

## Implementing Success

Instituto de Biomecánica (IBV) is a Research and Technological Organization (RTO) that studies the behaviour of the human body and its interaction with products, environments and services.

IBV combines knowledge related to anthropometry, interfaces design, biomechanical evaluation and promotion of health and it applies them to very diverse areas with the aim to improve the competitiveness of companies and industrial sectors by addressing people's quality of life.

During the project IBV has provided content to the resources on the ProFouND portal:

- Guide for advice on selection of footwear for older people
- Adaptation of jobs for older workers.
- Guide to Good Practice Improving the quality of life of older people with appropriate products

IBV has also contributed with research Information from research projects about ICT and falls prevention (e.g. ISTOPFALLS [www.istoppfalls.eu](http://www.istoppfalls.eu), and WIISEL [www.wiisel.eu](http://www.wiisel.eu)).

IBV has participated actively in dissemination tasks:

- Translation of press release and training content. More than 40 features in mass media across region.
- Active participation in the campaign 2015: Stay Strong-Stay Steady. IBV organized a flash-mob in Valencia city centre.



## Impact Measures

IBV has used the experience and information obtained to advance systems to assess and rehabilitate patients. One example is the eValanz: a system used to assess and rehabilitate balance in patients. This system has been extended with a new rehabilitation module, that incorporates virtual reality and interactive programs with biofeedback. This development has been guided by knowledge gained on reliability and efficacy of different rehabilitation programs, and use of ICT in fall risk reduction.



*eValanz*

## Next Steps Sustainability /

IBV will continue working on new approaches to study balance and falls. Considering multi-factorial frameworks to assess falls (muscle force, capacity of reaction), use of new technologies, and tailored rehabilitation. One example is the recently approved European project my-AHA ("My Active and Healthy Ageing" H2020-PHC-21 689592), coordinated by University of Torino. A project aimed at early risk detection of frailty and ICT-based tailored interventions. It includes fall risk as one of the key frailty factors to address. Intervention programs will include best practice: learning materials, Otago exercises and balance games (e.g. iStoppFalls system).