

Trieste Citizen Accelerator – Active & Healthy over 65



Digital & Social Transformation Skills for active and healthy living.

How to harness today's crisis to build good societies
& silver economy opportunities in the future.

Urban Center Trieste, 16-17th October 2021

Introduction

Trieste Citizen Accelerator is a prestigious **event**, organized by the Upper Adriatic Technology Park (Polo Tecnologico Alto Adriatico) within the context of the EU Ambient Assisted Living FORUM 2021, that wants to gather the citizenship, in particular young generations and aged generations, for a specific **challenge**: addressing the **loneliness & isolation problems** of the society through **Innovative & Tech solutions**.

Trieste Citizen Accelerator 2021 will bring together citizens from various ages: students, civil society organisations, Civil society Organizations, family caregivers, support administrators, mentors from private and local/regional public authorities to jointly develop innovative & creative ideas/ tech solutions.

This initiative includes the competition (hackathon) between teams and social participation between citizens and experts.

The participation at **Trieste Citizen Accelerator** is free of charge.

The **registration** to the initiative, two-days event, is possible by dedicated links to sessions (**phygital/physical**)

Phygital stands for online digital attendance

Physical stands for attendance in presence

Register here

Scenario

The concepts of loneliness and isolation in their different aspects have been intensively discussed within the European Week of Active and Healthy Ageing 2021. In the European context, facing and contrasting the phenomenon of loneliness and isolation, meaning by this term every phenomenon of social and civil exclusion, disconnection and marginalization for origins or causes connected to the personal, socio-health, economic or cultural condition is relevant and alarming in such senses. In fact, the UE Regions actively promote and encourage the Civil Society Organisations and SMEs to draft projects and enhance experiences aimed at understanding and preventing the emergence of such phenomenon.

Nowadays, technologies and innovation strategies are very fast on their on-going progress of accelerator and implementation of ideas and solutions, that sometime some people may do not be included in this virtuous and fast process. For this reason, Trieste Citizen Accelerator wants to create the perfect context to addressing major issues of an ageing and changing society through the support of digital innovation/tech solutions. This initiative has its focus on teamwork and intergenerational (specialists and mentors), multidisciplinary and international cooperation and is looking in particular for innovative, technological and not-technological solutions and business models to help old people unleash their full potential and added value in society as a measure of integration into their communities.

The 3 Goals of Trieste Citizen Accelerator 2021:

- **Creating** a moment of work on active ageing among young people, companies, associations, students and more generally for all those interested in the topic;
- **Developing** innovative technical and organizational solutions for old people in a creative and interdisciplinary environment;
- **Training, Validating** and **Accelerating** innovative ideas by the involvement of international experts and potential users of future digital & social transformation solutions/ideas.

Programme

Trieste Citizen Accelerator – Active & Healthy over 65

Day 1 - Saturday, October 16th 2021

Moderator: Franco Scolari

10:00-10:30 **OPENING TRIESTE CITIZEN ACCELERATOR AAL 2021**

Introduction and welcome greetings

10:00-10:10 Comune di Trieste

10:10-10:15 Friuli Venezia Giulia Region, Assessore regionale al lavoro, formazione, istruzione, ricerca, università e famiglia

10:15-10:20 Veneto Region, Assessore regionale alla Sanità, Servizi sociali

10:20-10:30 Ambient Assisted Living Programme

10:30-12:00 **TRAINING & CONTAMINATION PROCESS**

Session A: What is needed - How to deal with the territorial request of assistance service

10:30-10:40 Valentina Tageo, Founder & Director of Wise Angle, Ex International Projects Director of ECHalliance

10:40-10:50 Hein Raat, Professor of public health, newborn, children and adolescents at the ERASMUS University Medical School in Rotterdam, the Netherlands, and Coordinator of Project Value Care

Session B: Experiences of connection with the territory for the solution of the phenomena of isolation: the integrated network

10:50-11:00 Anthony Polychronakis, Coordinator of the Elderly Working Group at the ENSA Network on behalf of the City of Rotterdam

11:00-11:10 Anastasios Rentoumis, Chairman of the Board of Directors of the NGO “Alliance for Integrated Care” – AfIC and Health Policy Expert at the ENSA Network

11:10-11:20 Philipp Hermann, Referent of Health Care Department of the Regional Government of Carinthia, General Secretariat Alpen Adria, Klagenfurt

