



Information sheet for Participants in the PhysioDom project trial

You are invited to participate in a study that aims to develop technology that will help to improve your diet and exercise. This technology will be part of a system called PhysioDom that provides:

- monitoring of someone's weight and exercise through their TV
- support and guidance in staying fit and healthy

Research aims

This study aims to demonstrate that providing support, with exercise plans and nutritional coaching, can improve participants' quality of life and empower them to care for themselves better.

Who can participate in the project?

We are recruiting people to test the system who are:

- ≥ 65 years old
- People experiencing one or more of the following:
 - o [Pre frailty](#)
 - o Under nutrition
 - o Dehydration
 - o Obesity
 - o Active + chronic pathologies
 - Cardiac Insufficiency, levels I and II
 - Renal Insufficiency
 - Hypertension (firsts phases)
 - COPD (firsts phases)
 - After chemotherapy (> 1 month)
- Able to manage the equipment or have informal caregivers to help them.

Who must we exclude?

Unfortunately, we cannot work with the following people:

- under 65 years.
- with a life expectancy < 6 months.
- with severe cognitive impairments such as Alzheimers.
- with visual impairment (unable to watch TV).
- with physical impairment, unable to use the remote control or the devices provided.
- who cannot speak English.
- being treated for chemotherapy.
- who do not give their informed consent.

When will the study take place?

The trial study will last for 12 months between December 2015 - January 2017.

What will you be asked to do?

You will be asked to have a one-to-one interview with a researcher, to record information about your current wellbeing, appetite, diet and exercise at different stages in the project. The PhysioDom system will measure your weight, distance walked and in some cases blood pressure weekly. You will see this information on your TV and a member of the PhysioDom team will provide information that can help you to stay healthy.

What are the risks of taking part?

The risks of taking part are minimal. You will be asked some questions about your health and wellbeing and data about weight, exercise and possibly blood pressure will be recorded.

What are the benefits of taking part?

You may find the PhysioDom system useful for managing your diet and exercise and helping you stay healthy.

How will we maintain your privacy and confidentiality?

Your personal data will be stored securely in accordance with the Data Protection Act. The data will only be visible to members of the PhysioDom project team.

Who is organising and funding the research?

The research is organised by a European research group which has been brought together to design the PhysioDom system. The research group is supported by a European Union grant which is concerned with developing technology that will help seniors to stay healthy and active. More information is available on the project website <http://physiodom.viveris.fr/>

What if I have questions about the project?

If you'd like to find out more about the project and how to participate, you may contact the Researcher responsible for this part of the study:

Researcher name:	Sue Gilbertson
Researcher's position and organisation:	Project Officer, Cybermoor Services
Researcher's contact details:	Email sue.gilbertson@cybermoor.org.uk Tel. 01434 382808

You can also read more about this project and other telehealth project on our website at www.alstonhealthcare.co.uk.

Your participation is always voluntary and you can withdraw from the study at any time without giving a reason.



PhysioDom-HDIM project has received funding from the Union's ICT Policy Support Programme as part of the Competitiveness and Innovation Framework Programme.