden (TALK)</p>
 <p>E-Seniors, France (ESE)</p>	 <p>TIE Nederland N.V., The Netherlands (TIE)</p>
 <p>IESE Business School, Spain (IESE)</p>	

Executive Summary

The present document contains updated information on the communication exchange between ALFRED AB members and project members. Specifically, the document offers the results from the 3rd AB meeting held in Göteborg last 5th of April and gives the feedbacks received from each one of the AB member that participated in the meeting.

The meeting was held satisfactorily and project members are creating a special synergy with the three AB members, which participated at all AB meetings organized so far. The suggestions collected during the 3rd AB meeting helped to build a solid plan of action for the upcoming months, especially for those activities on the exploitation strategy and to better organize the pilots phase that are undergoing.

This is the fourth Advisory Board Summary Feedback Report, of five foreseen reports by the project as part of the task 9.2 “Advisory Board Coordination and Interaction”.

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1. Introduction

ALFRED – Personal Interactive Assistant for Independent Living and Active Ageing – is a project funded by the Seventh Framework Programme of the European Commission under Grant Agreement No. 611218. It will allow older people to live longer at their own homes with the possibility to act independently and to actively participate in society by providing the technological foundation for an ecosystem consisting of four pillars:

- **User-Driven Interaction Assistant** to allow older people to talk to ALFRED and to ask questions or define commands in order to solve day-to-day problems.
- **Personalized Social Inclusion** by suggesting social events to older people, taking into account their interests and their social environment.
- A more **Effective & Personalized Care** by allowing medical staff and caretakers to access the vital signs of older people monitored by (wearable) sensors.
- **Physical & Cognitive Impairments Prevention** by way of serious games that help the users to maintain and possibly even improve their physical and cognitive capabilities.

Within this deliverable, the selection process, invitation and first Advisory Board meeting are reported. Also, a feedback form from the AB members with their assessment and recommendations for the project is provided.

1.1 ALFRED Project Overview

One of the main problems of western societies is the increasing isolation of older people, who do not actively participate in society either because of missing social interactions or because of age-related impairments (physical or cognitive). The outcomes of the ALFRED project will help to overcome this problem with an interactive virtual butler (a smartphone application also called ALFRED) for older people, which is fully voice controlled.

The ALFRED project is wrapped around the following main objectives:

- To empower older people to live independently for longer by delivering a virtual butler with seamless support for tasks in and outside the home. This virtual butler (the ALFRED app) aims for a very high end-user acceptance by using a fully voice controlled and non-technical user interface.
- To prevent age-related physical and cognitive impairments with the help of personalized serious games.
- To foster active participation in society for the ageing population by suggesting and managing events and social contacts.
- And finally, to improve caring by offering direct access to vital signs for carers and other medical staff as well as alerting in case of emergencies. The data is collected by unobtrusive wearable sensors monitoring the vital signs of ALFRED's users.

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To achieve its goals, the project ALFRED conducts original research from a user centred perspective and applies technologies from the fields of Ubiquitous Computing, Big Data, Serious Gaming, the Semantic Web, Cyber Physical Systems, the Internet of Things, the Internet of Services, and Human-Computer Interaction. For more information, please refer to the project website at <http://www.alfred.eu>.

1.2 Deliverable Purpose, Scope and Context

The purpose of this deliverable is to describe the communication of the ALFRED scientific consortium with the Advisory Board (AB) members, the 3rd AB meeting and the diverse interactions between the ALFRED project and the AB members. This deliverable 9.2.4 Advisory Board Summary Feedback Report, is the fourth of five deliverables as part of the task 9.2 Advisory Board Coordination and Interaction. Next and last version is due at months 36.

1.3 Document Status and Target Audience

This document is listed in the Description-of-Work (DoW) as “public”, as it provides a summary feedback form from the Advisory Board Committee.

1.4 Document Structure

This deliverable is broken down into the following sections:

- **Chapter 1** introduces briefly the project and outlines the purpose, scope, context, status and target audience.
- **Chapter 2** lists the members of the ALFRED Advisory Board, provides the AB meeting attendance and updates on the maintained communication with AB members during last months.
- **Chapter 3** describes the third AB meeting in Göteborg, the agenda and the most relevant inputs from the AB in this session.
- **Chapter 4** provides the feedback form used to get information from AB members and their responses.
- **Annexes** give the detailed information regarding the minutes of the AB meeting in Göteborg and the updated report sent to the AB members before the AB meeting.

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2. ALFRED Advisory Board Committee

The ALFRED Advisory Board committee consists of a group of excellent professionals who represent stakeholders from industry and the scientific community interested in new technologies as a tool for independent living and active aging. Table 1 shows the final Advisory Board and their attendance to the ALFRED AB meetings.

