

SHARING, PROMOTION AND USE OF THE PROJECT'S RESULTS

WP5 WILL CONTRIBUTE TO THE FOLLOWING GENERAL OBJECTIVES (GO)

What will be the target groups of your sharing and promotion activities inside and outside your partnership? Please define in particular your target audience(s) at local/regional/national/European/international level and motivate your choice

The project activities will be addressed to 3 target groups:

Persons with cognitive impairment/ID

Relatives

Professionals: physiotherapists, educators, caregivers Associations belonging to the Consortium will directly disseminate the project results inside their organizations

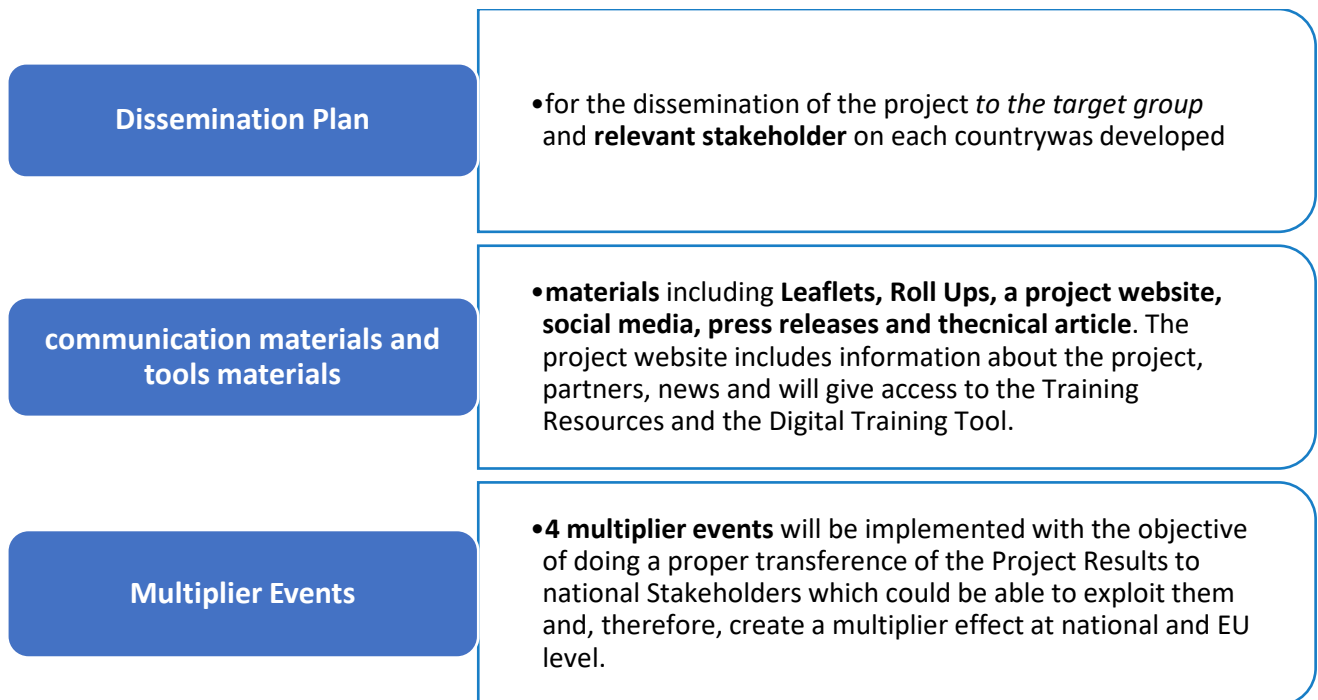
The project results will also be interesting for a number of stakeholders which could be interested in improving the Quality of Life of Persons with cognitive impairments, among others:

Associations supporting Persons with Cognitive Impairments and Intellectual disabilities

Association of Professionals working in the field of assistive technologies

Universities and Technological Centers working in the field of ICT based exergames

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The **Multiplier Event** will also aim to analyse and discuss with those Stakeholders about possible exploitation strategies that could contribute to this multiplier effect.

A **Multiplier Event** will be organized with the objective of introducing the main project concepts and results to Stakeholders related with the potential exploitation of the training program in other entities and facilities.

