

ChefMySelf partners:

What is ChefMySelf?

The goal of ChefMySelf is to develop a customizable, open and extensible ecosystem built around an automatic cooking solution to support elderly people in preparing meals and maintaining healthy eating habits.



Fig 1. ChefMySelf solution

Improving the quality of life of elderly

Independent older people with no severe illnesses or disabilities will use a cooking assistant with an accessible interface that will encourage them to self-care according to their particular nutrition requirements. – Tasty and healthy meals will be cooked by them with the use of the ChefMySelf solution.

At the same time, a social network focused on the topic of healthy ageing and eating will become a tool to motivate elderly people to be active, maintain existing social relationships and create new ones.



Coordinator: Fundació Cetemmsa (Spain)



Istituto Nazionale di Ricovero e Cura per Anziani (Italy)



POLNE, S.L - Taurus Group - (Spain)



Fraunhofer Portugal AICOS (Portugal)



Unie KBO (The Netherlands)



ASM-Market Research and Analysis Centre Ltd. (Poland)



ME.TE.DA. s.r.l. (Italy)

Project Coordinator

Ana Villacampa

Email address: avillacampa@cetemmsa.com

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Assistance solution for improving cooking skills and nutritional knowledge for independent elderly people



community



technology



healthcare



What services does ChefMySelf provide?

- Consultation and support in nutrition
- Support in meal preparation
- Social networking

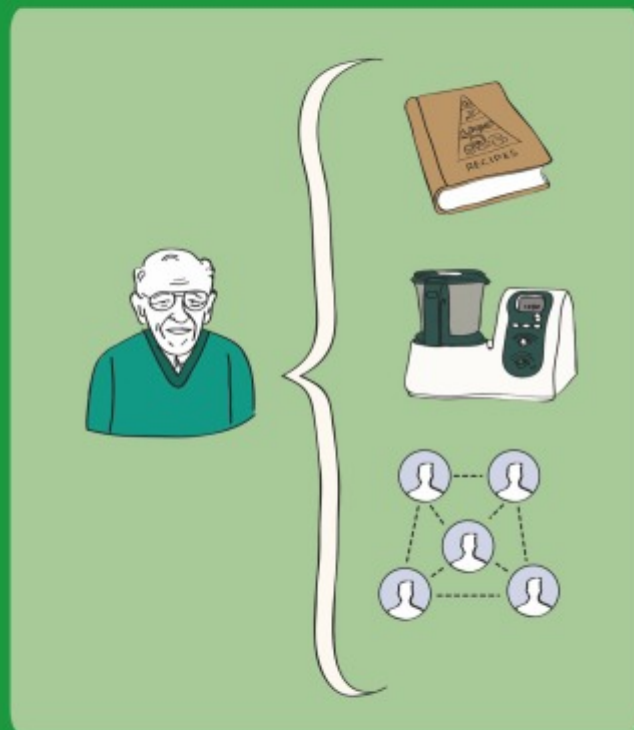


Fig 3. ChefMySelf use cases

Impact and benefits for the users

- protection from possible malnutrition risks among elderly people,
- reduction of mental and physical decline of seniors by promoting daily activities (e.g. cooking/self-monitoring),
- enhancement of seniors' social interaction.

