



# Monitored tele-exercising in the elderly

**Claudia Hildebrand**

**HelmholtzZentrum münchen**

Deutsches Forschungszentrum für Gesundheit und Umwelt

**IBMI -medis**



# Presentation of HelmholtzZentrum münchen – German Research Center for Environmental Health

## □ Topics

- Environmental factors and health
- Mechanisms of health and disease
- Infection and immunity
- Ecosystems and health

## □ Strategy

- Basic Research
- Close Cooperation with LMU and TU München
- Clinical cooperation groups





## Presentation of Medical Information Systems (Medis)

- ❑ Institute of Biological and Medical Imaging
  - In-vivo imaging technologies + strategies
- ❑ Medical Information Systems
  - Electronic medical records and telemedicine
  - Intelligent assistance systems for complex clinical work environments
  - Systems that provide knowledge in everyday healthcare





## Experience



Glaucoma Self Monitoring



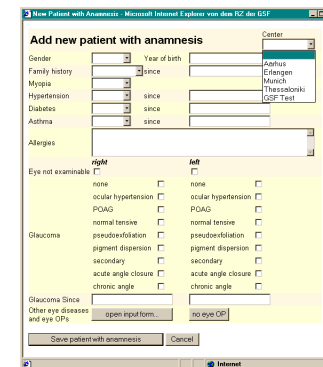
Healthcard  
Cross border eHealth



Computer based workstation for  
diabetes care



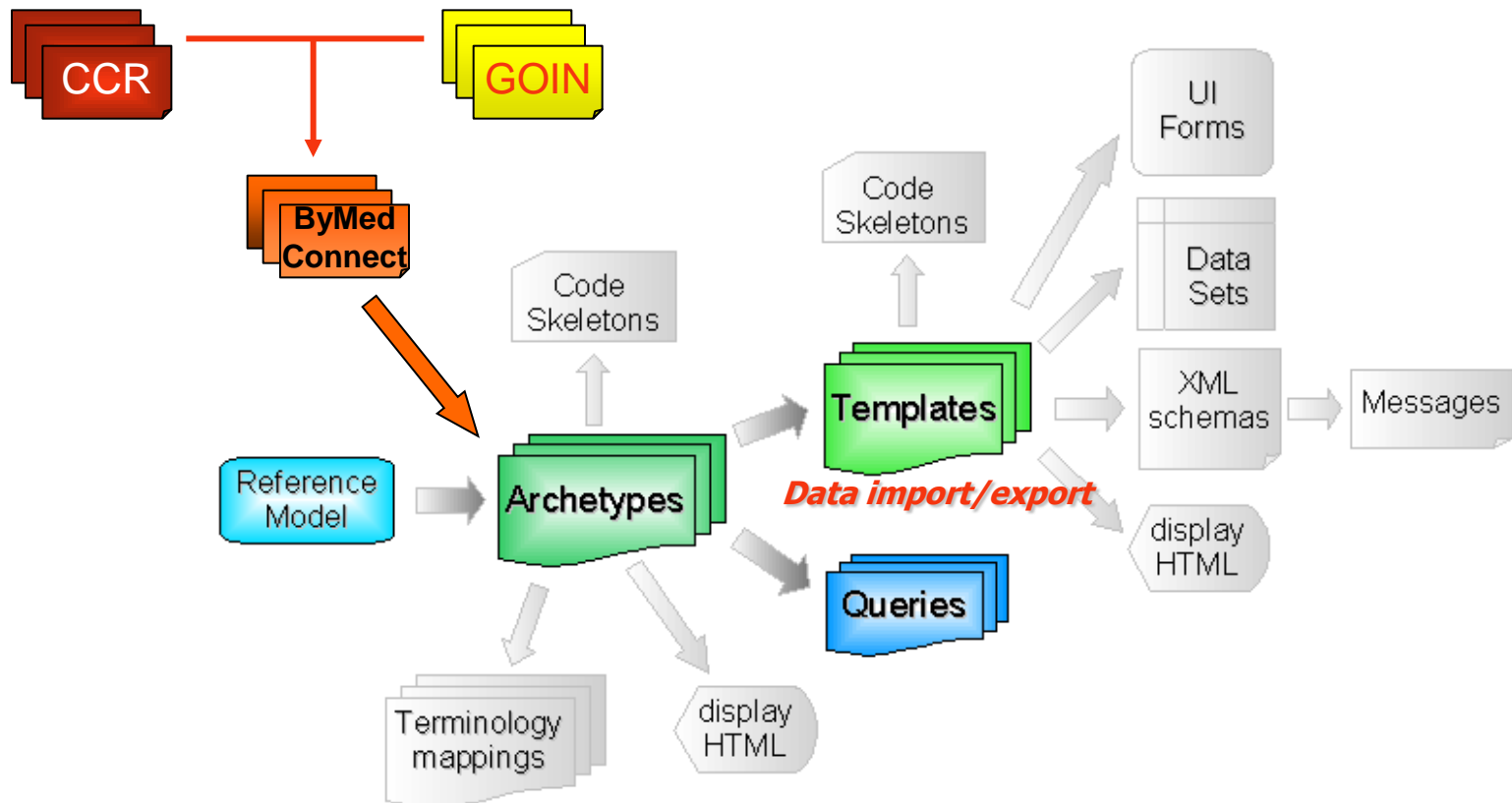
Tele-Consulting



Electronic Healthcare Records



## ByMedConnect - A communication solution based on the CCR and according to ISO EN 13606





## Join-in - Senior Citizens Overcoming Barriers by Joining Fun Activities

- Social networking
- Multi-user communication via TV + set top box
- Socialising
- Gaming
- Exercising
  
- Setting up a network (methodology, platform, technologies)
- Customising of access facilities (UI, Controllers)
- Adapting Games
- Piloting in Germany, Hungary, Norway, Ireland





## Project Idea: Monitored tele-exercising in the elderly

### ☐ Challenges

- Motivation & Exercising schemes
- Wearable customised sensors
- Sensors connected to communication devices
- Simultaneous monitoring of various functions + real time feedback
- Design + architecture of the communication interface
- Graphic representation
- Feedback into the medical record  
-> personalised record





## Partners/Interests

### Prospective Project Partners

- Service centres/social care services
- Physiotherapists
- Sensor development
- Graphic representation/ Visualisation

### Interests

- Cross-border eHealth
- Personalised Health Record
- mHealth / Telecare
- Hospital Bedside Solutions
- AAL – Applying solutions for handicapped persons



## Contact

### HelmholtzZentrum münchen

Deutsches Forschungszentrum für Gesundheit und Umwelt

Ingolstaedter Landstr. 1  
D-85764 Neuherberg, Germany

Claudia Hildebrand  
Institute for Biological and Medical Imaging/ Medis  
Tel.: +49 89 3187 4182  
email: [hildebra@helmholtz-muenchen.de](mailto:hildebra@helmholtz-muenchen.de)