



# GAIT-XR ERASMUS+ PROJECT

## NEWSLETTER #2

Project ID: 2024-1-CY01-KA220-VET-000245276

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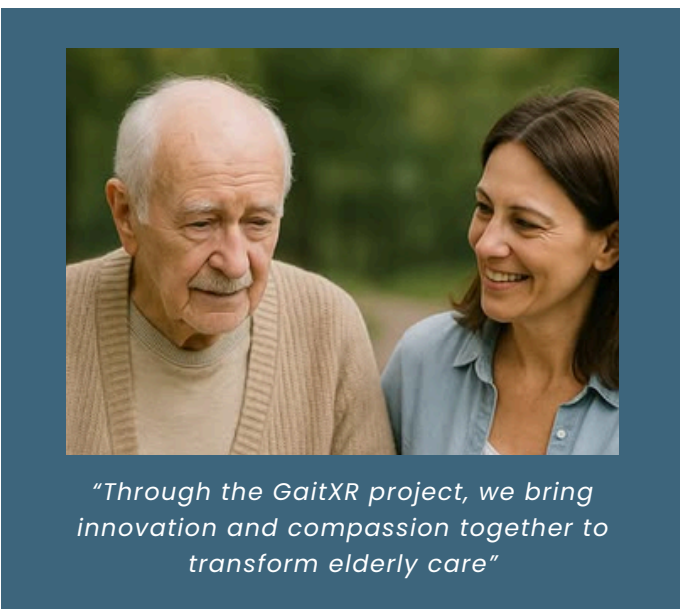
### “BUILDING THE FOUNDATION” FROM NEEDS TO EDUCATIONAL TOOLS

#### PROJECT SUMMARY

With Europe’s population aging rapidly, XR offers a sustainable, scalable way to enhance quality of life, reduce caregiver burden, and strengthen healthcare systems. Through the Gait-XR project, we are designing different tools that could supports gait training and fall prevention for older adults with mild dementia.

The findings of the GAIT-XR needs assessment, with data from 101 questionnaires collected in all partner countries, reveal a critical alignment between professional experience and systemic gaps in training, education, and practical implementation of gait training for older adults, particularly those at risk of dementia.

By systematically analyzing those gaps across the partner countries, the assessment enables the project consortium to tailor the Gait-XR curriculum and training materials to the actual, context-specific needs of its target groups. In doing so, it sets a strong evidence-based foundation for the subsequent design and development of the XR training tool and the educational framework.



*“Through the GaitXR project, we bring innovation and compassion together to transform elderly care”*

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## **EDUCATIONAL PROGRAMME MANUAL**



*The Educational Programme Manual will serve as a resource to enhance vocational education curricula, ensuring comprehensive training in dementia care. By equipping healthcare professionals with specialized skills in gait and balance improvement for individuals with mild dementia, the project enhances their vocational relevance and prepares them for roles in senior care.*

*Designed in an accessible and inclusive manner, the manual will also contain sections dedicated to caregivers with useful suggestions and advice.*

*This manual will soon be available in multiple languages and will contain comprehensive content covering gait training, falls prevention, and an holistic approach to dementia care.*

### **STAKEHOLDERS ENGAGEMENT**

Are you a student,  
a social or healthcare professional,  
or a caregiver?

If you'd like to learn more about the  
materials and tools made available free  
of charge by the GaitXR project...

[Contact us](#)



Visit our website for more information  
and updates on the project!

<https://gaitxr.eu/>