The current project represents a sustainable strategy with state-of-the-art technology, a socially-assistive robot, Nao. The robot is small and has no danger to participants.

This study has two phases. The first phase (two sessions) studies the interaction of participants and the robot. The robot shows some of its activities for people.

The second phase provides an evidence-based (validated) program to support older adults to have a more physically active lifestyle. The robot is being programmed to communicate with older adults and also help them set their own goals to increase their physical activities. Participants do not have to do exercises and they can set their goals for any physical activities that they are interested such as gardening.

The use of robotics is a worthwhile topic to explore under the current circumstances presented by the pandemic (i.e., shortage of staff; unsafe conditions for staff, etc.). Robotics is already being implemented and is explored in the context of smart living technologies to support people who are aging and those with disabilities in the world.

Our team includes a diverse group of researchers from a variety of professional fields, including special education, psychology, and engineering. All project partners have received training in research ethics, as well.