

COMFORTage

Prediction, monitoring and personalized recommendations
for prevention and relief of dementia and frailty



www.comfortage.eu



Funded by
the European Union

COMFORTage Pilot 1- University of Manchester

Leveraging E-Health, Caregiver
Support, and Citizen Science for
Dementia and Frailty Prevention





University of Manchester's Role : "WHY ME"?

- Focus on early risk identification and prevention
- Uses AI-driven learning and decision-support systems
- Collects **bio-samples** for biomarker analysis
- Provides personalised health feedback and intervention strategies





Supporting Caregivers – Reducing Burden & Enhancing Health



Providing caregivers with personalized health assessments



Mental health support and stress management tools



Education on early dementia signs and effective caregiving strategies



AI-based caregiver wellness tracking

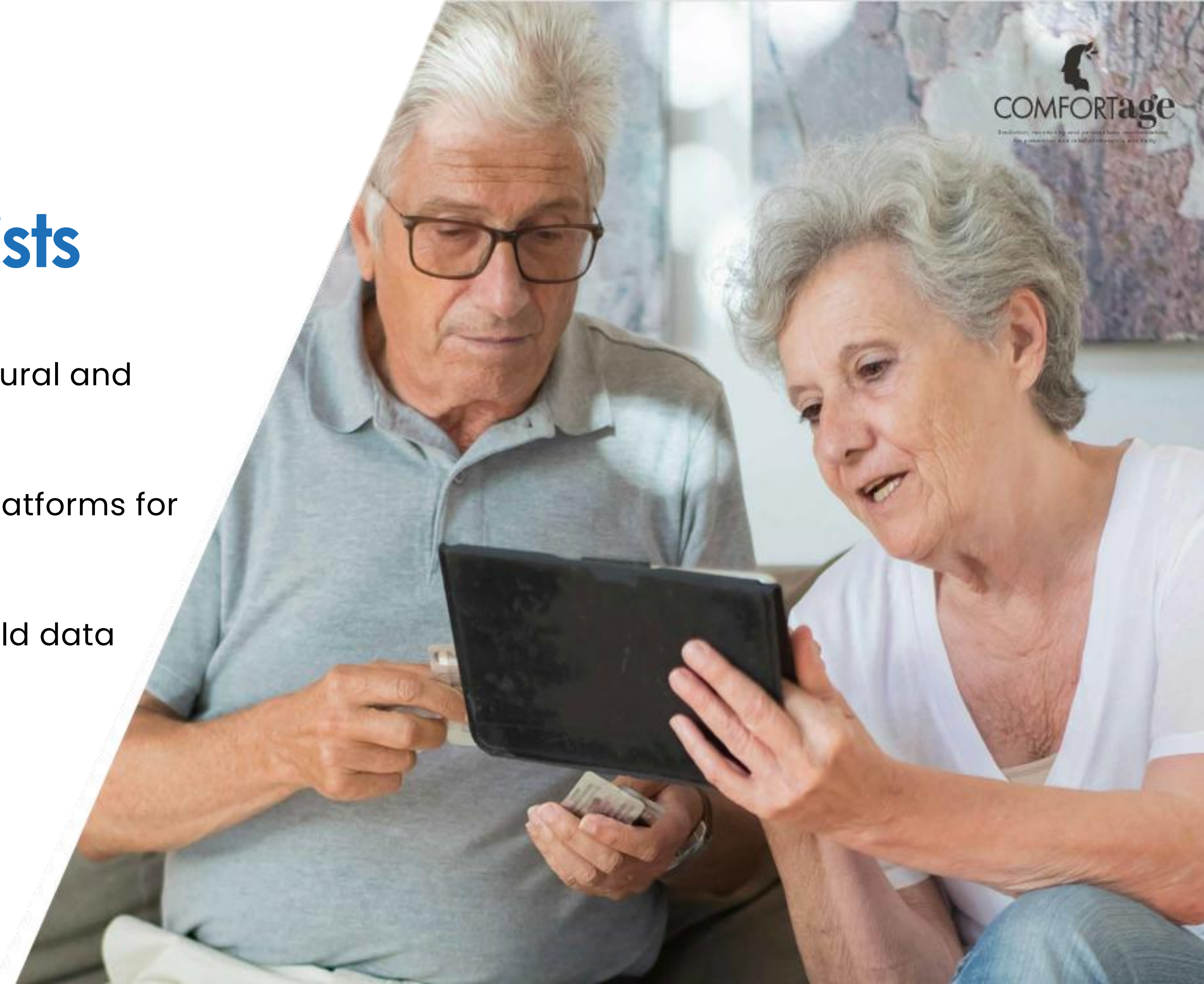


Community Engagement & Health Testing

- Proactive monitoring of frailty and dementia risks
- Biosample collection to detect early-stage conditions
 - Encouraging preventative health behaviours
 - Helping caregivers track their own health risks

Caregivers as Citizen Scientists

- Caregivers track behavioural and cognitive changes
- Use of apps and online platforms for monitoring
- Contributions to real-world data collection for research
- Helps refine AI-based predictive models



Scientific Research Supporting These Strategies



Effectiveness of Digital Technologies in Dementia Care

- Study on digital interventions for caregiver and patient well-being



E-Health Interventions for Caregivers

- Analysis of implementation challenges and successes



Digital Health Technology for Alzheimer's Care

- Role of AI and digital monitoring tools in caregiving

E-Health and Digital Technologies

- AI-driven risk assessment and decision support
- Wearable health trackers for caregivers and patients
- Remote monitoring and telehealth services
- AI-powered companion robots for dementia care



Key Takeaways

- COMFORTage Pilot – focuses on early detection, prevention, and caregiver support
 - AI and digital technologies enhance monitoring and intervention strategies
 - Caregivers play a crucial role in health tracking and citizen science
- Future directions include scaling up AI-driven interventions across Europe





Future Directions

- Expanding AI-driven risk assessments
 - Increasing digital health adoption in aging populations
- Enhancing caregiver support and citizen science involvement
 - Scaling successful COMFORTage strategies across Europe

Acknowledgement

UNIMAN Team

Kenneth Muir

Artitaya Lophatananon

Graham Tilston

Sunny Yang

Yicong Huang



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THANKS

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info@comfortage.eu



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