

Invitation to Web-Symposium

Digitally Based Prevention to Support Healthy Aging:

Findings of the Project „Smart Aging in Community Contexts: Testing Intelligent Assistive Systems for Self-Regulation and Co-Regulation under Real-Life Conditions (SMART-AGE)

This symposium is planned to run hybrid with an audience at the Marsilius-Kolleg of Heidelberg University as well as national and international guests attending the meeting digitally.

Date: 5th May 2026

Time: 11:30AM to 17:40PM (CET)

Location: Marsilius-Kolleg, Im Neuenheimer Feld 130.1, 69120 Heidelberg

Registration:



Registrations for in-person participation can be considered until April 20.

https://docs.google.com/forms/d/1tqFOgfo6rbENBXb_g9WVcr7PZDwW5kW0yxTlihme7ek/edit

Zoom-Link:



<https://us06web.zoom.us/j/88513535212?pwd=9otBlpZByHyfcbQrXv8s6pgV6q2zyV.1>

Background: SMART-AGE has conducted a large RCT to test the impact of a set of apps aimed to serve healthy aging primarily as a prevention tool. Apps were designed to enhance social participation, health awareness, and physical fitness. The RCT followed a three-arm design with $n > 200$ in each arm and three measurement occasions at baseline, 3 months, and 6 months. Arm 1 offered a full intervention with all three apps, whereas arm 2 offered the social enhancement app solely. Both intervention conditions were contrasted with an active control group. In addition to the RCT, SMART-AGE also conducted sub studies with the goal to complement insights on digital prevention from additional angles. These include an EMA study, a study on contextual data, a soft skeleton study, an automatized analysis of motor behavior based on deep learning approaches, as well as a study addressing ethical issues. Due to time zone differences caused by involving international guests, we start in the late morning with an overview of sub study findings, followed at 14:00 (CET) by findings of the RCT.

Program:

| Time | Title and Speaker/s |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:30 – 11.40 | Welcome and Overview Prof. Jürgen Bauer & Prof. Hans-Werner Wahl |
| | Part 1: Real Life Data Assessment Approaches in SMART-AGE <i>15 minutes per presentation plus 5 minutes discussion</i> Moderation: Prof. Anna-Lena Schubert |
| 11:40 – 12:00 | Relations among Analogue and Digital Contexts Prof. Frank Oswald & SMART-AGE Consortium |
| 12:00 – 12:20 | Understanding Social Involvements of Older Adults by Use of EMA-Based Assessment PD Dr. Carl-Philipp Jansen & SMART-AGE Consortium |
| | Part 2: Robotics and Computer Vision Under Real Life Conditions of Old Age in SMART-AGE <i>15 minutes per presentation plus 5 minutes discussion</i> Moderation: Prof. Anna-Lena Schubert |
| 12:20 – 12:40 | Soft Exoskeletons as Smart Motor Support for Older Adults Dr. Enrica Tricomi & SMART-AGE Consortium |
| 12:40 – 13:00 | Computer Vision as a Means for Automatized Motor Behavior of Older Adults Prof. Rainer Stiefelhagen & SMART-AGE Consortium |
| 13:00 – 14:00 | Lunch |
| | Part 3: Architecture of the SMART-AGE RCT (allowing North America to join) <i>10 minutes per presentation</i> Moderation: Prof. Jürgen Bauer |
| 14:00 – 14:30 | Study Aims, Design and Data Prof. Hans-Werner Wahl, Meike Snijder-Steinhilber, Anna-Lena Schubert & SMART-AGE Consortium |
| | Part 4: Description of Digital Intervention Tools in the SMART-AGE RCT <i>10 minutes per presentation</i> Moderation: PD Dr. Carl-Philipp Jansen |
| 14:30 – 14:40 | App 1: SmartVERNETZT – Social Participation and Engagement Nicole Memmer & SMART-AGE Consortium |
| 14:40 – 14:50 | App 2: KOKU – Balance, Strength and Physical Activity Dr. Katharina Gordt-Oesterwind & SMART-AGE Consortium |
| 14.50 – 15:00 | App 3: SmartIMPULS – Health Awareness Verena Kölsch & SMART-AGE Consortium |
| 15:00 – 15:15 | Discussion Part 3 & 4 |

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| 15:15 – 15:30 | Coffee Break |
| | Part 5: Current Findings Seen in the SMART-AGE RCT <i>15 minutes per presentation</i> Moderation: Prof. Frank Oswald |
| 15:30 – 15:45 | Main Results I – Effects of Full App Intervention Package Prof. Anna-Lena Schubert & SMART-AGE Consortium |
| 15:45 – 16:00 | Main Results II – A Domain-specific View on Social Participation Effects Prof. Hans-Werner Wahl & SMART-AGE Consortium |
| 16:00 – 16:15 | Discussion Part 5 |
| | Part 6: Additional Findings in the Context of the SMART-AGE RCT <i>10 minutes per presentation</i> Moderation: Prof. Hans-Werner Wahl |
| 16:15 – 16:25 | Bidirectional Links Between Cognition and SMARTAGE Application Usage Prof. Beatrice Kuhlmann & SMART-AGE Consortium |
| 16:25 – 16:35 | Using Tracked Motor Data as Primary Outcome Dr. Tobias Eckert & SMART-AGE Consortium |
| 16:35 – 16:45 | Short Break |
| 16:45 – 16:55 | Zooming into the Use of smartVERNETZT Nicole Memmer & SMART-AGE Consortium |
| 16:55 – 17:05 | Zooming into the Use of KOKU Dr. Katharina Gordt-Oesterwind & SMART-AGE Consortium |
| 17:05 – 17:15 | Zooming into the Use of smartIMPULS Verena Kölsch & SMART-AGE Consortium |
| 17:15 – 17:25 | Ethical Issues of App Use in SMART-AGE Dr. David Hansen & SMART-AGE Consortium |
| 17:25 – 17:40 | Discussion Part 6 and Fare Well |
| 18:00 – 21:00 | Closing Dinner |