



Introduction

ComfortAge Fostering Personalized Dementia and Frailty Interventions

Rapidly aging European population poses significant challenges to both society and the economy. As individuals age, rates of chronic illness, mental health conditions, disability, and frailty increase, leading to substantial individual and societal costs.

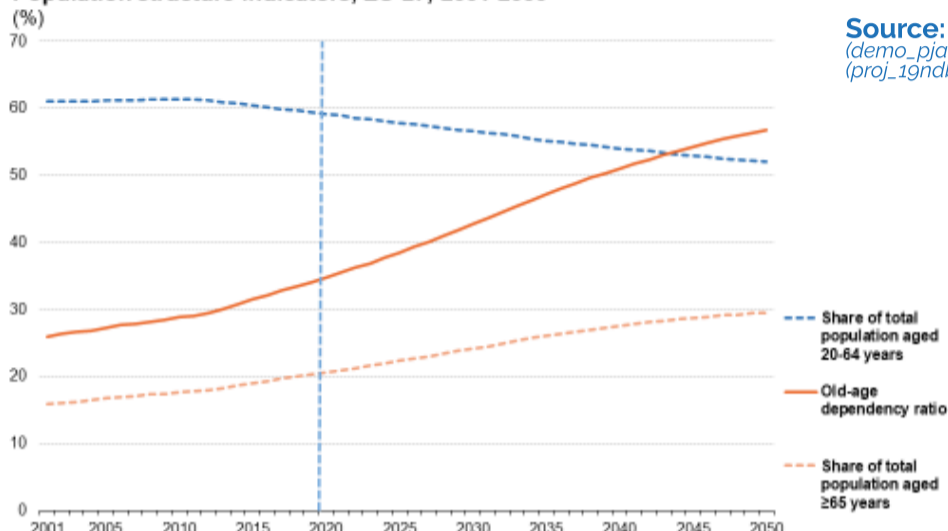
Recent studies highlight a concerning rise in dementia prevalence across the EU, with evidence suggesting that dementia pathology begins years before clinical symptoms appear.

Addressing the gap

Timely diagnosis is crucial in dementia care, yet there exists a gap in integrated knowledge and fragmented healthcare data, hindering comprehensive risk factor analysis and personalized interventions. Current healthcare approaches often adopt a generalized strategy, failing to account for individual differences in genetics, lifestyle and environmental factors.

ComfortAge endeavors to drive **meaningful change in dementia and frailty care** across Europe through develop holistic and integrated healthcare models tailored to age-related mental and physical diseases and disorders individuals' needs. ComfortAge aims to create a Virtualized AI-Based Healthcare Platform (VHP) to centralize AI resources for risk factor analysis, early diagnosis and personalized decision-making.

Population structure indicators, EU-27, 2001-2050 (%)



Source: Eurostat (demo_pjanind) and (proj_19ndbi). Eurostat

Note: the old-age dependency ratio is calculated as the number of people aged ≥65 years divided by the number of people aged 20-64 years, expressed as a percentage. 2008, 2010-2012, 2014-2015 and 2017: breaks in series. 2018 and 2019: provisional. 2020-2050: population according to the 2019 projections, baseline variant (EUROPOP2019). The vertical dotted line marks the divide between official historical data and EUROPOP2019 population projections. Source: Eurostat (online data codes: demo_pjanind and proj_19ndbi)

eurostat

Key pillars

1 Digital Health Europe
Integrating and positioning the project into the Digital Health Europe (DHE)

2 European Health Data Space
Integrating the project's Ageing-EHDS with the European HealthData Space

3 EUROPEAN COMMUNITIES
Integrating COMFORTAGE outcomes and tools within Europeans communities

4 STAKEHOLDERS
Engaging with relevant stakeholders within the pilots and attracting stakeholders from their sectors

5 EXCELLENT SEO
Disseminating technical and scientific results to appropriate recipients and adopters

6 ENGAGING DATA
Engaging data providers, data spaces and data marketplaces towards expanding the COMFORTAGE tools and training marketplace

7 SHOWCASING BENEFITS
Showcasing socioeconomical benefits of the digitally enabled community-based care plans

8 GENERAL PUBLIC
Enhancing trust of the general public, healthcare organizations, healthcare and SMEs

What ComfortAge offers

Person-centred & evidence based innovations and personalized solutions:

- Medical/clinical.
- AI (serious games, Patient Digital Twins, Virtual Assistive Technologies).
- Digital Innovation Hubs (Smart Homes, robotics and Living Labs).

Prevention at younger age groups (will reduce future dementia risk).
Digital expertise among medical devices, analyses, etc.
Personalized plans based on support healthy and active lives.
Social innovations for promoting innovative views and co-creating new or improved solutions for assistance.

ComfortAge represents a pioneering effort to address the complex challenges of aging populations, dementia, and frailty. By combining clinical expertise, technological innovation and community engagement, ComfortAge aims to improve the quality of life for individuals while advancing the field of personalized healthcare intervention and prevention and establish a pan-European framework for community-based prevention and intervention strategies and to facilitate effective lifestyle changes.

ComfortAge is a four year project funded through the European Unión's Horizon Europe Programme involving 39 organisations from 12 countries. The project will conclude in December 2027, and it will be expected to involved:

- 3000 regional public authorities & care providers
- 2000 research institutes
- 4000 SMEs and Start-Ups
- 2000 community & patient groups

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