

AAL-Provider



digitAAL Life GmbH
Schubertstraße 6a
8010 Graz, Austria
Phone: +43 316 93 12 85
E-Mail: info@DIGITAAL.life
www.DIGITAAL.life

Client



ÖSTERREICHISCHES ROTES KREUZ

Aus Liebe zum Menschen.

Österreichisches Rotes Kreuz
Wiedner Hauptstraße 32
1040 Vienna, Austria
Phone: +43 1 58900
E-Mail: service@roteskreuz.at

DIGITAAL life is the innovative app for the multimodal activation of cognitive performance. The voluntary visiting service of the Austrian Red Cross has been working with the DIGITAAL life app for years. Whether it's an individual setting or group training, the colleagues appreciate the many possibilities that the app offers in care.



The challenge

There is a sharp increase in Alzheimer's dementia worldwide. As a result, many organizations are placing a strategic emphasis on this issue. The World Health Organization also recommends combined, behavioral interventions as the only effective approach.

The AAL solution

DIGITAAL life is a tablet-based serious game for the multimodal activation of the cognitive performance. The clearly structured and scientifically based structure of the training supports these services, so that one can get started with little training effort to get right into the action.

The daily training can be carried out with supervision or independently. Each training unit of about 45 minutes has a specific theme and contains a sequence of exercises that stimulate the different senses of the human being. Movement and perception exercises are followed by knowledge questions, math problems, gap words, puzzles, troubleshooting pictures, songs and more. All training units are available in four levels of difficulty. Each task can be done at your own pace, you can always take a break or talk about the content shown. The important thing is to enjoy the training and have social interaction while doing it. In this way, the app



“Years of service through the volunteer visitation and companionship service shows that the fun factor in training is also important for a successful mission!”

Petra Schmidt – Austrian Red Cross, Head of Health and Social Services

arouses interest and motivation to regularly integrate cognitive training into everyday life. The activating training is based on the multimodal training model of MAS Alzheimerhilfe in Austria. The tablet app was developed and scientifically evaluated within the framework

of several research projects together with JOANNEUM RESEARCH and partners from medicine and practice.

The benefit

The training can be used by individuals at home alone or with relatives. In the context of mobile services, it can be used for supervised trainings with professionals or with trained volunteers. In inpatient facilities and practices, it can be used not only for individuals, but also be applied in group settings.

People are at the center of technological innovation: technology meets elderly or cognitively impaired users and relatives. They are therefore trained and guided, as this is a critical success factor in the introduction of such a digital application. The goal is for older people to use the technology under guidance or even independently.

At a glance

- Innovative app for the multimodal activation of cognitive performance.
- Scientifically based training structure.
- Easy to get started and long-term motivation.
- Since 2019, successfully used in the teams of the voluntary visiting and accompanying service of three regional associations of the Austrian Red Cross.

The AAL provider

digitAAL Life GmbH specializes in the development of innovative digital solutions for health and care. Together with strategic partners from research, medicine and practice, digitAAL Life has developed a tablet-based training game for multimodal activation of cognitive performance, which has already been launched on the German-speaking market. The heterogeneous team with competencies in technology, care and dementia as well as medical product development and business development was already involved in the previous research projects that led to this product.

A free trial version of the app can be downloaded via www.DIGITAAL.life/test.



“My wife has been suffering from Alzheimer’s dementia for four years. Her cognitive performance has become worse and worse. By chance, I found out about the DIGITAAL life app and started training with her regularly. Although I was skeptical at first, I am now surprised by my wife’s progress. In the meantime, I even practice with the app myself to stay mentally fit.”

Friedrich and Monika Mulzet

Responsible for the content: digitAAL Life GmbH.

Image rights are held by digitAAL Life GmbH, the Austrian Red Cross and the Mulzet family.

The foundation and development of digitAAL Life GmbH is supported by seed funding from the [BMDW](#) and the [BMK](#), respectively, handled by the [Austrian Promotional Bank](#).