Session C: Digital solutions to face the challenge of isolation

11:20 -11:30 Frederic Lievens, Vice Executive Director of the International Society for Telemedicine & eHealth, Partner in EU Platform Uptake, Belgium

11:30-11:40 Javier Ganzarian, CEO, AFEdemy – Capacity building to implement Age-friendly Environments in Europe, Partner in EU Platform Uptake, The Netherlands

11:40-11:50 Maria Fellner, CEO of digitAAL_Life Spin-off in the Joanneum Research at the University of Graz, Austria

12:00-14:00 **COOPERATIVE PROCESS**

12:00-12:15 Competition Announcement: **topics**

12:15-13:00 **Presentation of the teams**

13:00-14:00 **Presentation of mentors** assigned to teams and **Mentors deliver the methodology** and explain the formats to be used for working on ideas

14:00-15:00 Break session (1 hour)

SELECTION PROCESS

15:00-16:00 Ideation Workshop

1 hour session on ideation and problem-solving tools to give guidance to the teams

16:00-19:00 Hackathon session = “Hacking + Marathon”

3 hours of Hacking

19:00-20:00 Idea Preliminary Presentation to the mentors and Cooperation

20:00-21:00 Break session (1 hour)

SELECTION OF IDEAS

21:00- 22:00 1 hour Workshop on Pre-Pitching, Multimedia & Technologies usage

OVERNIGHT HACKING (A lot of working a little bit of sleeping)

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Day 2 - Sunday, October 17th 2021

07:00-08:00 Breakfast

08:00-10:00 CHECKPOINT & CONTAMINATION PROCESS: Meet the mentors

Plan: the team explains the idea with the teams, the problems to be tackled & the solution to be provided

Progress: who is doing what in the teams – results, cross-fertilization between teams

Problems: any issue in the development of the idea/prototype, the mentors will give support

10:00-12:00 2 hours of Hacking: further adjustments to the final idea

12:00-13:00 Test the prototype/Present the project ideas with the mentors

13:00-15:00 Break session (2 hour)

15:00-16:00 Closing session – PROTOTYPE/PITCH SESSION (5 mins each)

15:00-15:10 Introduction by facilitators and Jury Members

15:10-16:00 Teams show their innovative solutions/pitch their ideas & Jury questions and feedbacks

16:00-17:00 Evaluation session

(only facilitators and jury members)

17:00 Prize Ceremony and definition of the winners

For further information

citizenaccelerator.hackaton@poloaa.it

Programme Explanation

The **Trieste Citizen Accelerator** will be structured in different sessions (two-days full), with these compositive characteristics:

Day 1 OPENING

- Institutional Greetings
- Topics announcement & Introduction
- Pre-screening of ideas/prototypes

Day 1-2 TRAINING/CONTAMINATION/COOPERATIVE PROCESS

A collective and in the same time selective training preliminary session for sharing/discussing knowledges, topics of interest, ideas, partial solutions furnished by experts and identified mentors of each team.

Topics:

- General topics in the field of isolation and loneliness
- Successful solution plan (vision, missions and business models)
- Organizational inputs (functionalities, processes, equipment, investment-business and risk assessment and plans and management)
- Innovation strategies and methods presentation (idea-value)
- Methodologies for prototyping

Day 1 SELECTION PROCESS: all projects/solutions must be oriented into the main objectives of the competition, those that are able to generate investments/interest's attractiveness are the potential winners for the awards. All solutions have to explain particularly their sustainability impact in the sectoral field.

SELECTION CRITERIA on these bases:

- Ideation of business models & innovative ideas to contrast the issues;
- creation and implementation of Innovative, High-tech and IT Products, services, solutions in specific sectors;
- realization of Advanced, Digital and Innovative Engineering solutions for specific sectors;
- boasting and reenabling of products/service on the market;
- improvement and acceleration of processes through innovative strategies in the sectoral fields;

Day 1-2 PRE-PITCH AND PITCH PRESENTATION TO THE JURY

The pitch (presentation of team ideas and solutions) & prototype performance & business idea presentation must last only 5 minutes, afterwards a Q&A session will take place from the jury and also citizens on the second date.

The Jury will be composed by experts & institutional representatives and will award the best tech & social ideas/solutions at the end of the evaluation process.