

# Report on Knowledge Exchange (KE) Funding

## Deliverables template for Strategic Impact

Note:

- *Infographics of this template are for demonstration purpose only, please feel free to apply or create your own way of presentation.*
- *Information provided on the PowerPoint slides may be used by the University for publicity (e.g., **upload to KEO website** and social media series, send to local and international media).*
- *Please seek consent of external partner organization for disclosure of information if it deemed necessary.*

Encourage Elderly and stroke patient to do exercise  
with AI mobile Apps

利用人工智能移動應用程序鼓勵老年人和中風  
患者鍛煉身體

**by Dr. Wilton Fok**

**Department of Electrical and Electronic Engineering**

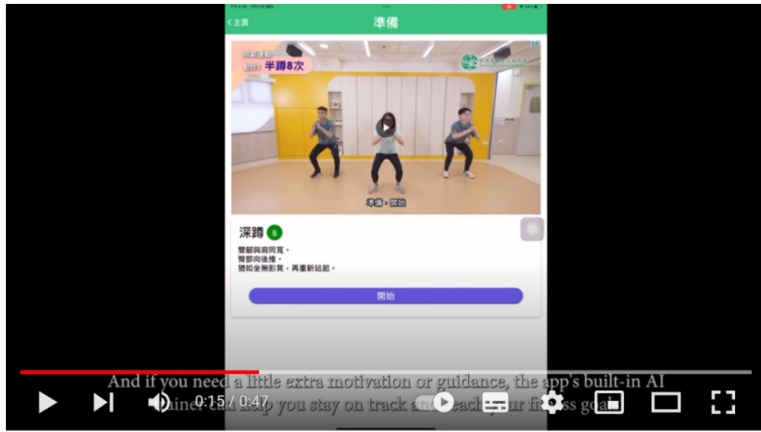
**(Project No.: KE-SI-2022/23-34)**

**Strategic Theme(s):**

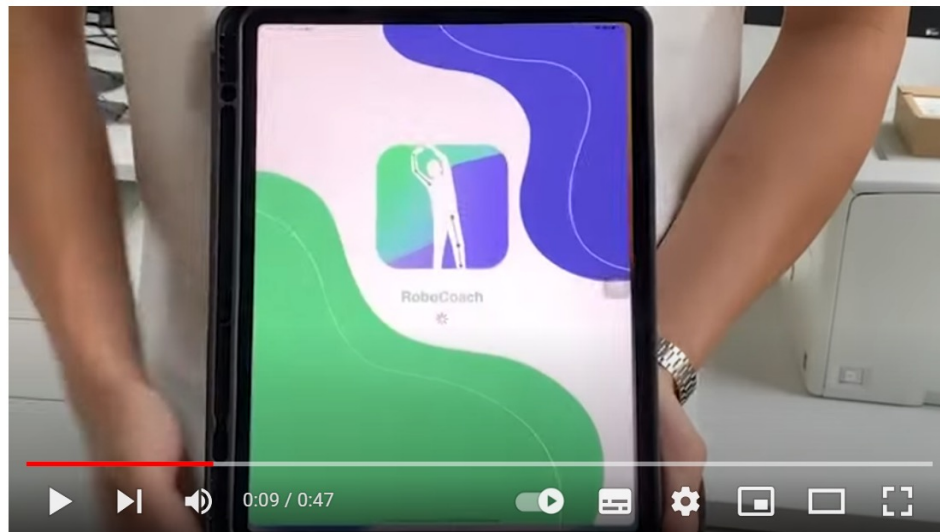
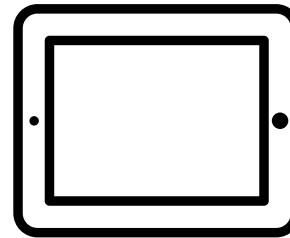
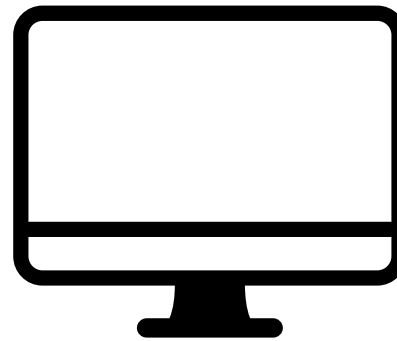
(b) Health and Medical Technologies