Name	Institution	Profile	Institution type	Attending 1 st AB meeting	Attending 2 nd AB meeting	Attending 3 rd AB meeting
Oliver Heckmann	Youtube	Engineering director at YouTube	ICT, Computer networking	No	No	No
Diane Whitehouse	The Castlegate Consultancy/ EHTEL	Director	EU eHealth specialist	Yes	Yes	Yes
Petra Wilson	International Diabetes Foundation	Director	Public sector healthcare	No	No	No
Jaume Raventós and Jordi Rovira	Telefónica Spain	eHealth Department	ICT, eHealth, mobile solutions	Yes	No	No
Koen van Os	Philips Research	Senior Scientist Intelligent Textiles	Big company innovations in healthcare, lifestyle, lighting	Yes	Yes	Yes
Albert Alonso	Hospital Clinic Barcelona	ICT healthcare management director	Hospital. Public body	Yes	Yes	Yes
Heidrun Mollenkopf	BAGSO	Academic, age researcher and politician	Age researcher specialist	No	No	No

Figure 1 ALFRED Advisory Board Committee and AB meeting attendance

2.1 Advisory Board Recommendations on Second Year of ALFRED

During the first and second year of ALFRED project a continuous and fluent communication with the AB committee were kept. The second AB meeting was held in Paris on the 12th March 2015. After the meeting the second AB feedback form was handed out to the AB members. For further details see D9.2.2. The main recommendations provided in the second AB meeting and the second AB feedback form are gathered and prepared as a brief document describing how all the AB recommendations are adressed in order to do the follow up (Annex I).

2.2 Communication with the Advisory Board Members

Invitations to participate to the 3rd AB meeting in Göteborg were sent on the 5th April 2016. Invitations were sent together with an updated status of the project activities and results. The update showed the progress made since the last communication and the incorporation of the suggestions made by AB members in their previous feedbacks.

It is very important for the ALFRED project to keep a constant communication with the AB members, update them in the progress of the project and get their assistance and recommendations for the continuous improvement of the project.

Three members accepted the invitation for this meeting, namely Diane Whitehouse, Koen Van Os and Albert Alonso. These members have attended the all previous ALFRED AB meetings hence they have very good knowledge of the project status and its developments.

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3.Third ALFRED Advisory Board Meeting

This section gives a summary of the third AB meeting and the feedback received from the AB members. The third ALFRED AB Meeting was held on the 5th April, in Göteborg, at the University of Göteborg, alongside the 3rd ALFRED Scientific Committee meeting hosted by TALKAMATIC. Unfortunately due to agenda constraints not all the ALFRED AB members could join the meeting – Oliver Heckmann, Petra Wilson, Heidrun Mollenkopf and Jordi Rovira were not present at the meeting. Nevertheless, they will be updated with all the presentations, as well as the minutes of the meeting and the feedback form.

3.1 Agenda and Presentations by the Consortium

The scope of this third AB meeting was to update the AB members on the ALFRED project progress and obtain their feedback. The AB meeting agenda (Figure 2) covered an update of the project, organized by the 4 ALFRED pillars, including the end-users perspective and discussions about exploitation and dissemination strategies. Short presentations were given by partners of the Consortium for each topic, leaving space at the end of each presentation to AB members for discussing results and collect their comments and recommendations.

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ALFRED 3rd AB Meeting, Gothenburg, April 5, 2016



Location: Gula salongen, Göteborgs Universitet, Universitetsplatsen 1, 411 24 Göteborg

Organisers from Talkamatic:

- Robin Persson: +46 7 6133 6133

Time	Topic	Presenter
12:00 – 13:30	Lunch, 129 SEK. Happy M Kitchen, Vasagatan 24.	
13:30 – 13:45	Welcome of Advisory Board and General Update of ALFRED Project	IESE
13:45 – 14:00	ALFRED Core and Interoperability	ASC AB Members
14:00 – 14:20	Apps Development: Research Excellence	TUDA AB Members
14:20 – 15:00	Apps Development: State of the Art	TALK, AITEX AB Members
15:00 – 15:20	Pilot Demo in Utrecht	ESE/NFE AB Members
15:20 – 15:30	Coffee Break	
15:30 – 17:00	Exploitation Strategy	IESE AB Members
17:00 – 17:15	2 nd ALFRED Workshop	TIE AB Members
17:15 – 17:30	Final Remarks	AB members /All
	* Each section includes time for AB Members' inputs and suggestions.	
18.00 – 19.00	Secret Delight	
19:30	Dinner. Smaka, Vasaplatsen 3.	

Figure 2 Agenda of the Second AB Meeting

3.2 Minutes and Remarks from the Third AB Meeting

The Third ALFRED AB meeting was very fruitful, several intensive hours of analysis and dialog happened, ideas were exchanged and new suggestions were proposed. The minutes of the second AB meeting can be found in Annex III.