Target Group: The Workshop will be addressed to representatives and members of associations working with persons with cognitive impairments, which can create a multiplier effect through the transference of the project results and concepts. Representatives of municipalities, health authorities, universities and/or experts will also be invited in order to get their own experience. They will share their opinion about barriers and key success factor. As a result of their participation in the Workshop, they will also be engaged with the implementation of the training methodology after the project lifetime.

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The outputs of MOVE-IT Project will be open access during and after the project lifetime. Materials, documents and media produced will be made freely available and promoted through open licenses, and will not contain disproportionate limitations.

All Stakeholders in the fields of cognitive impairments could have open access to the materials without any limitation during the project thanks to the English version to be developed.

The training program to be developed and validated in MOVE-IT will be made available through the project website.

The book and the two handbooks will be downloadable from the website on every of the languages of the consortium + English, so any association will have the opportunity of replicating the course into their facilities and improve the competences of their professionals and clients.

As a result of the validation actions, we are confident that many associations will be keen to implement this new methodology and use the ICT based exergames on their daily work. The cooperation with ENSA will be of added value to funnel the dissemination actions to specific stakeholders who will use the results of the project. The Consortium will make dissemination of the existence of the project website after the completion of the project using their own channels as well as the tools developed by the EU (e.g; valorization platform of ERASMUS +).

INDICATORS

- Development of a Dissemination Plan in M1
- Brochures Leaflets 500 per country
- Press Releases 4 per Partner
- Technical Article 1 article to be distributed by all partners in national languages
- Website \leq Month 3 Website Multilingual
- Website Visits \geq 3.000
- Multiplier Events 5 Workshops with \geq 30 attendants
- Impact Dissemination Actions
- 2.500 Persons with cognitive impairments, professionals and citizens reached
- To reach 500 PID, trainers and stakeholders targeted by dissemination actions on each country (1.000 in Spain, 1.000 in Portugal, 500 in Romania and 500 in Italy, 3.000 in total) as it will be defined in Dissemination Plan.



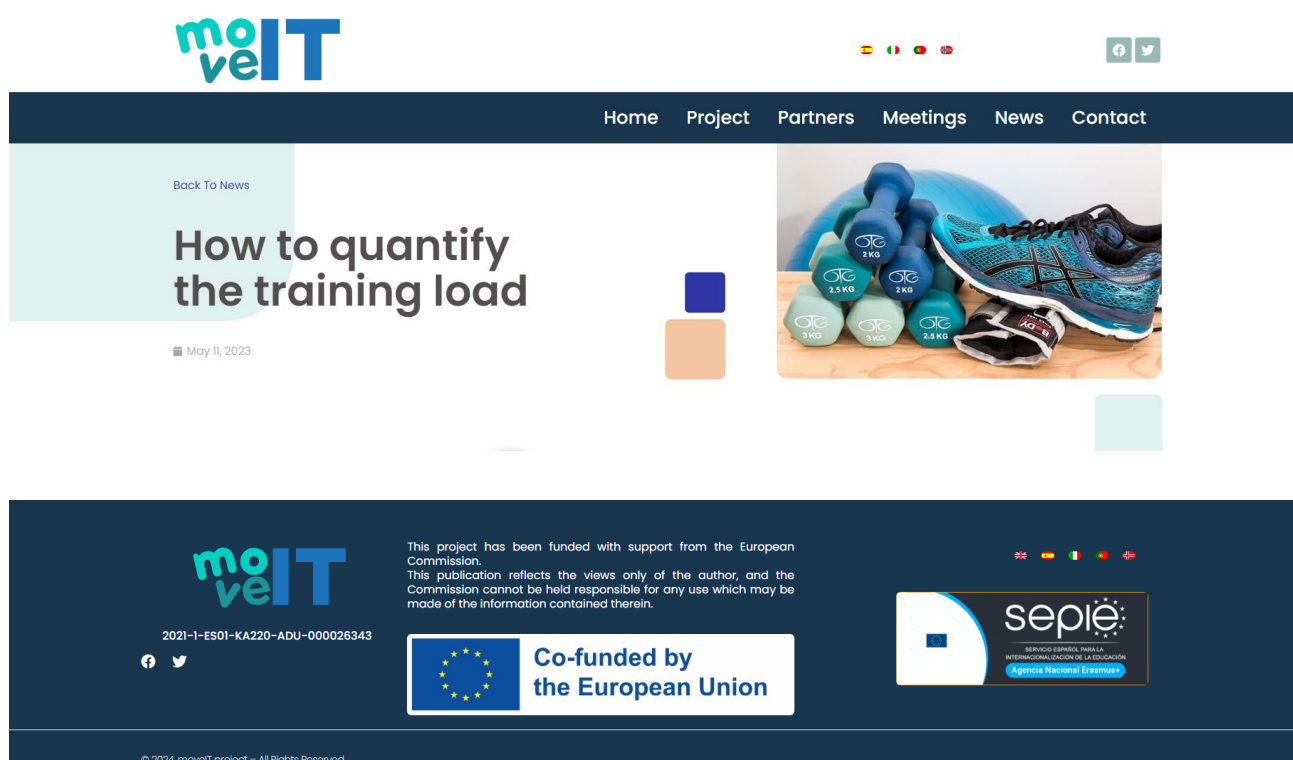
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PROJECT LOGO



