

## Let's do it OLDES: interactive channels, entertainment and better compensation

D. Novák and O. Štěpánková<sup>1</sup>

M. Mráz and M. Haluzík<sup>2</sup>

<sup>1</sup>Czech Technical University in Prague, Faculty of Electrical Engineering

<sup>2</sup>Charles University, Third Department of Medicine, Czech Republic

EU project OLDES () aims at developing a *very low cost and easy to use entertainment and health care platform* designed to ease the life of older people in their homes. The platform is based on a PC corresponding to *Negroponte's paradigm* of a € 100 device. OLDES combines *user entertainment services* (through easy-to-access thematic interactive channels and special interest forums supported by animators) and *health care facilities*. One of the OLDES goals is to offer complex management of diabetes in elderly including education, dietary assistance, monitoring of selected parameters and antidiabetic treatment. An interactive scale, connected with a database containing nutritional values of various foodsorts, could be helpful in controlling the intake of saccharides, lipids and allover energy. Sensors continuously monitoring glycaemia and other vital functions could significantly improve glycaemic compensation, reduce the rate of hypo- and hyperglycaemia and enable the therapy to be adjusted more precisely and more promptly. Interactive channels could provide education concerning all aspects of the disease and enable the patients to communicate with their families, friends, medical and social professionals. This complex approach is intended to increase quality of life and independence of elderly diabetics, reduce the complication rate and need for hospitalisation.