



4th Mediterranean Plant
Conservation Week

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ICT and elderly in the TURNTABLE project: educational and recreational activities of social agriculture and gardening for plant conservation

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TURNTABLE

Project name: TURNTABLE-
platform supporting vitality and abilities of elderly
Website: www.AALturntable.eu
Coordinator: Abinsula srl
Duration: 42 months Period (05/2019 – 11/2022)
Total budget: € 1.700.000
Public contribution: € 1.100.000

CONSORTIUM, a team of experts



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THE PROBLEM

As people get older, they are more likely to experience:

- decline in mental and physical vitality;
- difficulty in maintaining a good nutritional status;
- difficulty in everyday functioning;
- decrease in social activities.





OUR SOLUTION



SOCIAL NEEDS

Build and maintain relationships, participation in social activities offering user-friendly social network interaction;
Improving mental and psychological well-being;
Improving digital literacy.



HEALTH NEEDS

Promoting and facilitating social gardening activities;
Do the opportunity to enjoy outdoor time during trials and awareness of the importance of biodiversity.
Maintain good physical and emotional health and cognitive function.



NUTRITIONAL NEEDS

Providing nutritional guidelines for a healthy diet with access to high quality foods.



WHO ARE TURNTABLE END-USERS?

Target population

- **AGE 60+** recruited through Social advertising, local third age universities and local elderly associations.
- Interest in gardening activities
 - Garden experts
 - Beginners
- Familiarity with touchscreen technology.



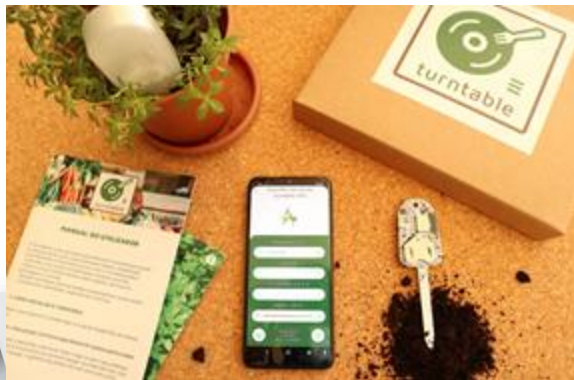
The PLATFORM COMPONENTS



Agrumino is a **social gardening device** to monitor garden and soil conditions. It is a wireless sensor that monitors temperature, light, water reservoir and soil humidity.



Tomappo is a **web and mobile application** to help people grow their own vegetables. It guides them through the whole gardening season: from soil preparation and garden planning to the care of the plants and cooking.



CONTROL YOUR GARDEN REMOTELY



TURNTABLE ACTIVITIES

- Trials will be conducted in Autumn- Winter and Spring-Summer.
- TURNTABLE installed on participants' smartphones for 3 months.
- Portions of land were chosen for the project in the area dedicated to the cultivation of vegetables in the Botanical Garden of Cagliari (Sardinia, Italy).



Orto Botanico di Cagliari



ACTIVITY 8: Harvest

It is the most important part of the experiment, because the participant can check his/her progress by harvesting the fruit and the vegetables.

Successful harvest of winter...



... and summer, included
CWRs, ancient cultivars, ...

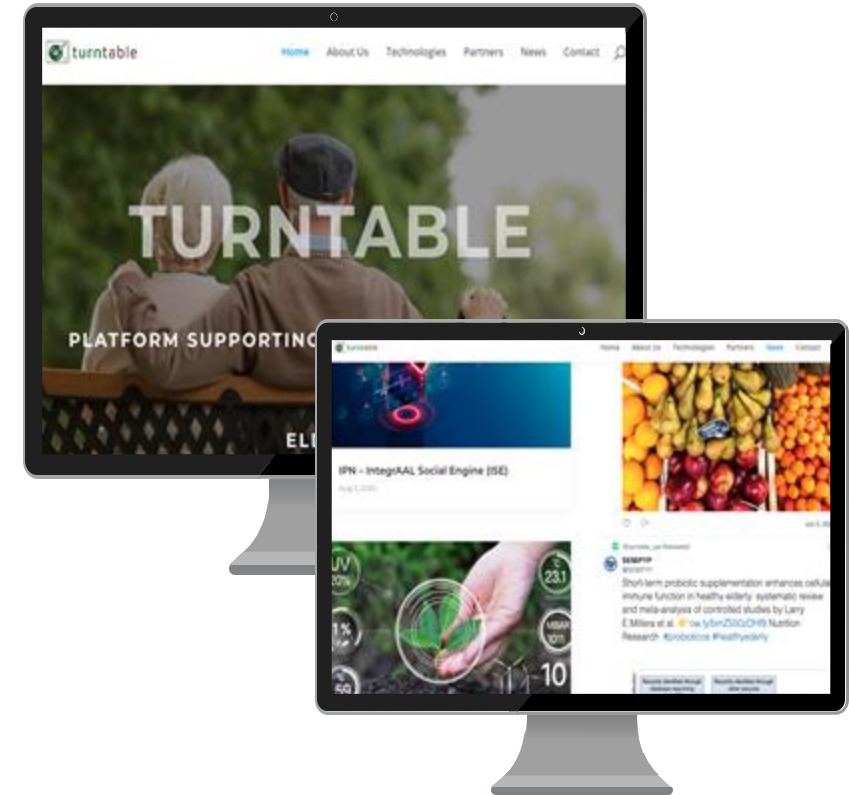


Project garden results

1. The participants built and maintained social relationships over time.
 2. Participants maintained good physical and emotional health through gardening.
 3. Participants demonstrated an increase improvement in QoL (WHOQOL-OLD) and in cognitive functions (MoCA) .
 4. TURNTABLE has demonstrated that it is possible to preserve the loss of biodiversity by raising awareness among the population to respect and use also non-conventional crops such as CWR.
- Old people, in this case, are considered as custodians of biodiversity and have the task of raising awareness among the new generations about respect for nature.



TURNTABLE community



THANK YOU!

<https://www.aalturntable.eu/>

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