Some of the main remarks from the AB session are summarised as follows:

- Do not worry excessively on the objective to obtaining **excellence in research**, but rather on the innovative aspects of the project such as the results from the pilots and produce **general dissemination material** (blogs, video, flyer, brochures).
- State your competitive advantage of the **speech recognition system** created by TALK, compared to the 'siri system'.
- Test the **T-shirt** and activate the **sensors** during the pilots phase. Take in consideration the n^o of T-shirts needed.
- Address correctly the **translation of the results from the pilots** to technical developers, ensuring innovative solution to be put in place.
- During the pilot phase, be careful with your **pre-set idea** on end-users and not to spoil the results.
- Include **wearables in the business model** of 'ALFRED as a whole'.
- Organize **focused discussion with interested stakeholders** (caregivers) to better understand their interest in ALFRED.
- Participate in **forum directed to the caregivers sector** to better understand the simple message you have to produce.
- Formulate a **short and clear message** on ALFRED addressing the potential customers or real users.
- Evaluate the idea of using a **world-café formula** during the AAL forum.

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4. Third AB feedback Form

The AB feedback form is an excellent opportunity to get an expert opinion on very specific issues of the ALFRED project and their reflections “*a posteriori*” on the outcome of the AB meeting and their opinions and suggestions on the specific issues raised during the presentations. This form (Figure 3) was handed to the AB members at the beginning of the 3rd ALFRED AB meeting and was delivered some weeks after. Even if the 3rd AB meeting is the last face to face meeting with AB members foreseeing until the end of the project, our planning is to handle AB members another Feedback form by August 2016 with their opinions on the results of the piloting phase.

ALFRED Project

3rd Advisory Board Feedback form

Advisory Board member name and email

Please rate the 3rd ALFRED Advisory Board meeting, held in Gothenburg, April 5th, 2016

from 1 insufficient, to 5 excellent

- | | | | | | |
|--|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| Agenda (topics covered, timing, etc) | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 |
| Presentation of the ALFRED project | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 |
| Discussion created on different topics | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 |

Comments & Suggestions

Please comment on the following topics

e.g. analysis of the topic, project framework, main conclusions

1. ALFRED Core and Interoperability

2. Apps Development

3. Exploitation Plan

4. Dissemination activities

5. Pilot cases

Additional Comments

please provide any additional comments you consider suitable

After filling the form, please send it to Federica Righi, trighi@iese.edu

Thank you for your contribution to the ALFRED project

Figure 3 ALFRED Third AB Feedback Form

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4.1 AB members replies

The comments from the AB members are very constructive and valuable; they will be considered in the future for further improvement of the ALFRED results. Below you can find the replies of the three AB members present during the meeting, grouped by question.

Please rate the 3rd ALFRED Advisory Board meeting, held in Göteborg, April 5th, 2016

Koen van Os:

Agenda: 4

Presentations: 5

Discussion: 5

Comments: A bit more time for discussion in Agenda, but perfect managed and well prepared.

Albert Alonso:

Agenda: 4 A bit tight to have time to discuss some topics a bit more in detail

Presentations: 5

Discussion: 4 Good discussions and good participation from Consortium partners and AB members

Comments: The meeting was well organised and presentations had been well prepared. Some points were raised during the discussions with AB members. My feeling was that the partners took notice of the comments made and are willing to incorporate them. Maybe, some time was needed during the meeting to further elaborate how they can be incorporated in practice given the time left for the completion of the project.

Diane Whitehouse:

Agenda: 4

Presentations: 3

Discussion: 3

Comments and suggestions: I hope that the feedback given during the session was useful for you all.

ALFRED core and interoperability

Koen van Os: ALFRED system presentation was very clear. The Docker is a good reaction on fast changing times (health kit, etc.)

Diane Whitehouse: She was unable to comment on this section because she arrived late to the meeting due to a reschedule of her flight to Göteborg, via Brussel airport, due to the terrorist attacks in Brussels on March 2016 that led to the closure of the airport.

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Albert Alonso: The progress done in the technical developments is very good albeit some difficulties that were found. Solutions and approaches developed seem to be well positioned in front other commercial competitors. There is however an important task that has to be completed: the integration of the different pieces in the fully operational ALFRED platform. It is going to be this last piece the one that will determine the final success of the project. This piece is also needed for the planned small scale pilots.

Apps development

Koen van Os: No comments

Diane Whitehouse: Impressive. I think one of ALFRED consortium's strengths would be to promote itself as a "network of young people/young designers and researchers" who understand well how to work on technologies for older adults.