# Rehab elderly app

<https://youtu.be/FgPsmuWxUdk>



Visual demonstration how to do elderly exercise with the apps



# Spectrum of audience



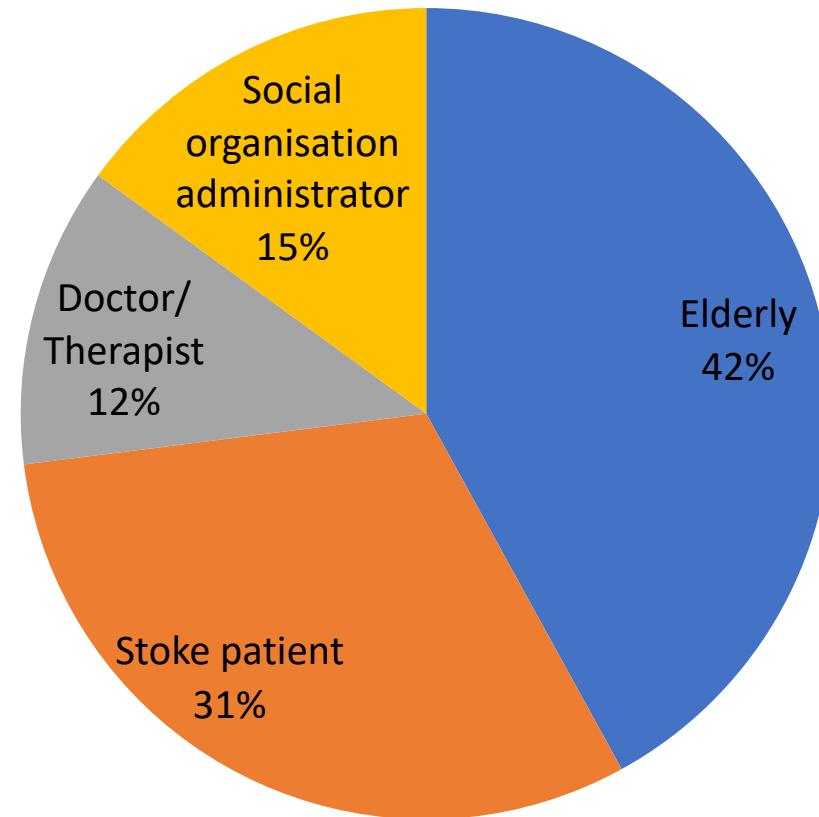
## Type Of users

**Elderly**

**Stoke patient**

**Doctor/ Therapist**

**Social organization administrator**



## KE outcomes and impact

This project had provided a timely solution for encouraging elderly persons to do sport exercise at home or in the elderly centre during the fifth wave COVID. Some elderly centres such as the Hong Kong Society for the Aged expressed interested to use the system.



## 知識交流的成果和影響

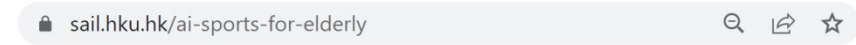
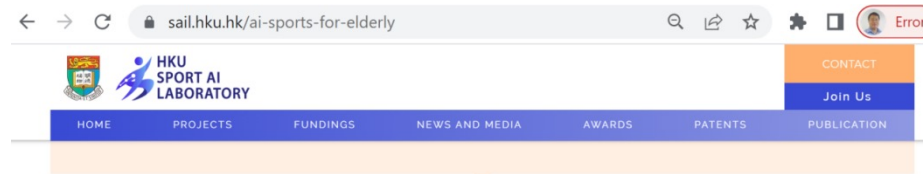
該項目為第五波疫情期間鼓勵老年人在家中或老人中心進行體育鍛煉提供了及時的解決方案。香港耆康老人福利會等一些老人中心表示有興趣使用該系統。



# Knowledge Exchange activities record



**Project website**  
<https://www.sail.hku.hk/ai-sports-for-elderly>



ABOUT **ROBOCOACH ELDERLY**



Our upcoming project aims to revolutionize the way elderly people approach exercise by developing an innovative mobile application that encourages users to engage in suitable exercises, including stretches, mind-body exercises, and other exercises that can help maintain or improve their physical health.

Our app will feature AI-powered posture analysis, facilitating and encouraging users to maintain proper

Our team will also conduct seminars and roadshows in collaboration with SAGE to raise awareness about the benefits of using AI for sport exercise and to encourage the elderly to prioritize their health by incorporating exercise into their daily routine.


We are excited about the prospect of creating a practical, user-friendly, and efficient tool that encourages a healthy lifestyle for the elderly population. Our goal is to

## ABOUT ELDERLY SAFE SPORTS

We are excited to introduce our latest project, an Artificial Intelligence (AI) mobile application designed to encourage the elderly to prioritize their health by incorporating exercise into their daily routine.

The app is designed to provide personalized exercise recommendations based on age, fitness level, and health condition, and also introduces users to a variety of exercise types to enhance the body's flexibility, cardiorespiratory endurance, and muscular strength.

The app also features state-of-the-art AI technology in the form of human posture analysis, assessing and recording exercise performance to ensure



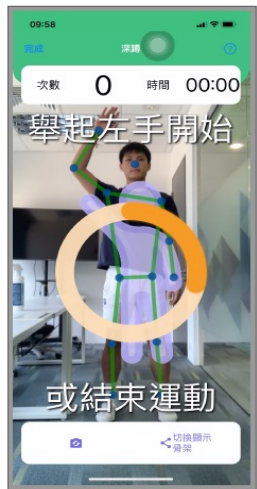
**Launching Elderly AI sport apps**  
<https://testflight.apple.com/join/dZgs7Cym>



# Knowledge Exchange activities record and photos



Demonstrated in InnoCarnival 2022 organized by Technology Transfer Office  
<https://www.youtube.com/watch?v=aeYpXU8rtCA&t=13s>



Exhibited in InnoCarnival 2022 in HKSTP  
<https://innocarnival.hk/>

The sport apps was demonstrated in the InnoCarnival. Dr. Wilton Fok demonstrated the apps to the Deputy Financial Secretary Mr. Michael Wong

# Knowledge Exchange activities record



Exhibited in the the SocTech Symposium on 2 Dec 2022

<https://itrc.hkcss.org.hk/en/%E7%A4%BE%E5%89%B5%E5%8F%8A%E7%A7%91%E6%8A%80%E7%A0%94%E8%A8%8E%E6%9C%832022-12%E6%9C%882%E6%97%A5/>



Dr. Wilton Fok and the team (Right 2) exhibited the Robocoach apps in the SocTech Symposium on 2 Dec 2022 at the Cyberport organized by The Hong Kong Council of Social Service

