



## **E-Seniors organizes a meeting/conference day on the subject of "Games for Health and Active Aging"**

You are invited to meet the stakeholders of **EXERGAMING (games for health) for seniors** on Tuesday October the 19th. The venue is Paris' 11th arrondissement Town Hall. On this occasion, you will be able to attend demonstrations and presentations of European projects conducted around Exergaming.

E-SENIORS organization is known for its activities related to e-Inclusion of elderly and disabled persons. Mainly based on rational and appropriate use of new information and communication technologies, this action helps reducing the digital divide between generations.

Gradually, the target beneficiaries have extended beyond the retirees of a certain age. Therefore, the beneficiaries are also people looking for work - who have never been trained in the use of these tools that have become crucial in everyday life. The needs of these latter groups correspond to the different - simple, friendly and oriented towards "real needs" – approach of our workshops.

However, beyond the practical use of "mail" and "surfing", we understood the importance of intellectual stimulation, the underlying psychological aspects and the opening up of new windows into the current world and knowledge.

This lead us to introduce our audience to cognitive stimulation games which are now much appreciated, based on the use of computer and / or game consoles. And, moreover, in a further step towards "mens sana in corpore sano", to provide physical stimulation - or rehabilitation – exercises in the relaxed form of "exergaming", a trend that consists in "relooking" some gymnastics or physical exercise equipment to adapt them to the actual world.

Again, we wish to give to older audiences, but also people with disabilities or health problems, the benefit of these technological advances.

In order to identify trends and initiatives in these areas, we organize a European meeting on the theme of "Games for Health and Active Aging", during the Blue Week (national week dedicated to pensioners and senior citizens), proposing discussions and practical demonstrations.

**On Tuesday, October the 19th (afternoon)**

**Venue: Paris' 11th arrondissement Town Hall, "Salle des Fêtes".**

Mairie du XIème arrondissement, Place Léon Blum, Métro: Voltaire

Make a note of this date on your calendar! All are welcome! Spread the word!

**Online pre-registration :** <http://www.e-seniors.asso.fr/inscription.php>





# Program

*Conferences in English and French ; simultaneous translation provided with the kind participation of students of ESIT (Ecole Supérieure d'Interprètes et de Traducteurs – Université Sorbonne Nouvelle Paris 3)*

**From 1 pm**

**REGISTRATION**

YOU ARE KINDLY INVITED TO REGISTER, IN ORDER TO APPEAR ON THE PARTICIPANTS LIST

**FROM 1 TO 2 PM**

**DEMONSTRATIONS AND GAMES**

**WII / WII-FIT / DDR / BIKE**

**2 pm**

**INTRODUCTION**

***Welcome:***

**Mrs Monique EPSTEIN**

Founder- Director of E-Seniors

***Opening speeches:***

**Mr Patrick BLOCHE**

Member of Parliament (Paris), Mayor of the 11th arrondissement of Paris

**Mrs Liliane CAPELLE**

Assistant Deputy Mayor in charge of seniors and the intergenerational link

**Mr Panagiotis D. BAMIDIS**

« Long Lasting Memories » European project coordinator,  
Assistant Professor, Medical School Aristotle University of Thessaloniki - Greece

**2:30 -3:30 PM**

**EUROPEAN PROJECTS AND PARTNERS (1)**

**>> The use of game consoles for the prevention of falls**

**Dr Murray GRIFFIN**, Practitioner Psychologist

Department of Biological Sciences, University of Essex (UK).

Colchester, Essex - UK



**>> "Dance Dance Revolution" or "DDR" (Dance pads connected to the computer) adapted for use by seniors**

**Dr Paola BERTONE**

Geriatric specialist

San Giovanni Battista Hospital - Turin - Italy





This research is under the supervision of research team head

**Stuart SMITH PhD, MSc**

Senior Research Officer - Falls and Balance Research Group  
Neuroscience Research Australia - Randwick – Australia

>> **A system for virtual rehabilitation developed for people who have to exercise regularly as part of a rehabilitation program and specifically designed for elderly users.**

**Joris WIERSINGA**

Co-founder of SilverFit Company  
Alphen aan den Rijn – The Netherlands



>> **Fit For All is a game platform that can help elderly people to exercise and maintain physical fitness and well being through an innovative, low-cost ICT platform, such as Wii Balance Board**

**Antonis BILLIS**

Msc in Medical Informatics - Medical School  
Aristotle University of Thessaloniki -Thessaloniki – Greece



**3:30 - 4:15 pm**

**BREAK : REFRESHMENTS, DEMONSTRATIONS AND GAMES**

>> **Games on Wii console / WII-FIT and other fitness equipment : bike +DDR**  
In the reception hall

>> **Fitness for seniors demonstration**

In addition to exercises on equipment  
By a group of German seniors from Selb – Bavaria -  
with their coach **Claudia LEHMANN**



**4:15 – 5:15 pm**

**PROJECTS AND PARTNERS (2)**

>> **Presentation of the 1st game model of the SG CogR project  
Serious Game for Cognitive Rehabilitation  
By the winner of the tender for "serious games" launched by the  
Secretary of State responsible for Planning and Development of Digital  
Economy in 2009**

**Eudes MENAGER de FROBERVILLE**

In charge of company development - TEKNEO SAS - Paris – France



Lifelong Learning Programme



>> **The therapeutic aspect of video games**

**Michael STORA**

A psychologist and psychoanalyst. He has used for many years video games as therapy for children and adolescents. He is also the author of "Healing through the virtual"  
Paris – France

>> **The MINWii Project: Renarcissisation of Patients Suffering from Alzheimer's Disease through Video Game-Based Music Therapy**

**Samuel BENVENISTE**

PostDoc at the Computer Research Center - CRI

This research is directed by **Pierre JOUVELOT**

MINES ParisTech - Fontainebleau - France

>> **Positive gaming- iDance system - Brainbike Interactive lightwall specialized equipment which transforms the tedious exercises into enjoyable playing for audiences of all ages and all levels who wish to improve their quality of life and their health**

**Jean-Marc CHARPENTIER**

President of Hitech Fitness Company

Valbonne – Sophia-Antipolis - France



**5:15 pm**

**QUESTIONS & ANSWERS ; CONCLUSION**

And again: visit of the showroom with equipments and meet the partners!

\*\*\*\*\*

**Contact for press and professionals:**

**Frederic CONSTANS**

[fred.constans@free.fr](mailto:fred.constans@free.fr)

+33 (0) 6 607 640 93

