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When people are compromised because of illness or disability, living a quality life can be challenging. It's all too easy to get stuck in a neverending cycle of doctor's appointments and check-ups.

But the technology that is becoming part of all our lives also opens up new possibilities for older people and those with long-term conditions. We research how technology can help people to manage their own conditions without needing constant help from health professionals.

To achieve this, we work in close partnership with industry, and with professionals in health and social care. But the key to success is to form meaningful partnerships with the people we hope will benefit from our technology. So we're also working with older people and those with long-term conditions.

We're determined to build technologies that people really want and can use — because we know that any one of us might need to use similar devices in the future. Our aim is to help people take control of their lives, and, as a result, to enjoy living.



Professor Gail Mountain
Director of the SMART consortium