Albert Alonso: This group of activities has been well addressed, from the technical point of view but also in terms of the functionalities provided. The developments seem to be well aligned with other in the market and to what the customers demand.

Exploitation plan

Koen van Os: Very profound plan presented. Critical on focus shift to nursery homes. Think of connecting more to the health kit companies. More variation in plans would be nice. Add textile calculation into one variant.

Diane Whitehouse: I suggest that IESE (as a business school) facilitate a business model canvas workshop with the enterprises/start-ups involved in the project. I have some experience also in this field, if external help would be needed.

Albert Alonso: There is good evidence that the exploitation plan is being elaborated with the participation of all partners under the leadership of IESE Business School. IESE provides the methodology (e.g. business canvas) that is sound and appropriate. At this stage, the exploitation plans has identified core components to be considered and suggested a path of action. Perhaps the latter requires more elaboration. In the opinion of this reviewer, the suggested path is not convincing. I believe that the views of other stakeholders (those that can be potential customers) should be sought and collected to tune some important aspects of the exploitation. Also, the consortium seems to consider that the platform should be exploited as a single and complete package. This, albeit possible, might be a bit more difficult. It might be worth considering to split ALFRED in separate, smaller pieces that could be marketed and exploited separately. Maybe by starting smaller, the approach could be more feasible.

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Dissemination activities

Koen van Os: Wait for stable system. Recommendation of preparing a mock-up and video. Include also some pictures of the T-shirts.

Diane Whitehouse: Generally, the consortium should consider producing some blogs, a video, flyer(s), brochures, and generally "a simpler set of messages".

Albert Alonso: They are commensurate with the developments and stages of the project. The indication made during the 2nd review about emphasising research excellence was analysed. My opinion is that, given the nature of the project and its work plan, this can not be a reasonable goal. Instead, the project might benefit of a greater focus on the innovation that it brings about, not only in the technological domain but, more importantly, in the incorporation of ALFRED to new services to deliver care / support / well-being. In this regard, maybe one of the potential weakness is that the project has not been exposed to forums involving the stakeholder that represent this service side.

Pilot cases:

Koen van Os: Maybe too late, but if more time is required ask for project extension.

Diane Whitehouse: The consortium would be well advised to run some focus groups and/or "word cafe" sessions. I think that the consortium could use the EIP on AHA offer of doing "sprints" to get some quick feedback from relevant communities on its work.

Albert Alonso: The pilot run so far have been evaluating the usability of different components of ALFRED in isolation by using walk-through techniques. This has been well conducted and feedback has been incorporated into the developments (formative evaluation). The current challenge of the project is to run the pilots in (quasi) real life scenarios with the fully integrated platform given the short time remaining. Some suggestions were made to think about the possibility of including some qualitative research activities during this pilot phase to gather the view of stakeholders about the potential of ALFRED to be included in real services.

Additional comments

Koen van Os: For smart textiles, this Project is really a step forward, more first time embedded into a smart community of ALFRED!

Diane Whitehouse: After or towards the end of the project, the consortium might consider to explore continuation of its work through the AAL programme of activities as well as the EIT/KIC.

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Albert Alonso: This project has reached interesting achievements. It is a pity that it could not run for a year more to consolidate the work, specifically in the piloting phase.

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5. Annex I – Brief Summary of Actions on AB Recommendations



How are we addressing Advisory Board Committee recommendations? Work in progress

This text summarizes the comments from the 2nd Advisory Board meeting and the 2nd Feedback form (as shown in D9.2.2). The feedback from the ALFRED AB is mainly categorized in the following points:

- Choose between medical or wellness devise.**
The decision is to finally opt for ALFRED as a wellness device and to use the services ALFRED can offer to end-users as a way to self-monitor their health status and to stay connected.
- Take into account informal carers for the ALFRED architectures.**
The idea is to focus more on formal carers, rather to informal carers. The reason for such decision was given during the LLP event and is driven by the need of reducing the costs of marketing and promotion at least for the first launching phase to the market. Organized and well-structured formal carers are believed to be reachable.
- Determine clearly the consumer of ALFRED services is and design the services accordingly.**
The decision on the final consumer of ALFRED services has been made in the D9.1.2 and was explained to AB members during the 3rd AB meeting in Göteborg. The idea to reach nursing homes and home-care organizations will be further study in the final months, before the project ends.
- Organize a workshop on Business model canvas to explore opportunities.**
ALFRED's members from IESE and ASC participated in the Lean Launch Pad Initiative Event, after receiving the invitation from the EU Commission. This event and the suggestions collected by professional experts were considered as the basis for the development of the exploitation plan for 'ALFRED as a whole'.
Internal discussion among members of the project consortium was constantly undergoing during teleconference meetings and through emails communications. Moreover, each partner was asked their feedbacks on the visions of exploiting single parts of ALFRED at individual partners' level. This is all reflected in the deliverable 9.1.2.