PROJECT WEBSITE



UNIVERSITAT
POLITÈCNICA
DE VALÈNCIA



CERCIOEIRAS
ORGANISMO DE INVESTIGACIÓN Y DESARROLLO
DE CIUDADES CON INCAPACIDAD, S.L.



GENERALITAT
VALENCIANA
Vicepresidència Segona i
Conselleria de Serveis Socials,
Igualtat i Habitatge



SISTEMA PÚBLIC
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INSTITUT
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SOCIAL MEDIA

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7 gostos • 12 seguidores

Gosto Pesquisar

Publicações Sobre Menções Críticas Seguidores Fotos Mais

Development of a training program for improving physical exercise of people with intellectual disabilities through exergames and technology - MOVE IT

Página · Modelo de fitness


✉ moveit@upv.es

🐦 https://twitter.com/MOVEIT_erasmus%20

🌐 moveit.webs.upv.es/how-to-quantify-the-training-load/?fbclid=IwAR2vFzOX4YnhIT3yJbzGgkG2-lr2xCOGVhMMb4RkVwUhnkoBI9Gr3aBgGw


★ Ainda sem classificação (0 críticas)

Fotos Ver todas as fotos





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2 d · 🌐


Universitat Politècnica de València UPV GVA IVASS UiT Norges arktiske universitet Ospedale Riabilitativo di Alta Specializzazione di Motta di Livenza CERCIOEIRAS



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5TH TRANSNATIONAL MEETING
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FLYER

It was produced in each partners language



ABOUT US

The project will involve more than 100 end-users (individuals with Intellectual disability, professionals and relatives) in many stages of the project to co-create, develop and validate an innovative training framework for promoting their skills and competences to implement and sustain physical activity programs.

Our objectives

To introduce the learners on the importance of performing and maintaining an active lifestyle through the implementation of physical exercise routines, including practical examples and programs to perform physical activity tailored to individuals with intellectual disabilities (IDs).

To introduce learners on the application of technologies in the form of exergames, with practical examples and links to available solutions to implement physical activity routines supported by ICTs.

Framework will be composed

- Training Materials for developing and improving skills and competences of the professionals and the relatives in contact with individuals with IDs in the field of physical activity and technology.
- Apps for enhancing the practical training and transference of the professionals and relatives in the implementation of the physical activity programs, including the oriented exploitation of aforementioned Training Materials within real institution/community environments.
- Practical guidelines for the implementation of the training program in real settings



Contacts

- moveit@upv.es
- <https://moveit.webs.upv.es/>
- www.facebook.com/moveit2022
- https://twitter.com/MOVEIT_erasmus



Partners



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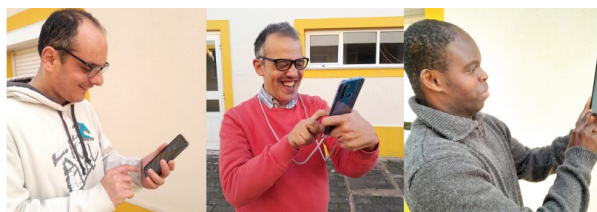
ROLL UP



Cofinanciado pela
União Europeia



DESENVOLVIMENTO DE UM
PROGRAMA DE TREINO PARA
PROMOVER O EXERCÍCIO FÍSICO
DE PESSOAS COM DEFICIÊNCIA
INTELLECTUAL (PDI) POR MEIO
DE JOGOS E TECNOLOGIA



