



 TOMSK  
POLYTECHNIC  
UNIVERSITY

# Main projects

# Mission

rethink and redesign life after retirement

## Leaders



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# Master study

Sample size: 600 older adults (men 60+ and women 55+)

Methodology: Mixed

Aim: to assess which are the psychological and socio-economical factors that affect well-being in elderly

Description:

- Survey which investigates the determinants of well-being in different countries (Russia, Italy, Thailand, etc.), in order to understand which are the similarities and the differences in the factors that influence the quality of life in different societies. The results will help to understand which are the needs of elderly and thus which are the most effective technological solutions that can improve their life.

# Wellbeing of Older Adults in Tomsk Region Survey

Sample size: 400 older adults (men 60+ and women 55+)

Methodology: European methodology (Active Ageing Index), Russian surveys.

Aim: to fill the gap in the official statistics and to explore the attitude of older people to the basic aspects of their daily activities

Description:

- Survey includes the study of the socio-demographic characteristics of the elderly, economic, social, medical and psychological factors, ensuring older adults' life satisfaction and life quality;
- creates a multi-dimensional picture of the socio-economic situation of the older generation.

# LifeShare



Sample size: 20 pairs (men or women 60+ and younger relative)

Aim:

- to reduce depression, loneliness of older adults by helping them to feel connected with family members
- to evaluate the impact of application on the quality of life

Description:

The younger relative installs Lifeshare-app on his/her smartphone. He can make video call and send messages. Older relative gets a tablet with "LifeShare" pre-installed. The app generates cards with whereabouts and pictures of places near by. It keeps the older adult connected with relatives even if they are far from each other.

The program is specifically designed for elderly and does not require profound computer skills.



# GymCentral



Sample size: 40 men or women 60+

Aim:

- to increase the physical and emotional wellbeing of adults
- to evaluate the impact of application on the quality of life

Description:

After doctor evaluates the participant's health. Older adult is provided with a tablet with GymCentral application. The program allows users to visit a virtual gym and do physical exercises independently at home, looking video exercises. During the study participants communicate with doctor who selects the appropriate level of complexity.



# Thank you for attention!

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