



## SEMINAR: PHYSICAL ACTIVITY WITH E-HEALTH SUPPORT IN INDIVIDUALS WITH INTELLECTUAL DISABILITIES

Tromsø, 3 and 4 October 2018

**Place:** Auditorium Habileringsenheten/ Helibasen, University Hospital of North Norway (UNN). Entrance next to “Legevakta”.

### Program

Wednesday, 3 October (Lectures mainly in English)

1.30 pm – 2 pm	Arrival and something to eat
2 pm – 2.10 pm	Introduction. <i>Audny Anke, Professor in Physical Medicine and Rehabilitation, UNN and UiT - The Arctic University of Norway, and Gunnar Hartvigsen, professor in Computer Science and Telemedicine, UiT -The Arctic University of Norway</i>
	Presentations of PhD projects:
2.10 pm – 2.30 pm	Physical activity with e-health support in individuals with intellectual disabilities. <i>Henriette Michalsen, Psychologist, PhD student</i>
2.30 pm – 2.50 pm	Prolonged measurement of physical activity using consumer based smart devices. <i>André Henriksen, PhD student, UiT The Arctic University of Norway</i>
2.50 pm – 3 pm	Break
3 pm – 3.20 pm	Intervention studies to promote physical activity in individuals with intellectual disabilities. <i>Audny Anke, MD, PhD, Professor</i>
3.20 pm – 3.40 pm	Technology in use for promotion of physical activity in individuals with intellectual disabilities. <i>Gunnar Hartvigsen, MSc, PhD, Professor</i>
3.40 pm – 3.50 pm	Break
3.50 pm – 4.10 pm	Motivation for user engagement in e-health. <i>Gerit Pfuhl, Psychologist, Ass. Professor, UiT The Arctic University of Norway (Skype)</i>
4.10 pm – 4.30 pm	Empowering social innovators through collaborative and experimental learning for solving autism related challenges. <i>Letizia Jaccheri, Professor in Computer Science, NTNU and Dr. Javier Gomez, NTNU.</i>

Continues on next page





### Wednesday, 3 October (Lectures mainly in English)

4.30 pm – 4.40 pm	Computer Science Course, report from exercises, group works. Three short presentations.
4.40 pm – 5.30 pm	Presentations of planned Master projects:
	Recording physical activity on exercise bicycles for people with intellectual disabilities. <i>Valter Berg, MSc student, UiT The Arctic University of Norway</i>
	Game-inspired app for recording of outdoor physical activity (walking, hiking) for people with intellectual disabilities. <i>Ida Wold, MSc student, NTNU</i>
	TV-control unit for converting physical activity reported from indoor exercise bicycles and outdoor walking/ hiking app to access to TV/movies for people with intellectual disabilities. <i>NTNU/UiT</i>
5.30 pm	End

### Thursday, 4 October (Lectures in Norwegian only)

09.00 – 09.30	Motivasjon og belønning. Hva vet vi? <i>Silje Wangberg, psykolog, professor, UiT Norges arktiske universitet.</i>
09.30-10.00	Erfaringer om hva som er viktig for fysisk aktivitet. <i>Anita Tymi, Brukerrepresentant, Norsk Forbund for Utviklingshemmede (NFU)</i>
10.00-10.15	Pause
10.15 – 11.00	Friluftsliv tilrettelagt for utviklingshemmede. Aktiv fritid. <i>Eirik Dahl, prosjektleder og Sven Erik Tønnesen, daglig leder Smart Cognition</i>
11.00 – 11.30	Drøftinger - avslutning
11.30-12.30	Lunsj – buffet Pingvinhotellet
12.30	Avslutning og avreise

### Various information

**Travel times from Trondheim:** Wednesday TRD 11:10 direct 13:15 TOS  
Thursday TOS 13:45 – direct 15:55 TRD

**Accommodation:** Quality Saga Hotel (rooms will be booked)

**Dinner** in the evening (invited): Mathallen

