

## Digital Single Market

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# Long Lasting Memories project delivers ICT platform that helps fight age-related cognitive decline

Long Lasting Memories (LLM) is an EU project that has implemented an integrated ICT platform which combines state-of-the-art cognitive exercises with physical activity in the framework of an advanced ambient assisted living environment, while respecting ethical and legal boundaries. By combining cognitive exercises and physical activity LLM delivers an effective countermeasure against age-related cognitive decline, as well as and cognitive impairment seen in the early stages of degenerative brain diseases, thus actively improving the quality of life of the elderly and significantly prolonging the time they can remain independent at home.

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