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- **Select very specific dissemination channels**

Given the success obtained in the organization of the 1st Workshop on ALFRED in the AAL Forum, the project team decided to participate again and present project results. This will be also an occasion to look for opinion from the caregiver sector and organize informal focused discussion/interviews.

ALFRED's members will also participate in the application for the EIT Health Business School and take the opportunity to discuss collectively' ALFRED as a whole' business case.

- **Liaison with key external stakeholders**

According with the last D9.1.2, possibility to further exploit the business case for ALFRED and even to create interesting material for education activities will be developed under the EIT Health umbrella. The project team is currently assessing the possibility to participate to the Business Plan Aggregator Call of the EIT Health Accelerator. Moreover, ALFRED team will also apply to the EIT Health Summer School on Innovation and Business Creation in the Health sector and present the project ALFRED to be part of the selected projects the summer school.

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6. Annex II – ALFRED Project Update sent to AB members



Project progress summary (03/2016)

Project progress summary

Since October 2015, the project realised important advancements in all the prototypes and made important efforts to integrate ALFRED components. The exploitation plan has also been developed, and dissemination of project's results is undergoing continuously. In terms of deliverables: 24 new deliverables are being prepared and will be submitted within the next two weeks, in Month 30 (M30). The most important results of each WPs are described below:

WP2 Concept, Requirements & Specification

As a continuous task over the whole course of the project, the market watch has been updated during this period and results are included in the exploitation plan due by end of March 2016. The participation in the LeanLaunchPad Pilot initiative constituted a decisive moment for the segmentation of ALFRED's potential users and customers. One more Market Watch Deliverable is foreseen by the end of month 36, September 2016.

WP3 ALFRED Core

The prototype of the battery warner app has been improved. It inherits Google Maps support, so that users may mark their house areas themselves. In addition, the Personal Assistant (PA) has been prepared for being properly presented at ICT 2015, 20-22 Oct. in Lisbon. Therefore, a few improvements were realized. The Personal Assistant App now is much stronger integrated into the Service itself. New versions of CADE were also published. The Service is now able to receive and interpret incoming speech commands. CADE supports DDDs in Dutch and French. The CADE frontend library for Android has been completed, enabling full support for Android.

Improvements concerning the adaptations of the Personalization Manager PM have been made for the integration of the PM component with the rest of the ALFRED system.

A new SDK for the mobile app of the market place has been developed in order to make it easy to integrate any kind of application to the server Market Place.

Big efforts are being deployed to terminate the implementation of the navigation sample app, which will be delivered by end of month 30, so that the users studies may start with full functional, integrated solutions. 2

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WP4 Pillar I: User-Driven Interaction Assistant

The dictation in CADE is now more robust. Two prototypes have been developed to help with communication, offering support to users by calling and sending an sms respectively. The prototypes deal with a dialogue user interface, in addition to the graphical one.

Important results

- CADE supports dialogue from multiple DDDs simultaneously,
- CADE supports installation and uninstallation of DDDs, from e.g. a marketplace,
- CADE supports recognition profiles, increasing robustness of interpretation.

WP5 Pillar II: Personalized Social Inclusion

Significant efforts were spent in the data mining services. A number of updates and refactoring work were deemed necessary to improve the performance of the crawled and extracted events. Moreover, KPIs and analytics were added for providing more context and metrics for the recommendation of the events. Also, support and work for the integration with other components and specifically for the recommendation of the events functionalities were involved.

Finally, another significant task that required a lot of efforts is the crawling of web resources aimed for human readers. It is a very difficult problem and a lot of efforts were spent for researching frameworks, tools and approaches for performing this task and prototyping solutions. It is as mentioned a challenging task but if achieved it will significantly increase both the volume of available events and the flexibility in selecting event sources. However, current data mining performed is still quite good with approximately 10.000 events worldwide inserted in the data warehouse each day.

The first prototype for the event recommendations was implemented. The recommendation services were deployed and notification functionalities of the recommended events to users were developed in the ALFRED system. The recommendation services of ALFRED were showcased in the second review.

Important Results

All the results of the work package 5 were showcased with demos during the second project review in Utrecht (November 2015). Specifically, the User Profile Editor app, the Event Mining services, the Events Portal and the actual Event Recommendations applications were successfully demoed in the review which WP5 partners consider it shows the good shape, productivity and efficiency in the work performed for the social inclusion of ALFRED users. 3

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WP6 Pillar III: Effective & Personalized Care

Efforts have been developed with the HMC (Health Monitor Client). Progress has been made to obtain access information and sensor configuration. This information is obtained from the HMS (Health Monitor Server) and services used to start considering identifiers configurations of sensors and data collection frequency.