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PARCEIROS



DISSEMINATION ACTIVITIES

PARTNER UIT

INVITED KEYNOTES

- "Artificial intelligence, digital health and health technology – ethical implications for medical and health research" ("Kunstig intelligens, digital helse og helseteknologi – etiske implikasjoner for medisinsk og helsefaglig forskning"), 45 min. invited lecture during the Grand Joint Meeting of REC and NEM (Storfellesmøte for REK og NEM). Tromsø, **18-19. October 2023**, Tromsø. Organizer: The National Research Ethics Committees
- "How home health monitoring, smart sensors, small data and digital dust can save your life", 60 min keynote presentation at EFMI Special Topic Conference 2023. **25-27 October 2023** (Torino, Italia).

NATIONAL PRESENTATIONS

- "Technological applications and systems for people with chronic conditions and other health-related problems" ("Teknologiske applikasjoner og systemer for personer med kroniske lidelser og andre helserelaterte problemer"), In Innovation lectures on Fridays (**18.03.2022**). Organizer: Helgelandssykehuset HF. (60 min.)
- "How home health monitoring, smart sensors, small data and digital dust can save your life". Pint of Science, Tromsø, Norway, **May 23, 2023**. Organizer: Pint of Science Norway.
- Innovation in e-health: A digital health (r)evolution" ("Innovasjon i e-helse: En digitale helse (r)evolusjon"), Innovation lectures on Fridays (**21.05.2021**). Organizer: Helgelandssykehuset HF. (60 min.)
- "The story of a digital health revolution and northern Norwegian e-health research" ("Fortellingen om en digital helserevolusjon og nord-norsk e-helseforskning"). Helgelandssykehuset HF's research conference 2021. Syv Søstre Scandic hotel, Sandnessjøen, oktober **6-7 2021**.
- "New technology, technology optimism and a digital health (r)evolution" ("Ny teknologi, teknologioptimisme og en digitale helse(r)evolusjon"), 60 min. invited lecture during North Norwegian European Days in Mo i Rana, **22-23 November 2023**. Organizer: North Norway's European Office, Nordland County Council and Rana Development.

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LOCAL AND REGIONAL TALKS:

- “What is happening in E-health” (“Hva skjer på E-helsefronten”), Open lecture (2 x 45 min), University of Agder, campus Grimstad, Norway, **23 March 2022**.
- Presentation of MOVE-IT at “Monday teaching - webinar for you who works in habilitation”, **August 31, 2023**.
- Presentation of MOVE-IT to Tromsø Municipality, **27/10 2023**, 60 min. 12 present.
- University Hospital of North Norway (UNN) “Improvements-, innovations-, profession, and research days at UNN (“Forbedring-, innovasjon-, fag- og forskningsdag på UNN”). **9/11 2023**. Stand and poster presentation of MOVE-IT1 .

MEDIA (SELECTED)

- “Contributes to increased physical activity” (“Bidrar til økt fysisk aktivitet”, news from UiT.no, **published 25 February 2022**. 3
- “The app was developed in Tromsø and gives Maja better shape: - It's about having fun” (“Appen er utviklet i Tromsø og gir Maja bedre form: – Handler om å ha det gøy”), nordlys.no, **published June 24, 2021**. 2
- “Helps Maja get in shape” (“Hjelper Maja i form”), newspaper Nordlys, **Thursday June 24, 2021**.

YOUTUBE

- “Technological applications and systems for people with chronic conditions and other health-related problems” (“Teknologiske applikasjoner og systemer for personer med kroniske lidelser og andre helse relaterte problemer”), 45 min. lecture series in “Innovation lectures on Friday” (“Innovasjonsforelesning på fredag”), **18. March 2022**
- “Innovation in e-health: A digital health (r)evolution” (“Innovasjon i e-helse: En digitale helse(r)evolusjon”), 45 min. lecture series in “Innovation lectures on Friday” (“Innovasjonsforelesning på fredag”), **21. May 2021**.

