

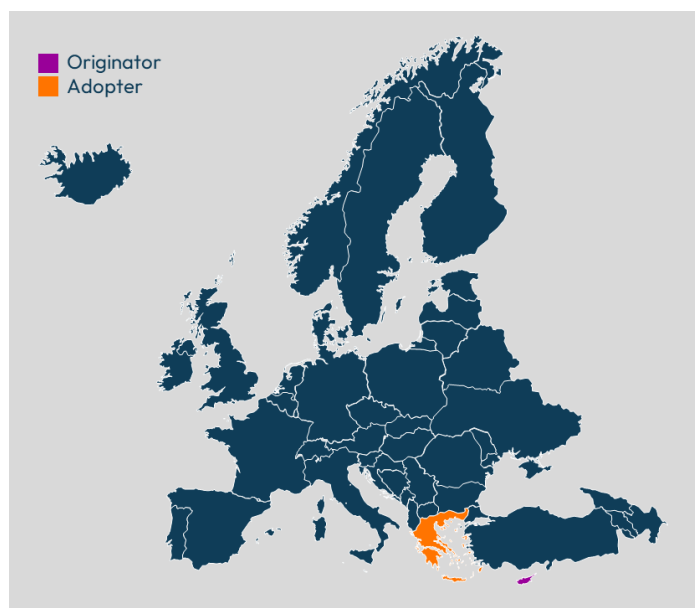


DHU Twinning: CogniLearn

Empowering Cognitive Health through Innovative Training of the ReMember-Me system

Originator: AgeCare Cyprus Ltd

Adopter: KOINONIKI SYNETAIRISTIKI EPICHEIRISI SYLLOGIKIS KAI KOINONIKIS OFELEIAS (NOSILEFTIKI FRONTIDA STO SPITI)



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Project Overview

Cognilearn was a collaborative project between **AgeCare** and **OIKANOS**, aimed at advancing digital health adoption in local communities. The project, which ran from January 2024 to June 2024, focused on transferring innovative technologies to combat dementia through cutting-edge research. AgeCare, based in Nicosia, Cyprus, and OIKANOS, based in Crete, Greece, teamed up to enhance care quality and service delivery in Crete, continuing the legacy of the ReMember-Me project.

ReMember-Me System

The **ReMember-Me system**, developed as part of the ReMember-Me project (AAL-2019-6-188-CP), provides a holistic solution to address cognitive decline. It includes:

- A tablet-based fully-digitalised, self-administered and auto-scored cognitive assessment scale (ReMCAS).
- Short assessments of mood, activity, sleep, wellbeing, and more for remote monitoring and personalized recommendations.

The app is customized for each user based on their assessment results, allowing input from carers, relatives, and healthcare professionals according to individual needs and interests. It provides personalized and fun training activities such as mindfulness, serious games, and dance classes.

Training Sessions

To ensure effective use of the system, training sessions were conducted to equip professionals with the necessary skills and knowledge. **OIKANOS representatives** participated in both online and in-person training sessions facilitated by **AgeCare experts**.

- **March 12:** Online session covering general cognition and an introduction to the ReMember-Me app.
- **March 22:** Physical training session at AgeCare's premises in Nicosia, focusing on the tablet app and complementary sensors (James & Liz robots, Withings sleep sensor, and Fitbit).

The comprehensive training curriculum totaled 26 hours, including online sessions, in-person training, and self-directed learning. After the training, OIKANOS representatives returned to Crete, trained their colleagues and healthcare professionals, tested the solution with patients, and provided valuable feedback. Post-twinning completion, trials are ongoing, with AgeCare having delivered equipment to OIKANOS to ensure a seamless transfer.

Implementation and Ethical Considerations

OIKANOS plans to integrate the system into daily activities to enhance service delivery and early detection and prevention of mental and cognitive health issues, particularly for clients in remote areas. Ethical



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considerations, such as informed consent and participant confidentiality, were strictly maintained throughout the study.

Future Collaboration

Looking ahead, the twinning initiative will focus on sustainable collaboration and knowledge sharing between AgeCare and OIKANOS, and other entities and associations in Cyprus, Greece, and the Mediterranean willing to join forces.

Dissemination

The **Cognilearn project** has been widely disseminated in Cyprus and Greece through OIKANOS and AgeCare's channels, as well as the ReMember-Me system and popular platforms like "Know Your Doctor" in Cyprus.

Picture repository



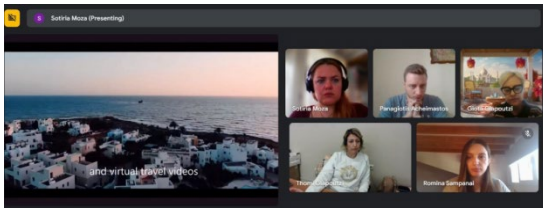
OIKANOS's physical training in Cyprus (James robot)



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OIKANOS's physical training in Cyprus (Learning the tablet app)



OIKANOS's online training - Cognition 101 & ReMember-Me



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