In addition, a complete Data Transmission Manager module has been implemented, responsible for the transmission of data to the HMS (Health Monitor Server). This information is sent following the interfaces defined by assigning each item a timestamp. Progress in implementing the HMS (Health Monitor Server) has been made allowing a definition of settings for sensors, multiple users, authentication support with the authentication server, and support for data reception and temporary storage. It has also begun to build Anomaly Detection module that allows to analyse the data received by post processed. These expansions especially affect: Health Monitor Configurator, Health Profile Manager, Data Post-process framework and Alarm Manager. Also a first prototype for the integration of the Effective & Personalized Care functionality was added to the ALFRED Web Portal. It is integrated with the HMS and is capable of showing graphs.

Finally, efforts have been made in preparation for the development of several apps in the context of this WP to allow interaction with CADE. This task has been made following the results of user stories and initial requirement analysis.

Important Results

The following prototypes were created and improved:

-processing
tion.

WP7 Pillar IV: Serious Games for Physical & Cognitive Impairments Prevention

The implementation of the Game Manager Profiler application was continued and completed. Furthermore, an extensive literature review on the effectiveness of therapeutic interventions for patients with acute, subacute, or chronic non-specific mechanical low back pain (LBP) was also conducted. The results of this review gave in-depth insight on the pathomechanisms of LBP, identified the latest exercise regimes and adapted this knowledge in the development of the ALFRED back trainer exercise programme. All efforts were undertaken to assure that the exercises are senior friendly and can be adapted to a broad population of older adults.

The development of the ALFRED game triggering mechanisms was started and has made good progress – an evaluable prototype is expected by the end of March 2016. Partner WORLD has worked on a toolkit that allows developers to define gamified missions and achievements for users in order to encourage them for physical and/or cognitive activity. Some of these missions will be “team” missions, requiring a group of players teaming up in order to achieve them, which is supposed to increase social interaction. This system will also provide leaderboards in order to enable a certain degree of friendly competition among users. A robust Android-based SDK in order to make it simple for other developers to integrate any kind of their Android applications into ALFRED's gamification system has been developed. Finally, serious game prototypes is progressing with the completion of five serious games (Dancicians, Back Trainer, and Balance Bike), although their integration into

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the ALFRED personal assistant is expected by end of March 2016. The work on two more games (Puzzle Arena and City Explorer) was started.

WP8 Piloting & Validation

The approach of the ALFRED project is to continuously involve the target groups in the development of the system through Iterative Evaluations. The aim of this approach is to provide the system developers continuous recommendations from the end users in order to obtain final results that are easy to use by older people and are adapted to their requirements and needs.

Deliverable D8.2.1 develops a set of simple tables with recommendations in order to inform technical partners on problems and necessary improvements to adapt to target group needs. A second prototype evaluation, including the ALFREDO marketplace, the game “Dance with ALFRED” and the ALFRED Sensor T-shirt was performed. Altogether there were 12 (9 females, 3 males) seniors participating in the testing. The Evaluation Cycle was done in France and in the Netherlands in November 2015 and in Germany in December 2015. The third prototype evaluated the User Profile Editor, the ALFRED t-shirt and the connected health app, the “Dancicians” game and the ALFREDO marketplace. The Post-Study System Usability Questionnaire (PSSUQ) was used to evaluate the usefulness and usability of the currently available prototypes with older adults. Altogether 25 (22 females and 3 males) participated in the testing in the Netherlands, France and Germany.

Important Results

“The Dance with ALFRED” game was perceived as entertaining and users especially had fun with the multiplayer modus. On the other hand, more challenging levels and a better introduction on how to play the game were desired. Despite the necessary tight fit of the ALFRED Sensor T-shirt, the participants had no trouble when they were putting on the T-shirt, also the ALFRED logo on the shirt received positive remarks. The main problems with the T-shirt was the position of the sensor unit in front of the chest. In general, the user profile editor was considered was relatively easy to use, but the majority of the users experience inconsistencies in the user interface: the way they needed to save changes and to add information in an easier way. Also the language (only an English version) was experienced by most participants as a problem. The sensor T-Shirt. Although the all testers agreed to try on the t-shirt, the results do not confirm that everybody is ready to wear it on a more regular basis to monitor their health. An often mentioned sentence was “if I get more complaints”, “if my health gets worse” or “if it is necessary”. In consequence, the most testers would agree to wear a smart T-shirt only under certain conditions, notably if they have health problems. A special attention must be paid to t-shirt sizes as those are sized very small. Moreover, the testers liked the app related to the t-shirt and the idea to be able to check on their health status and be informed about potential changes in their health but they want to be able to decide with whom this data is shared.