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OTHER TALKS

- Course Lecture "Physical activity, intellectual disability and app development", **January 26, 2023**. 45. Min. INF-3803 Mobile health systems and applications (10 ECTS).
- Lecture "What's happening on the e-health front" ("Hva skjer på E-helsefronten"), **23.3.2022**, University of Agder, Grimstad. (120 min.)
- Course mandatory assignment, "Test two existing (Sorterius/AGA) exergames for people with ID. Suggest improvements", **spring 2023**, INF-3803 Mobile health systems and applications (10 ECTS).
- Lecture "How Home Health Monitoring, Smart Sensors, 'Small Data' and 'Digital Dust' Can Save Your Life?" ("Hvordan helseovervåking i hjemmet, smarte sensorer, "små data" og "digitalt støv" kan redde livet ditt?"), The future of health services (Fagdag Fremtidens helsetjeneste) – samhandling, forebygging og digitale helsetjenester, Betel, Mosjøen, **30. august 2023**. (50 min). Arrangør: UiT, Helgelandssykehuset HF, Rana utvikling, RKK Ytre Helgeland, Helgelandsrådet og Indre Helgeland Regionråd.
- Lecture on ""(Possible) consequences of the digital health(r)evolution " ("(Mulige) konsekvenser av den digital helse(r)evolusjonen"), The future of health services (Fagdag Fremtidens helsetjeneste) – Digitale helsetjenester på Helgeland, Vitensenter Nordland, Mo i Rana, **1. september 2022**. (40 min). Arr.: UiT, Helgelandssykehuset HF, Rana utvikling, RKK Ytre Helgeland, Helgelandsrådet og Indre Helgeland Regionråd.

CAPSTONE PROJECTS IN COMPUTER SCIENCE

- Thomas Luzi, "Game-inspired app for recording of outdoor physical activity – Motivational factors for people with intellectual disabilities", **autumn-2021**. (INF-3983) (20 ECTS)
- Dorthe Dybwad, "Towards more accessible mobile health applications for persons with intellectual disabilities", **autumn-2022**. (INF-3983) (20 ECTS)

MASTER THESES COMPUTER SCIENCE (30 ECTS)

- Thomas Eilertsen, "Activity Game Avatar: A interactive exergame for people with intellectual disabilities - Physical activity combined with motivational mechanics in a game-environment". **autumn 2020-spring-2021**. <https://munin.uit.no/handle/10037/20736>

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- Thomas Luzi, "Sorterius 2: Implementing Motivational Features for an Augmented Reality Game Encouraging Physical Activity for Persons with Intellectual Disabilities", **spring-2022**. <https://munin.uit.no/handle/10037/25919>
- Dorthe Dybwad, "Culture Enhancement for Exergames for Individuals with Intellectual Disability", **spring-2023**. <https://munin.uit.no/handle/10037/30396>

MASTER THESES COMPUTER SCIENCE (60 ECTS)

- Keerthana Sivakumar, "Parid-GO A Personalised Augmented Reality Game to Reinforce Outdoor Physical Activity for People with Intellectual Disabilities", **autumn 2022-spring 2023**, <https://munin.uit.no/handle/10037/32937>

PAPERS

- Martinez-Millana, A, Michalsen, H., Berg, V., Anke, A., Martinez, S.G., Muzny, M., Vidal, J.C.T., Gomez, J., Traver, V., Jaccheri, L., Hartvigsen, G. Motivating physical Activity for Individuals with Intellectual Disability through Indoor Bike Cycling and Exergaming. International Journal of Environmental Research and Public Health. **2022**, 19(5), 2914. doi: 10.3390/ijerph19052914
- Michalsen, H., Wangberg, S.C., Hartvigsen, G., Henriksen, A., Pettersen, G., Jaccheri, L., Jahnsen, R., Thrane, G., Arntzen, C., Anke, A. mHealth Support to Stimulate Physical Activity in Individuals With Intellectual Disability: Protocol for a Mixed Methods Pilot Study. JMIR Research Protocols. **2022**; 11(9):e37849. 27/06/2022:37849 PMID: 36107473
- Michalsen, H., Henriksen, A., Pettersen, G., Hartvigsen, G., Wangberg, S.C., Thrane, G., Jahnsen, R.B., Anke, A. Using mobile health to encourage physical activity in individuals with intellectual disability: A pilot mixed methods feasibility study. Frontiers in Rehabilitation Sciences, **Aug. 2023**, Vol. 4:1225641. doi: 10.3389/fresc.2023.1225641

