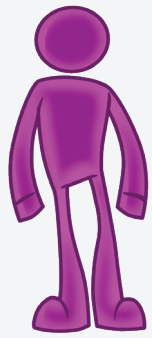
SENATE
SENIORS ACTIVE AT HOME

SENATE APP USER GUIDE



WELCOME TO SENATE!
YOUR FUN AND INTERACTIVE EXERCISE COMPANION

INTRODUCTION
The SenAte App is an augmented reality (AR) gaming platform designed to help older adults stay active through engaging, interactive exercises. With just a tablet or smartphone, users can improve balance, strength, and coordination—all from the comfort of home!

WHY USE SENATE? IT HELPS:
- meet WHO physical activity recommendations
- improve balance, muscle strength, and cognitive function
- enhance mobility
- prevent falls

Download it for free, it's fun and interactive!

GETTING STARTED

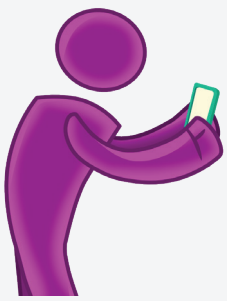
DOWNLOADING THE APP

Search for **SenAte** on **Google Play** or **App Store** and click **Download.**

Available on the App Store

GET IT ON Google Play

SETTING UP



OPEN THE SENATE APP.
Follow the on-screen instructions for initial setup.
Allow camera access for motion tracking.

- **Hardware & Space Requirements**
- **Device Compatibility**

SPACE SETUP

Use the app in a clear space (about 3 m²) to move freely and safely, ensuring the app works at its best.

Keep your device about 3m away for optimal tracking.

Place the device on a low, stable surface (e.g., the floor, a stool, a low table, a smartphone tripod , or a bench).

Connect to a TV if you need a larger display.

CONNECT TO TV [OPTIONAL]

Android Users:
Use screen mirroring via Google Home or an HDMI cable.

Apple Users:
Use AirPlay or an HDMI adapte



PLAYING SENOTE

SENIORS ACTIVE AT HOME

HOW IT WORKS

GAME SELECTION



Choose from **5 different games** designed to improve coordination, strength, and reaction time.

LEVEL SELECTION

Select **Easy, Medium,** or **Hard**, depending on your comfort level.

CALIBRATION PROCESS

Stand in the right position for tracking.

Follow on-screen instructions to ensure accurate movement detection.

GAME MODES & BENEFITS



ONE LEG STANDING
GOAL:
Improve balance & stability
HOW TO PLAY:
Stand on one leg in a yellow circle while avoiding obstacles.

NAILED TO THE GROUND
GOAL:
Enhance upper body mobility
HOW TO PLAY:
Keep feet in place while catching bubbles with your hands.





DODGE MASTER
GOAL:
Strengthen legs & reaction time
HOW TO PLAY:
Duck and move sideways to avoid incoming obstacles.

BUBBLE NINJA
GOAL:
Works on reflexes; strengthen shoulders and back muscles.
HOW TO PLAY:
Swipe your arms like a sword to cut bubbles in specific directions.





BUBBLE CATCH
GOAL:
Improve reach & flexibility
HOW TO PLAY:
Catch bubbles with one or two hands, based on color cues.

SETTINGS & CUSTOMISATION

Access the **Settings Menu** from the home screen.

Adjust **music, sound effects, and privacy settings.**

TIPS FOR USE WITH OLDER ADULTS

BEFORE THE SESSION:

- Set up the play area (clear obstacles, ensure good lighting).
- Test the equipment (tablet/smartphone, screen mirroring).

DURING THE SESSION:

- Demonstrate first before participants try the game.
- Encourage slow, steady movements for safety.
- Allow breaks if needed.



COMMON CHALLENGES & SOLUTIONS:

- Balance issues? Provide a chair or support nearby.
- Visual difficulties? Use a larger screen (tablet and/or conect to a TV).
- Low engagement? Turn it into a friendly competition with family!

TRACKING PROGRESS & EVALUATION

- SenAte encourages regular play for improved mobility.



HOW TO TRACK PROGRESS:

- Use in-game scores to measure improvement.
- Play 3-4 times a week for best results.
- Participate in pre- and post-assessments (optional).

FREQUENTLY ASKED QUESTIONS

[FAQ]

Q: DO I NEED AN INTERNET CONNECTION TO PLAY?

- No, the app works offline once downloaded.

Q: IS IT SAFE FOR PEOPLE WITH MOBILITY ISSUES?

- Yes! The app is designed for all fitness levels, and movements can be adapted.

Q: CAN I PLAY WITH FRIENDS OR FAMILY?

- Absolutely! Challenge each other for a fun, social experience - please note that in the current app version only one person can play at a time

STAY ACTIVE, STAY HEALTHY, STAY SENATE!

HOW TO DOWNLOAD

Search for **SenAte** on **Google Play** or **App Store** and click **Download.**

Available on the App Store

GET IT ON Google Play

A PILL OF PHYSICAL ACTIVITY A DAY KEEPS YOUR FALL AWAY

START YOUR FITNESS JOURNEY TODAY!

Coordinated by the University of Southern Denmark in partnership with six European organisations, the SenAte project harnesses innovative tools to promote well-being through safe and enjoyable activities. Together, we can empower older adults to thrive!

Co-funded by the European Union