A new version of the game “Dancicians” was tested in these three countries. Not all participants performed the three different tasks, because they experienced motivational difficulties. The main issue was the ‘punishment’ that participants experienced while doing the right move and feedback (music stopped). It would be

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highly suggested to keep the music playing even if an incorrect move of the player is detected and just give visual feedback in case an error was detected by the game. On the other hand, the participants also liked the game, because of the challenge in making the right move (with another person), it was comparable with the gym class some participants were in.

Furthermore, all necessary forms and papers were completed and submitted to the Ethics Committee and the data protection officer of Charite Universitaetsmedizin Berlin so that participants can be recruited and all regulations for Pilot 2 are met.

WP9 Impact

Exploitation Plan (D9.1.2)

In M30 the second and last exploitation plan will be delivered. This plan is currently under internal revision in the project consortium and will be presented to AB members during the meeting in Gothenburg.

This plan is based on the decisions taken during the participation in the Lean LaunchPad Pilot Initiative and following the comments from the last Meeting Project Review in Utrecht (November 2015).

The main idea consists of defining different scenarios, on a short and long term run, to reach well defined customers targets and to carefully differentiate between users and customers. Given the difficulties to commercialize a tech-based product into the “silver market”, we opt to first reach those caregiver organizations that are already working in the provision of long-term care either at home of recipients or in institutions.

In fact, we believe that the pull factors encouraging these organizations, to introduce a system such as ALFRED in their operations management, are mainly two: (i) to improve the efficiency of their resources management by allowing caregivers to have constant communication channels with their patients and to monitor their health values by remote positions; (ii) to improve the quality of care by offering a novel technology to their clients that improves patients’ involvement and capacity to autonomously check their health status and prevent deterioration through several Apps in their smartphones.

On a long-term perspective, the strategy is to pass smoothly to other customers segments from private providers to non-profit and public and, hopefully, finally selling the ALFRED platform directly to the senior population and to their families.

The document describes the added value that ALFRED offers in comparison with its main competitors and how it positions in the market. A rough financial plan is also presented in the deliverable.

Advisory Board Feedbacks

The project team takes the opportunity of the organization of next Project Team Plenary Meeting to invite Advisory Board Members to participate for one day and to present the project progress status. This event takes place just after a very important momentum of the project, month 30 (M30), when many deliverables are due and the interoperability of the system through the integration of ALFRED system’s various components will be in place.

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Also the exploitation plan will be presented and ideas for next piloting phases and dissemination activities.

Dissemination and Collaboration Activities

ALFRED has been exhibited in the ICT 2015 conference in Lisbon from 20 – 22 October. ALFRED booth was at Praça do Comércio in Lisbon (<https://ec.europa.eu/digital-agenda/events/cf/ict2015/catalogue-list.cfm?village=offs>).

This part of the exhibition open to the wider public showed 'What European ICT is doing for you?' and gave a snapshot of the contents of the main CCL exhibition. Apart from visits from many attendees to the ICT2015 and general public, we received the visit of the European Commissioner for Research, Science and Innovation, Carlos Moedas and for Digital Economy and Society, Günther Oettinger. The ALFRED project has been presented in Atos Scientific Community (<http://atos.net/en-us/home/we-are/insights-innovation/scientific-community.html>), the global board in charge of defining ATOS innovation strategy, and now is part of ATOS reference project portfolio, coordinated by Mr. Ruud van der Loo, Director Global Strategy & BD Healthcare at Atos. This will allow looking for further collaborations within Global Atos, as well as opening international communication channels. Secondly, ATOS, as a core member of the EIT-Health (<https://eithealth.eu/>) and Innovation Manager of the Spanish hub, has presented its project portfolio (among them ALFRED) to define the state of the art and to define innovation trends in eHealth.

In addition, ESE is a network partner of the French EIT-Health node enabling the ALFRED consortium be updated on the new European level activities in the field of innovation and education in health. Finally, the partners have started to analyse the recommendations given during the 2nd MTR trying to follow the suggestions during the last project year, notably while looking for new ICT- projects for collaboration.

Finally, we are currently working for the organization of the 2nd workshop to be organized in the AAL Forum next September in Switzerland.

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7. Annex III – Third Advisory Board Meeting Minutes

Third ALFRED Advisory Board Meeting

University of Göteborg, Sweden, 5th of April 2016

7.1 The Members of the ALFRED Advisory Board

The Figure 4 defines the members of the advisory board that were invited to take part of the third advisory board meeting and those that were able to attend the meeting.