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INTERNATIONAL CONFERENCES

- Stellander, M., Henriksen, A., Michalsen, H., Anke, A., Martinez, S.G., Pelagatti, S., Sato, K., Haugland, V., Johannessen, E., Torrado, J.C., Hartvigsen, G. Sorterius - An augmented reality app for encouraging outdoor physical activity for people with intellectual disabilities. In: Henriksen, A., Gabarron, E., Vimarlund, V. (Eds.). SHI 2022: Proceedings of the 18th Scandinavian Conference on Health Informatics. Linköping Electronic Conference Proceedings, No. 187. Linköping, Sweden: Linköping University Electronic Press, 2022, pp. 88-91. (ISSN: 1650-3686 (print) eISSN: 1650-3740 (online) ISBN: 978-91-7929-344-4

Monitoring Dissemination and Updated Results

An excell document is update by all the partners, so that can be identify the results of the actions developed.

PR	MONTH/YEAR	UPV	IVASS	CERCIOERAS	UIT	ORAS	GLOBAL
1	April 2022	FACEBOOK	FACEBOOK	FACEBOOK	FACEBOOK	FACEBOOK	1
		WEBSITE	WEBSITE	WEBSITE	WEBSITE	WEBSITE	1
		NEWSLETTER	NEWSLETTER	NEWSLETTER	NEWSLETTER	NEWSLETTER	0
		INSTAGRAM	INSTAGRAM	INSTAGRAM	INSTAGRAM	INSTAGRAM	0
		LINKEDIN	LINKEDIN	LINKEDIN	LINKEDIN	LINKEDIN	0
		TWITTER	TWITTER	TWITTER	TWITTER	TWITTER	0
		OTHER CHANNELS	OTHER CHANNELS	OTHER CHANNELS	OTHER CHANNELS	OTHER CHANNELS	0
		Move it FACEBOOK	Move it FACEBOOK	Move it FACEBOOK	Move it FACEBOOK	Move it FACEBOOK	0
		FACEBOOK	FACEBOOK	FACEBOOK	FACEBOOK	FACEBOOK	0
		WEBSITE	WEBSITE	WEBSITE	WEBSITE	WEBSITE	1
		NEWSLETTER	NEWSLETTER	NEWSLETTER	NEWSLETTER	NEWSLETTER	0
		INSTAGRAM	INSTAGRAM	INSTAGRAM	INSTAGRAM	INSTAGRAM	0
	May 2022	LINKEDIN	LINKEDIN	LINKEDIN	LINKEDIN	LINKEDIN	0
		TWITTER	TWITTER	TWITTER	TWITTER	TWITTER	0
		OTHER CHANNELS	OTHER CHANNELS	OTHER CHANNELS	OTHER CHANNELS	OTHER CHANNELS	0
		Move it FACEBOOK	Move it FACEBOOK	Move it FACEBOOK	Move it FACEBOOK	Move it FACEBOOK	0
		FACEBOOK	FACEBOOK	FACEBOOK	FACEBOOK	FACEBOOK	0
		WEBSITE	WEBSITE	WEBSITE	WEBSITE	WEBSITE	0
	June 2022	NEWSLETTER	NEWSLETTER	NEWSLETTER	NEWSLETTER	NEWSLETTER	0
		INSTAGRAM	INSTAGRAM	INSTAGRAM	INSTAGRAM	INSTAGRAM	0
		LINKEDIN	LINKEDIN	LINKEDIN	LINKEDIN	LINKEDIN	0
		TWITTER	TWITTER	TWITTER	TWITTER	TWITTER	0
		OTHER CHANNELS	OTHER CHANNELS	OTHER CHANNELS	OTHER CHANNELS	OTHER CHANNELS	0
		Move it FACEBOOK	Move it FACEBOOK	Move it FACEBOOK	Move it FACEBOOK	Move it FACEBOOK	0

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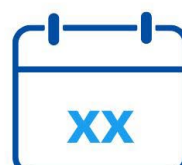
Instagram



Linkedin



Twiter



Websites



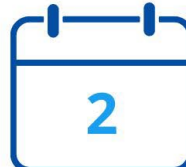
Youtube



Theses



Conferences



Presentations



Published



Flyers



Projects