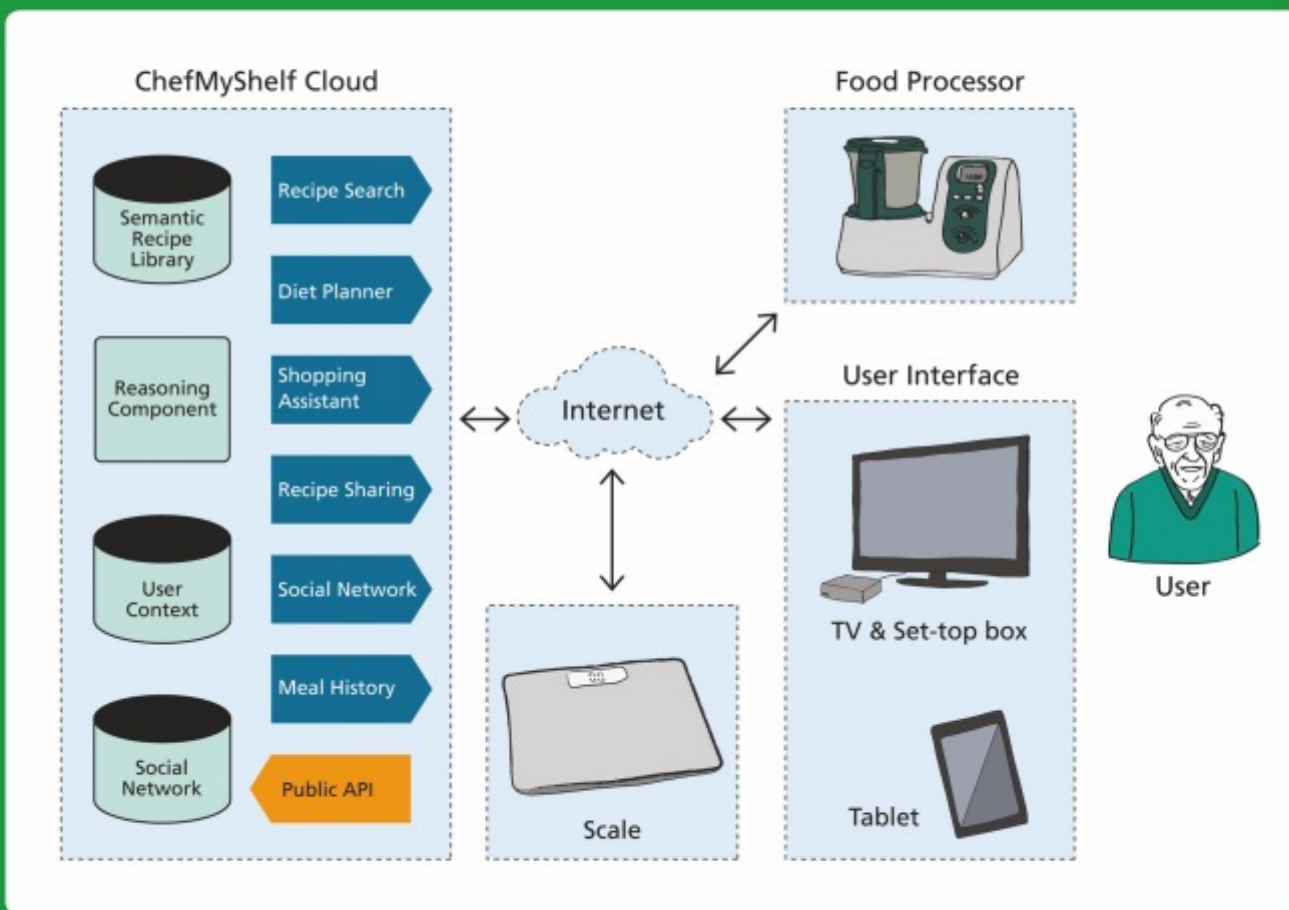
Cloud Services store all relevant information about the recipes and particular users, offering the virtual social network.

User interfaces comprised of: (1) a set-top box connected to the users' TV and (2) a tablet computer. The 1st device will allow to take advantage of the system through a remote control - mechanisms well-known to the elderly users.

The 2nd device will provide seniors with assistance while cooking.

- Creation of recipes
- Sharing recipes
- Audio recordings step-by-step recipes

The **personal cooking assistant** is enhanced with an innovative assistant to guide the user during the meal preparation.



ChefMySelf is a **scalable system** that will allow other devices to be connected by a public API (Application Programming Interface) offered by the cloud component, e.g., a wireless scale offering a weight control service to the elderly could be incorporated into the system.