

PAL: Personal and Social Communication Services for Health and Lifestyle Monitoring



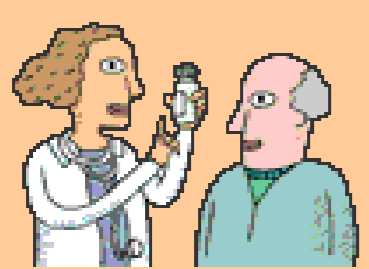
Objectives

- Provide infrastructure solutions for anytime anywhere assistive systems
- Build self-monitoring solutions that address both preventive and assistive healthcare scenarios
- Provide support for lifestyle management

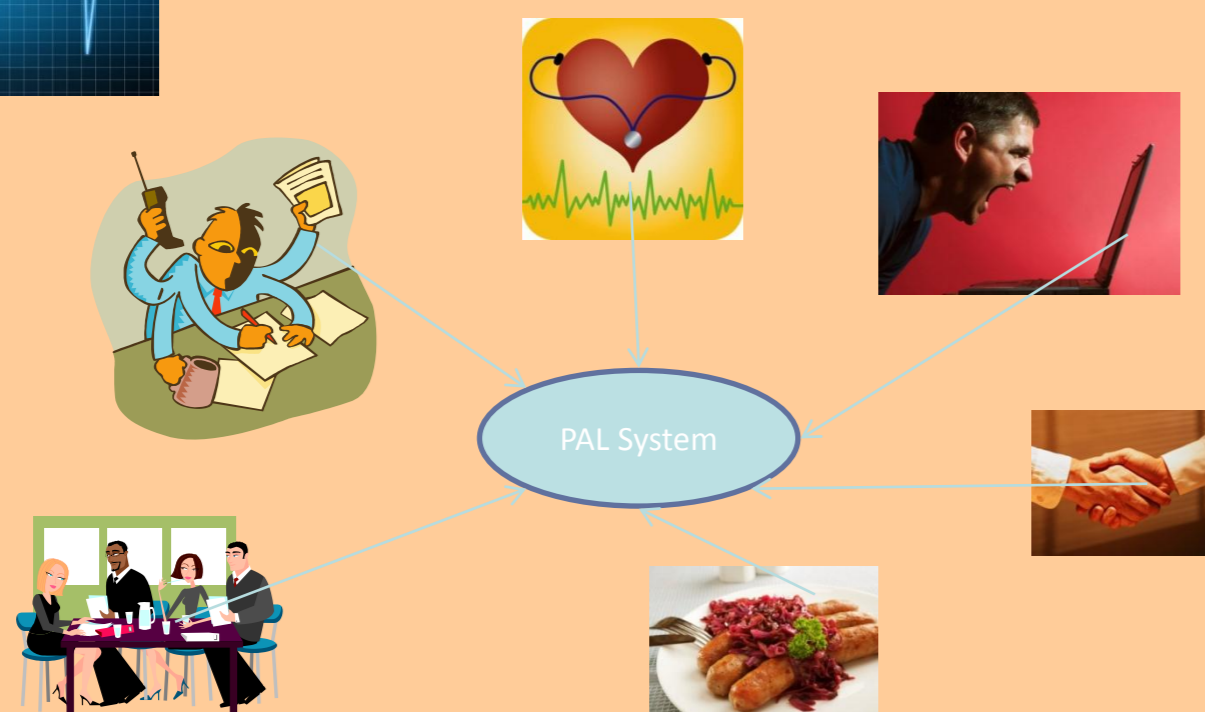
Drivers

- 75% of population with one chronic condition (WHO)
- many conditions caused by lifestyle choices:
 - drinking & smoking, lack of activity, stress
- burden on health systems heavily increasing
- increasing availability & maturity of sensing technology