Name	Institution	Profile	Attending 1 st AB meeting	Attending 2 nd AB meeting	Attending 3 rd AB meeting
Oliver Heckmann	Youtube	Engineering director at YouTube	No	No	No
Diane Whitehouse	The Castlegate Consultancy/ EHTEL	Director	Yes	Yes	Yes
Petra Wilson	International Diabetes Foundation	Director	No	No	No
Jaume Raventós and Jordi Rovira	Telefónica Spain	eHealth Department	Yes	No	No
Koen van Os	Philips Research	Senior Scientist Intelligent Textiles	Yes	Yes	Yes
Albert Alonso	Hospital Clinic Barcelona	ICT healthcare management director	Yes	Yes	Yes
Heidrun Mollenkopf	BAGSO	Academic, age researcher and politician	No	No	No

Figure 4 Participation to the 3rd AB Meeting

7.2 About the Third Advisory Board Meeting in Göteborg

All the presentations given for the advisory board (AB) members are available in the ALFRED Dropbox Folder. The AB meeting covered an update of the project, organized by the 4 ALFRED pillars, an update on the end-users perspective and discussions about exploitation and dissemination strategies. This document compiles the questions, comments and feedback of the AB members, who attended the meeting.

7.3 Questions, Remarks and Precisions Discussed with the AB Members

Section 1: ALFRED Core and Interoperability

An introduction on the general architecture of how the system works was presented. Discussion was raised on the option of a "docker" for further opening the system. Currently there is no option to add external 'ALFRED services'. AB members asked whether the possibility of the docker was foreseen at the beginning of the project and if it will have an impact on the functionalities of ALFRED. The answer was that the docker increases the impact of ALFRED and gives the possibility of creating use-cases that currently cannot be built on. Finally it allows the possibility to include 3rd party web services.

Section 2: Research Excellence

An introduction was given on the planning to achieve excellence in research as pointed out in the second reviewers meeting. According to AB members the impact should not be measured not only on scientific contributions but also on the results of the pilots and the number of users. The main conclusion from AB members was that excellence of research is not an issue in this project.

Project coordinator stated that we might contribute on innovative research in the domain of serious games since this is a field where no much information is created yet.

Section 3: Apps Development - State of the Art

A description on the status of apps development and the integration of the speech software was presented. Questions from AB members were made on how the speech recognition system applies to older people and if the rate of failure is higher. The answer from project members was that the problem with the 'siri system', already in the market, is that it tries to avoid the problem with speech recognition while the system created by TALK for the ALFRED project solve this problem and in case of not comprehension of the system, it will ask you again to the users. In case the system finally cannot understand the voice, the solution foreseen is the possibility to give the users visual options to choose on.

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AB members also asked for the competitive advantage of the ALFRED voice system compared to the siri one. The answer is that the siri system is a closed system, even if it integrates lots of functionalities there is no marketplace attached to the siri system, compared with ALFRED.

Regarding the sensors to measure health values, AB board asked if the T-shirt is the only way to measure values. The answer is that the system is designed to connect various external sensors and, in this case, the provider will have to provide a special software (interface/driver) to connect to ALFRED. The suggestion from the AB board is to evaluate the T-Shirts during the pilots.

Section 4: Pilot Phase

According to the AB board the concern is on how to translate the information gathered during the pilot phases to the developers and finally addressing innovative solutions.

Also AB members reflected on the fact that in most of these types of project as ALFRED, the time remained for the pilots is very short.

Also some members suggested the idea to also include in the piloting phase some focused group discussions with other type of stakeholders a part from end-users. Probably with social workers.

Another suggestion is to stress the fact that the usability pilots have been done at the beginning of the project to be able to react on time. That was not made clear during the presentation.

Section 5: Exploitation Strategy

The strategy for the exploitation of 'ALFRED as a whole' was presented and the idea to sell ALFRED services to nursing homes and home care organization. The AB board asked whether this is a decision made by the project team as a whole. The coordinator explained that this idea followed the suggestions given to the ALFRED team participation in the Lean Launch Pad Initiative Event in Rome.

Also attention was raised on the consideration of the privacy of data and to the importance of including wearables in the business model.

The idea of Germany is probably not the best target market, because of the difference between the regions and the difficulty to reach the insurance system.

Finally AB members expressed the suggestion to organize an internal workshop only on this issue and check how each partners will approach the idea of the exploitation.

Section 6: Second Workshop

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The idea of the organization of a second workshop in the AAL Forum was introduced to AB members and also presented the high success of first workshop organized in the same forum.

AB members gave ideas to take advantage of this workshop to ask attendees their feedbacks by means of a quick evaluation form, or even a small interview with those attendees with the most interesting profile.

It was discussed the idea of organizing a world-cafe.

Final Remarks

AB members expressed that the project is very challenging and in a very important moment were feedbacks from the piloting will test the results of the works done until now.

They also suggested to evaluate the idea of AAL as a network to look for future fundings.

Finally, they added that it could be a good idea to develop a short message to use in the future for the promotion of ALFRED, with blogs and pamphlets.

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