



**Good habits  
for a good life**

## **eCare PCP kick-off meeting: digital solutions for frailty prevention in old adults**



**eCare aims to encourage elderly people to live independently, by detecting and preventing loneliness and isolation.**

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We are looking for a digital health solution that helps the elderly to have a quality life plan, maintain healthy habits, improve nutrition, increase physical exercise, avoid loneliness, be independent, and so on. To sum up: our objective is to avoid fragility.

This technological tool does not exist in the market; this is why a call will be launched for companies to develop and test a solution through a process of PCP (Pre-commercial Public Procurement).

The digital health solution targets 2 main groups:

- 1) Older people who feel well and live at home. In this case, the tool will focus on prevention. eCare will help with healthy habits such as quitting smoking, getting more physical activity, among others.

2) Seniors who are fragile and at-risk; i.e. people who are in the hospital or have a health care unit. Our goal is to enable them to gain independence. eCare will help detection by applying innovative indicators.

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### **What is Pre-Commercial Procurement?**

Pre-Commercial Procurement (PCP) is the procurement of research and development of new innovative solutions before they are commercially available. PCP involves different suppliers competing through different phases of development. The risks and benefits are shared between the procurers and the suppliers under market conditions.

For more information, please visit the project website at [www.ecare-pcp.eu](http://www.ecare-pcp.eu) and subscribe to our newsletter.

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