

Cris Nugent: *Self-management of health and wellbeing: The role of Smart Environments*

Monday April 7, 13:15 (1:15pm), Wigforssalen,
Halmstad University

One of the key challenges facing society as our population continues to grow is the demands being placed on healthcare provision. This is coupled with the need to develop new approaches to allow the general public to take more control of their own health and lifestyle management. The increased prevalence of technology usage, its reduced costs and improved processing and communication speeds are all key factors which have resulted in new technology based solutions being investigated to address these challenges.

Through a consolidation of sensing technology with the ability to record data, intelligent data analysis to interpret the data collected and personalised interfaces to support interaction with users it has now become possible to deliver support when it is required, where it is required. This core paradigm can be personalised to each individual user's needs through the analysis of subtle changes over time in an effort to provide a practical framework to self manage both health and lifestyle.

This talk aims to discuss the evolution of technological solutions which have been developed to support self-management of health and wellbeing. It aims to discuss the practical challenges associated with creating and sustaining smart environments in addition to assessing the impact which they have made to date.



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