

SenAte

Project No.	ERASMUS-SPORT-2021-SCP 101050646
Project Title	Seniors active at home
Project Coordinator	SYDDANSK UNIVERSITET, DENMARK
Project Partners	<ul style="list-style-type: none"> • STICHTING EUROPEAN NETWORK FOR INNOVATION AND KNOWLEDGE, NEDERLANDS • UNIVERSITA DEGLI STUDI GABRIELE D'ANNUNZIO DI CHIETI-PESCARA, ITALY • MAIEUTICA COOPERATIVA DE ENSINO SUPERIOR CRL, PORTUGAL • SPORT EVOLUTION ALLIANCE CRL, PORTUGAL • E-SENIORS: INITIATION DES SENIORS AUX NTIC ASSOCIATION, FRANCE • CUICUI STUDIOS SL, SPAIN
Duration	36 months from 01/02/2022
Total Funding	€ 400.000,00
UdA Funds	€ 53.000,00
Project Description / Abstract	<p>"Seniors active at home" (SenAte) focuses on the strategic priorities of Digitisation and HEPA, but from a perspective of inclusion of people with a low level of physical activity and sometimes access to these services. SenAte aims to promote physical activity at home as a tool to improve health in the senior population. To do this, the consortium faces the challenge of bringing physical activity sessions to the homes of different social groups of older adults (with digital skills, without digital skills, elderly living independently, institutionalized elderly). Moreover, we will work to involve their young relatives on the promotion and engagement with the use of the app, then also working the intergenerational relations within families.</p>