Scenario: Lifestyle Management

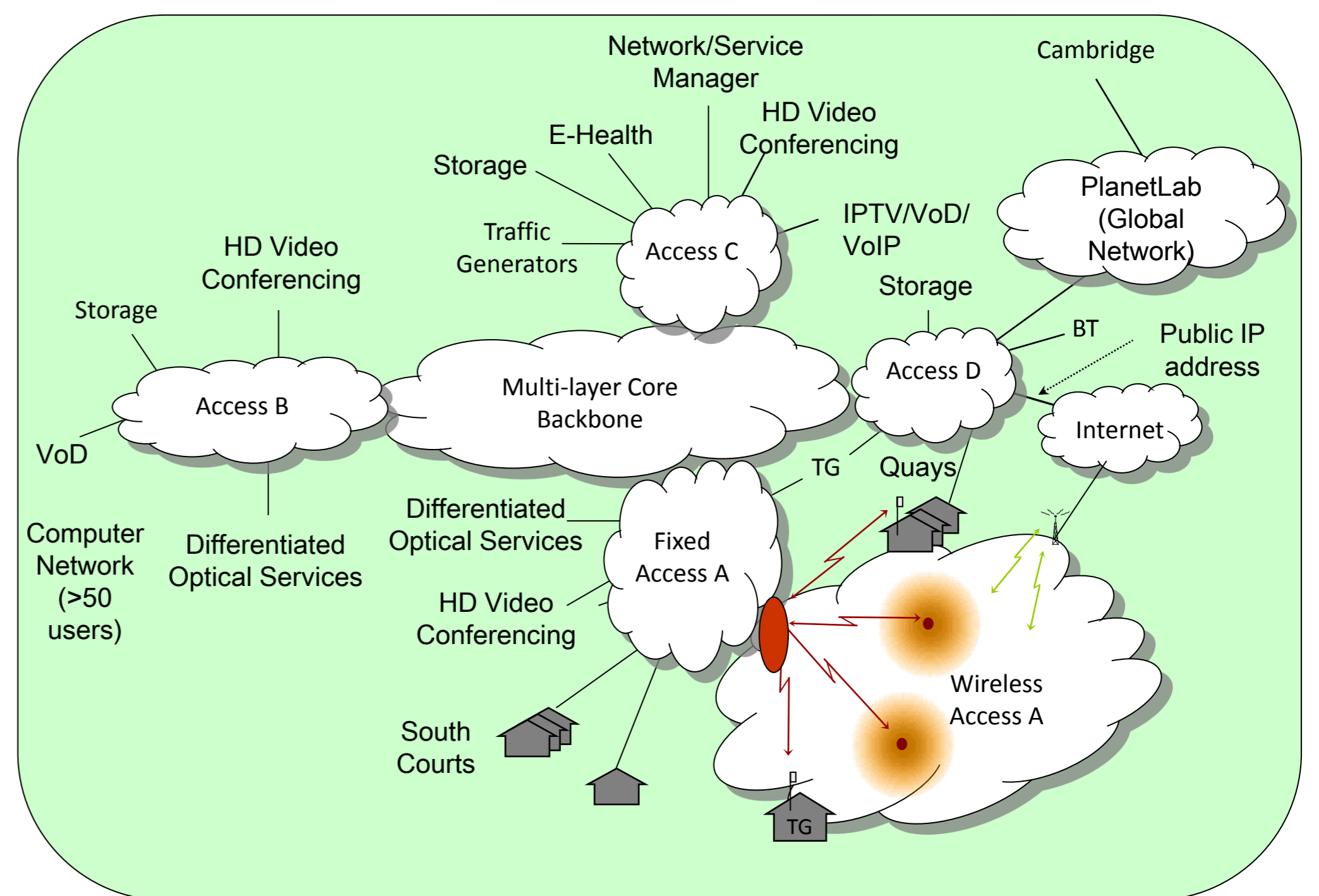
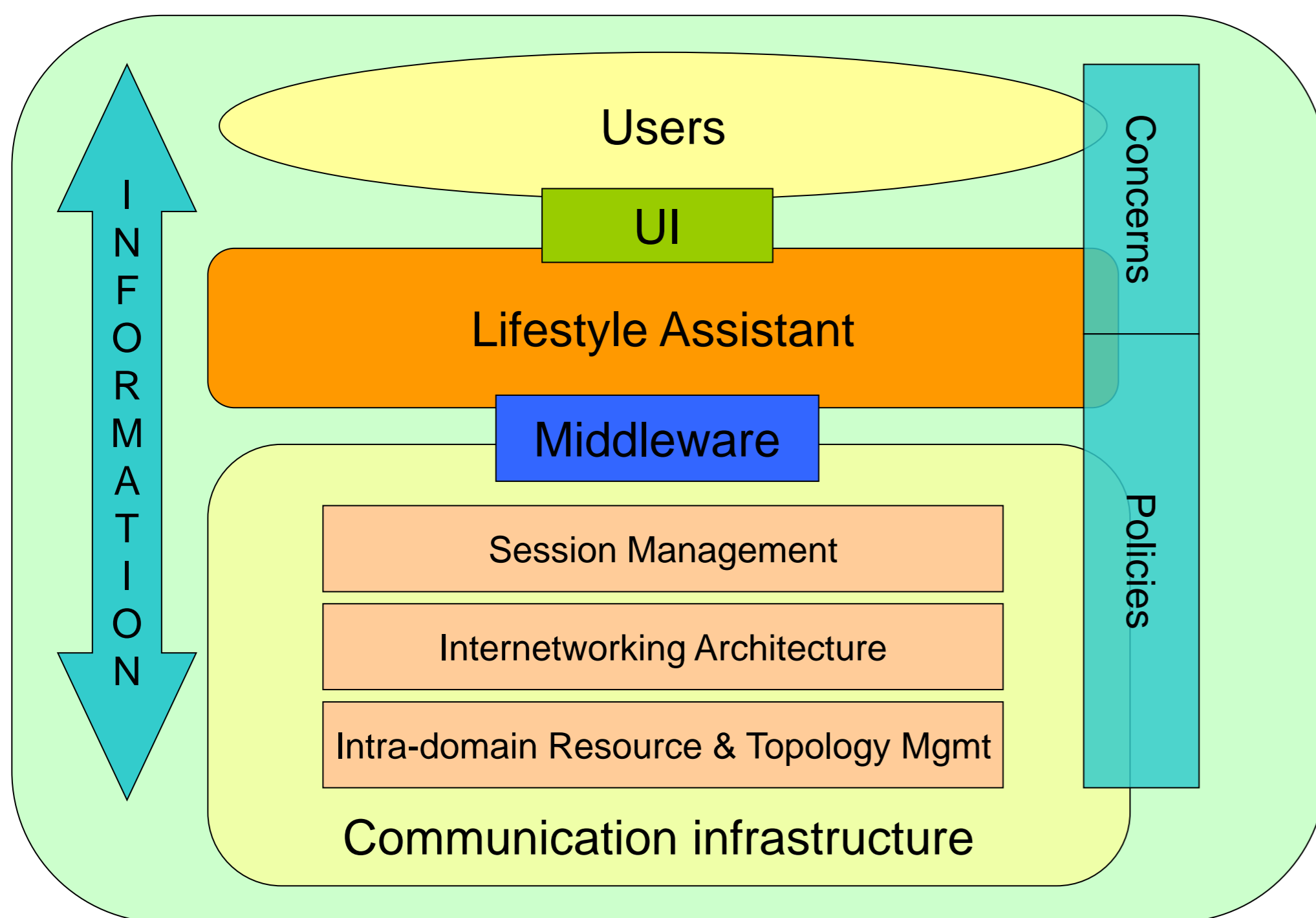


Bob has just found out that he has high blood pressure and he is at risk for developing a serious heart condition unless he makes some adjustments to his lifestyle.



Challenges

- **Information gathering:** utilize wide range of available technology and data
- **Information provisioning:** address privacy, costs and security concerns & use available wireless & wireline technology
- **Information processing:** derive events meaningful to end users
- **Information governance:** crucial due to sensitivity of data
- **Information presentation:** provide various presentation forms & focus on meaningful events within defined storyline



Lessons Learned

- **Lots of data available:** focus on particular set of scenarios
- **Mobile integration crucial:** apply phone-based sensing platform NORS
- **Information-centricity crucial:** utilize novel routing techniques developed in FP7 project PSIRP
- **Information governance crucial:** information visibility across layers helpful

More Information

- PAL website:
 - <http://www.palproject.org.uk>



- PSIRP FP7 project: <http://www.psirp.org>
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