Typology of supportive technologies for person-centred integrated care

ICT solution category	Examples of ICT solutions / tools / services
ICT support to health & wellbeing, health & social care delivery / EHRs, management of health data / health information exchange	Interoperable Electronic Health Records (EHRs), Patient Portals Electronic consultations and appointments Secure and reliable search portals for health information Booking solutions for care support Health data management solutions Personal health folder apps 24/7 eHealth call centre (e.g., run by nurses) ICT for integrated care supporting e.g., shared care plan, multi-disciplinary team (MDT), etc.
Telehealth / Telecare / Home care / Tele-monitoring	Teleconsultations with child and mental health services Monitoring of health parameters (weight, blood pressure, blood glucose, etc.) Internet of (medical) Things Telecare personal alarms • Panic button service • Medication reminders / smart medication dispensers • Access to assistance during emergencies Vibrating carer alerts linked to movement sensors in the house Electronic diary with visual and auditory reminders Physical training solutions e.g., to monitor running or other sports or activities Self-monitoring of frailty Tele-assistance subscription service – supervising daily activity trends of elderly people, notifications of potential risk situations Wearables
Education, including gamification or serious games; health and digital health literacy, empowerment	Web platform for digital and health literacy Massive Open Online Courses (MOOCs) Information on relevant support infrastructures in the region Healthier lifestyle management • Games for physical exercise • Computerised anger management • Management of chronic conditions Healthy cooking and eating (including fun apps targeting children) Tutorials (for e.g., dancing, fashion, lifestyle, music, and other hobbies) Educational tools (memory exercises, reading, speech and languages) Online libraries (e.g., for reading newspapers) Virtual reality (e.g., virtual museum visits for people with mobility difficulties)
Smart homes and age-friendly environments (e.g., home sensors, IoT, AAL, IL)	Home or property sensors Internet of (non-medical) Things Regulated heating systems Food shopping support Home health / wellbeing monitoring (see also Telehealth) Support for daily routines

ICT solution category	Examples of ICT solutions / tools / services
	Wearables
Social or peer support / social networks, messaging	Networking apps (e.g., sports or cooking clubs, social events, healthy lifestyle groups) Discussion fora (e.g., to exchange similar experiences) Easy phone / video connections (e.g., to connect with children or neighbours) Platforms to put care givers and patients in touch (e.g., in case of urgent needs) Online services e.g., shopping, banking, meal delivery, travel
Other	Assistive technology / wearable robotics – exoskeletons